



News from Provident Organic Farm



www.providentfarm.org

Season 3, 2004

“dedicated to a safe, just, and sustainable food system”

April 18th-24th

Notes from the Field, v. 3, #2

I have to admit, the 8.5 inches of rain this week had me a bit concerned. As it continued through the week, the thought “Oh, no, not again” kept going through my head. Some of you that I saw at the distribution sites or the Farmer’s Market mentioned that you were also concerned. The fact that it occurred to you that the rain could be damaging your crops demonstrates your understanding and involvement. Thank you.

We didn’t suffer any significant damage. Other than about 60-80 feet of the potato rows, there was no standing water in the field. The sunshine and warm temperatures of the past few days have dried the ground out well enough that I will be able to get back into the field to prepare beds sooner than I had thought. This week will be a busy one getting caught up on field preparation as I was unable to get any done last week. We have a lot of plants to get in the ground in the next few weeks.

It appears I have solved the help-less problem. After about 12 interviews and a couple of letdowns, I have hired a young woman to help me this season. Kelly is taking classes at SU and will be able to help

part-time until the semester is over and then will be able to work full-time. She grew up on a farm until she was 16 when her family left the farm. She is interested in learning, and I am looking forward to sharing anything I can with her.

The spinach in your share last week was grown by Armando Fernandez. He works at Chesapeake Organics in Marion Station. Armando’s father-in-law lets Armando use a piece of ground to grow a few crops. When we set up our budget last winter, we allowed for outsourcing some crops. LESSON has also been granted money to explore making these types of connections with Hispanic could-be farmers and with conventional growers considering transitioning to organic practices.

We will celebrate Earth Day this week on Thursday. Joan Maloof has asked me to speak to a group of her students about why I farm the way I do. The short answer is “It’s all I know, I have never grown anything any other way”. I hope I don’t put them to sleep with the long answer.

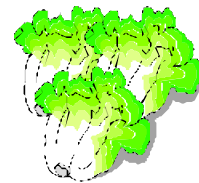
Onward,

Jay



In your share this week: Lettuce, “Marvel of 4 Seasons”

Tatsoi
Scallions
Spinach
Carrots



“Life is not a journey to the grave with the intention of arriving safely in a pretty and well-preserved body, but rather to skid in broadside, thoroughly used up, totally worn out and loudly proclaiming ‘WOW – what a ride!’”

Carrot and Raisin Salad with Lemon Vinaigrette

1/4 c	fresh lemon juice
1 tsp	salt
1 tsp	sugar
pinch	white pepper (black will do)
1 tsp	Dijon mustard
3/4 c	peanut or canola oil
5 c	shredded carrots
3/4 c	seedless raisins

In a bowl combine the lemon juice, salt, sugar and pepper and stir until salt and sugar are dissolved; stir in the mustard. Whisk in the oil slowly until mixture is thick and emulsified.

Combine carrots and raisins in a large bowl. Drizzle with half the vinaigrette and toss to coat thoroughly. Cover salad tightly and refrigerate for at least two hours. Toss again just before serving.

Serves six.

Prep Tips: *Not your usual carrot salad! This is one time when bottled lemon juice just won't do the trick – you'll miss the bright, true lemon flavor. Cover remaining vinaigrette and refrigerate for another time – it is wonderful on steamed vegetables.*

Adapted from **Perfect Vinaigrettes**, Linda Dannenberg, 2001.

Feta Dressing

Another way to enjoy those fresh greens from Provident Farm!

1 c	buttermilk
2/3 c	crumbled feta cheese
2 tsp	minced garlic
3 tbsp	cider vinegar
3/4 tsp	black pepper
1 1/2 tsp	minced fresh dill

Combine all ingredients except oil in blender or food processor and mix well. With machine running, add oil in a slow stream until mixture is smooth and thick. Use immediately or store tightly covered in refrigerator for up to two weeks.

Makes two cups.

Prep Tips: *Toss greens with dressing, black olives, sun-dried tomatoes, roasted peppers, anchovies and a few croutons.*

Adapted from **The Grit Restaurant Cookbook**, Jessica Greene and Ted Hafer, 2001.

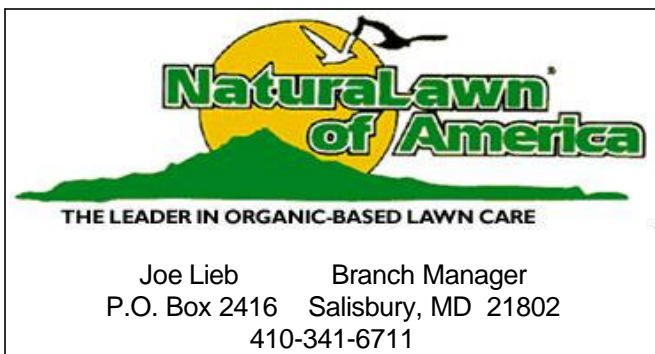
Good Stuff, Cool Stuff

Don't forget that the Farmer's Market has moved! It is now at the corner of Rt. 50 and Rt. 13 in the District Court parking lot ... Saturdays from 8-10 am and starting from May 19th Wednesdays 12 noon to 5pm.

We need plastic grocery bags, but please don't send us bags that have had contact with meat products. We also can't use small bags such as newspaper bags, English muffin bags, etc.

Folk group to play at Chipman Center

Katari a folk music trio with a blend of Afro-Latin influences will perform May 2nd, 2pm at the Chipman Center, in Salisbury. This concert is sponsored by Wicomico River Friends Meeting (Quakers) and is free to the public. Refreshments and Fair Trade items will also be for sale. For more information call 410-352-5827.



Comments & Contributions

We welcome your comments and contributions, including recipes! Please send to ubuubok@dmv.com or Provident Organic Farm CSA, PO Box 62, Bivalve, MD 21814.