



# News from Provident Organic Farm



[www.providentfarm.org](http://www.providentfarm.org)

Season 3, Week 10

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

June 13<sup>th</sup>-19<sup>th</sup>, 2004

## Notes from the Field, v. 3, #10

*Jay is busy in the field today, so he has asked us to include this poem and suggestions for an alternative way of living by Jan Lundberg in place of his Notes [eds].*

THIS IS NO WAY TO LIVE by Jan Lundberg

Living by the clock.

Eating by the clock.

Clocking your speed down the deathway road.

Surrounded by walls.

Buying things you need that you could have and should have made or grown.

Not having money to buy the things you need and not having land that can provide them.

Being told what to do and think by authorities who serve the rich.

Being subject to innumerable laws designed to control a rising population.

Getting cancer from chemical exposures deliberately allowed into the air, water and food.

Paying pharmaceutical companies for questionable cures when the drugs are just more fossil fuel derivatives like the chemicals that gave you cancer.

Watching a hard-working society bleed to death from wars and karmic costs of killing millions of innocents abroad over the decades.

Being isolated so much that material things serve as friends.

This is no way to live. The list can go on forever, such is the moral bankruptcy of our "leaders" and the failure of an educational system that requires mainly conformism.

This is not a "This is how to live." But think on these things:

- Growing more food locally, for everyone.
  - Taking care of the land, air, and water as if they are ours and our ancestors' and descendents'.
  - Deciding for ourselves what is right, when it comes to action on any issue.
  - Making decisions via consensus and not marginalizing or excluding a segment of the population.
  - Spending our money in our own economy instead of sending wealth to corporations in Detroit or "Delaware."
  - Having time to spend with your family, friends, and doing what you want to do.
  - Educating your own children. Having your parents and grandparents around to help teach.
  - Painting or writing your masterpiece.
  - Singing your song, sharing your poem.
  - Healing the land as you heal your body.
  - Loving all whom you chose, if welcome, and restricting no one from freedoms such as loving.
  - Taking responsibility for your own life.
  - Learning whatever you can and applying it.
  - Making your destiny – by living your adventure.
- When there is no TV and no petroleum, the above changes can and will be carried out and not just thought upon. The entire socioeconomic system is a fraud if it serves up cancer on a bun: billions and billions of units "served," manufactured, broken, land-filled. It's too little too late for recycling as a solution to maintain our present habits. Best get outraged and walk out of the fast food "restaurant" before allowing one more of your hard earned dollars to be misappropriated.

--Jan Lundberg

(<http://www.bluegreeneearth.us/archive/article/2004/culture-change/lundberg40.html>)

### In your share this week:

Parsley "Forest Green" or "Italian Dark Green"

Yellow Squash "Zephyr"


Zucchini "Raven"

Cucumbers "Speedway"

String Beans "Provider"

Green Cabbage "Early Jersey Wakefield"

Salad Turnips "Hakurai"



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## Beet and Beet Green Risotto

Risotto is a bit time-consuming but very simple ... and well worth the effort.

1 lb	red beets with greens, about 3 medium
1/4 c	finely chopped onion
1/4 c	butter or olive oil
1 c	Arborio or long-grain rice
3/4 tsp	salt
4 c	vegetable or chicken stock
1/2 c	freshly grated Parmesan, about 1 1/2 ounces
1 tbsp	horseradish, optional

Trim stems close to tops of beets. Cut greens into 1/4-inch ribbons and chop stems. Peel beets and cut into 1/4-inch dice.

In a small saucepan bring stock to a simmer and hold at a steady simmer.

In a medium heavy saucepan, cook onion in butter or oil over medium heat until softened. Add beets and stems and cook, stirring occasionally, 5 minutes. Stir in rice and salt and cook, stirring constantly, 1 minute. Stir in 1 cup simmering stock and cook, keeping at a continuous simmer and stirring constantly, until stock is absorbed. Continue adding stock, about a half-cup at a time, stirring constantly and allowing each addition to be absorbed before adding more. Keep mixture at a continuous simmer. When about a cup of stock is remaining, stir in greens and continue cooking and adding stock, about a half-cup at a time, until rice is tender and creamy but still al dente, about 10 minutes more. Not all stock may be used. Remove pan from heat.

Stir in Parmesan. Taste and add more salt, if needed. Transfer to serving dish and top with horseradish.

Serves 4-6.

**Prep Tips:** If you are not a fan of horseradish, simply omit it. (However, it really makes the dish!) Water may be used in place of stock but you may need to add more salt.

## 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 on Saturdays 8am to 1pm and Wednesdays 12 noon to 5pm.

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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.

## Comments & Contributions

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

## Collard Potato Salad

2 lb	small red potatoes
1 lb	collards
2 tbsp	Dijon mustard
2 tbsp	red wine vinegar
1/3 c	olive oil
6 slices	lean bacon, cooked until crisp, drained, and crumbled
3 tbsp	thinly sliced scallions
---	salt and pepper

In a kettle combine the potatoes with enough water to cover them by 2 inches, bring the water to a boil and simmer the potatoes until tender, about 15 to 20 minutes. Reserving cooking liquid, remove potatoes and drain. When cool enough to handle, quarter potatoes. Rinse collards and discard thick stems. Cut into 1-inch pieces. Add collards to the reserved cooking liquid and bring to a boil. Reduce heat to medium and cook collards, stirring occasionally until tender, about 10-20 minutes. Drain and rinse with cold water; squeeze dry.

In a large bowl, whisk together the mustard, the vinegar, and salt and pepper to taste. Whisk in oil slowly in a thin stream until dressing is emulsified. Add potatoes to the dressing and toss gently to coat. Add the collards, pulling them apart to separate the leaves. Add bacon and scallions and toss the salad well.

Serves 6.

**Prep Tips:** May omit bacon.

Adapted from *Gourmet*, February 1992.

## Spicy Garlic Potatoes and Zucchini

2 lb	small yellow or red potatoes
3 tbsp	coarsely chopped garlic
3 1/2 tbsp	oil
3/4 tsp	dried hot red pepper flakes
1 lb	med. zucchini
1/2 tsp	salt

In a large saucepan, cover potatoes with salted cold water by 1 inch and bring to a boil. Simmer, uncovered, just until tender, 20 to 25 minutes. Drain in a colander until cool enough to handle, about 15 minutes. Peel potatoes and halve lengthwise.

Heat oil in a very large nonstick skillet over moderate heat. Add garlic and stir until garlic is pale golden, about 2 minutes. Discard garlic, then stir in potatoes and red pepper flakes. Sauté over moderately high heat, stirring occasionally, until potatoes begin to turn golden brown, 8 to 10 minutes.

Transfer potatoes to a bowl, then add zucchini to oil in skillet and sauté over moderately high heat, stirring, until hot, about 1 minute. Return potatoes to skillet and toss gently with zucchini. Season with salt.

Serves 4-6.

**Prep Tips:** Use the largest non-stick pan you have. If potatoes are too crowded they will steam instead of becoming golden and crispy.