



News from Provident Organic Farm



www.providentfarm.org

Season 3, Week 12

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

June 27th-July 3rd, 2004

Notes from the Field, v. 3, #12

This week we would like to tell you more about our Medora Harvest Fund. This fund, recently renamed to honor Medora Cockey, offers shares from Provident Organic Farm to folks whose limited income prevents them from participating in the CSA.

Thanks to extremely generous contributions, we have raised a total of \$2,245 this year. I would like to take a moment to thank all of our contributors:

- Pat and Ray Vorus
- Bill and Mary Ann Loveless
- Patrick Chester
- Adrienne and Lew Kadushin
- Paul and Nancy Mysak
- Paul and Angela Haskell
- Colleagues and friends of the Cockey Family

This year, two long-time CSA members—Jen Burkett and Tom and Mary Beth Bohler—receive shares as well as the Go-getters' Peer Connection crew. The Joseph House and Salisbury Urban Ministries (for distribution to families) also receive shares from the Medora Harvest Fund.

Jen Burkett was a member of the CSA last year. She lives with her daughter, Jessica and her granddaughter, Kennedy. She trains horses and young riders. She has been an avid gardener for years and came to the farm frequently to help out. Last fall she was diagnosed with a brain tumor and underwent surgery on the day after Thanksgiving. Radiation treatments were necessary to treat the portion of the tumor that was inoperable. Since then, she has taken a holistic approach and is now under the care of a naturopath. Needless to say, her ability to support herself has been compromised since her surgery, but her spirits have not. She has

In your share this week:

Fresh Garlic
 Yellow Wax Beans
 Cherry Red Potatoes
 Sweet Peppers
 Yellow Squash
 Zucchini
 Early Jersey Wakefield Cabbage?

been coming to the farm this season whenever she is able to help with the harvest. Although she tires quickly, she says helping on the farm is her best therapy.

Tom and Mary Beth Bohler have been members since the beginning of the CSA. They are neighbors and long-time friends of Jay and Kathy. Tom was involved in a freak bicycle accident while riding in a fund-raiser for the Leukemia Lymphoma Society. He was in a coma for 10 days. Through his incredibly strong will and Mary Beth's loving care he has achieved nothing short of a miraculous recovery. Mary Beth told me she is struck by the irony that Tom used to help with the distribution of food by My Brothers' Keeper in Salisbury and is now a recipient of the Medora Harvest Fund. She also asked me to express her gratitude for the gift.

In forthcoming newsletters we will tell you about the other recipients and where your donated share goes when you can't pick it up. Contrary to what the Darth Vaders of agriculture (Monsanto, DuPont, the American Farm Bureau, USDA, etc.) would have us believe, hunger is **not** a production problem, it **is** a distribution problem. The CSA model of production minimizes waste for a farmer. Our alliance with the Joseph House and Salisbury Urban Ministries takes this another step further.

Again, thank you to all of our members (and non-members) for making the Medora Harvest Fund happen! We are still accepting tax-deductible donations. Simply make your check payable to Go-getters Foundation and send it to Amy Liebman, 504 Poplar Hill Avenue, Salisbury, MD 21801.

Onward,
Amy and Jay

Good Stuff, Cool Stuff

I hesitate to say this, as it is a complaint I would wish for every farmer. Sometimes I have more help than I know what to do with! If you are not scheduled to help with the harvest and plan to come and help, I will certainly welcome you with open arms. Please let Steve Schwarz, our volunteer coordinator, know you are coming so he can let me know. Steve's e-mail address is schwarzstop@redjellyfish.net. There are always other tasks that need doing on the farm. If I know extra hands will be here, I can plan for making use of the extra help. - Thanks, Jay

“We are each of us angels with only one wing. And we can only fly by embracing each other.”

Luciano de Crescenzo

Green Beans with Garlic, Anchovies and Hot Peppers

10 anchovy fillets
4 lg garlic cloves
2 tbsp olive oil
2 tsp dried red pepper flakes
2 tbsp salt
1 lb green beans, stem ends removed

Soak anchovies in cold water for five minutes. Drain, pat dry and chop finely.

Mince garlic and crush into a smooth paste with the edge of the knife against the cutting board. Heat oil over low heat and add garlic. When garlic sizzles, remove pan from heat and stir in anchovies and red pepper flakes.

Bring a large pot of water to a boil and add the salt. As soon as the water returns to a boil, add the beans but do not cover the pot. Bring water to a boil, reduce heat to medium and cook until beans are done but still crisp-tender, about 5–10 minutes. Drain and return to the pot. Toss beans with the garlic mixture. Season with salt and pepper and serve immediately.

Prep Tips: Beans may be cut into pieces, if you prefer, but they look best whole. You may skip the part about soaking the anchovies: drain excess oil and proceed. This dish may also be served at room temperature as a salad.

Serves 4.

Adapted from *Vegetables*, James Peterson, 1998.

Zucchini Tabbouleh Salad

1 c chicken or vegetable stock
1/2 c bulgur wheat
2 med zucchini, ends trimmed, 1/2" dice
1 med tomato, 1/2" dice
1/4 c thinly sliced scallions
2-3 tbsp minced fresh mint
1/4 c minced parsley
2 1/2 tbsp fresh lemon juice
1/3 c olive oil
1 tsp minced garlic
--- salt

In a small saucepan, bring the stock to a boil. Stir in the bulgur, lower heat to lowest setting and cover pan tightly. Cook until all the liquid is gone, about 15 to 20 minutes. Bulgur should be tender but a bit chewy. Uncover the pan and continue cooking and fluffing the bulgur for another minute or two to dry it out. Remove from heat and cool to room temperature.

Blanch zucchini in a pot of boiling water for 3-5 minutes or until tender-crisp; drain and pat dry with a towel.

Combine all ingredients in a large bowl and toss well. Taste and add salt, if needed. Let stand for about an hour so the flavors have time to meld, then chill to serve.

Serves 4-6.

Prep Tips: Tabbouleh is one of those dishes whose flavor is not compromised when you alter the ingredients. Once the tabbouleh is cooked, you may add more or less of the remaining ingredients to suit your tastes.

Wilted Cucumbers


This recipe comes from Adrienne Kadushin, who hosts our Kay Avenue distribution site with husband, Lew. She says this salad has no oil, practically zero calories and keeps for days in the refrigerator in a tightly sealed container.

1 c red wine vinegar
4 tsp honey
4 med cucumbers, about 7"
1 tsp salt
--- black pepper
1 tsp dill weed
1/2 c very thinly sliced red onion

Heat vinegar in a saucepan until hot but not boiling. Remove from heat and stir in honey; set aside.

Slice cucumbers very thinly and put in a large bowl. Sprinkle with salt, pepper and dill and toss to combine. Add onions. Pour still-warm vinegar over cucumbers and toss again gently. Store in a tightly covered jar or other container in the refrigerator.

Prep Tips: Make one day ahead so cucumbers soften and absorb dressing.



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Food for Thought, Thought for Food:

Kathryn A. Miller, Associate Professor of Art at Pitzer College in Claremont, California, is throwing "seed bombs". She packages native seeds in small projectiles with growing media and "bombs" bare areas in southern California. She is careful to use only locally appropriate seeds, usually gathered near the site. And she has given thousands of her bombs to others to throw. She says that although the "small-scale, non sanctioned act" of throwing a seed bomb might not produce much ecological improvement, it can be a first step toward increasing activism with regard to habitat restoration. Anyone for retro-fitting the U.S. Air Force?

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.