



News from Provident Organic Farm



www.providentfarm.org

Season 3, 2004

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

Oct. 31st-Nov. 6th

Notes from the Field, v. 3, #28

As this season draws to a close, I have to admit to you (and myself) that I am tired, not sick and tired, not burned out, just worn out. But as I look to next year and make plans to grow our CSA and improve it, I am renewed. I know we have to grow the CSA to a sustainable level. This will require increased production to increase farm income. I have no debilitating fears about growing the CSA to satisfy whatever demand is out there. If there are 1000 families interested in supporting a sustainable, just and safe food system, let's find them, recruit them and provide for them. This will require a network of farms and suppliers that I am sure we can establish.

The realistic fear in that sort of enterprise is that it loses sight of the vision that created it. Precious goals run the risk of being supplanted by the goal of growth. Wendell Berry discussed this phenomenon in his Keynote Address at a NOFA conference titled “In Distrust of Movements” where, in referring to the “organic movement” and the impact of the USDA takeover of the certification process, he called for a movement to stop movements from getting too big.

In his essay “The Idea of a Local Economy” Berry says the environmental crises we face are a huge problem that will not be solved “without correcting the economic oversimplification that caused them”. He says that we have given, by proxy, the power to provide us with our

goods (food, clothing, shelter) and services (education, child care, health care, elder care) to supranational corporations. Because of the nature of capitalism, the survival of which depends on making cheap, selling high, and cheap transportation costs, it is unrealistic to believe the supranational corporations will execute “proper concern for nature” on our behalf. And so, we must “recover responsibility for our thoughtlessly given proxies”. I am convinced the seeds of destruction that have laid dormant in the global capitalist system largely due to the illusion of cheap energy will soon germinate as transportation costs escalate through the roof. We can choose a softer path or be slammed up against the wall.

By being a member of our CSA, you have given me, and I have accepted, the responsibility of growing some of your food. You are farmers by proxy. As we grow, I hope to access more of your needs from local farmers and suppliers. As members you will comprise an established market that will be attractive to other vendors. You will also become a force to be reckoned with if you so choose. Picture a group of 300 parents asking their local Board of Education to remove the junk food machines from the schools. With that vision, I will close this week's rant.

Onward,
Jay

A potluck dinner for all members of Provident Farm CSA is planned for Saturday, Nov. 20, in conjunction with our Final Harvest celebration. We will gather at the farm, so stay tuned for more information and how to sign up your favorite dish. But....

SAVE THE DATE !

CSA Final Harvest and Potluck
SATURDAY, November 20
Provident Organic Farm
Bivalve, MD

Charlotte England and Susie Wood
Potluck Persons

I gave the money you raised (well over \$500.00) to Anne this week and we discussed her plans for going to W. Va. She has taken a temporary job helping at a local dog rescue operation until her daughter is able to rent a suitable home for their growing family. Anne will be able to support herself with her temporary job until her daughter finds a place so the money you donated will be used for a security deposit and/or moving expenses.

Anne has been too toughened by life to openly express her emotions, but I could tell she was very moved. She asked me to thank you all for your kindness.

Bean Soup with Kale

2 c	chicken or vegetable stock, divided
1 3/4 c	cooked cannellini or navy beans, divided
1 tbsp	olive oil
4 cloves	garlic, minced
1/2 med	onion, chopped
3 c	kale, ribs removed, chopped
2 c	diced tomatoes with juices
1 tsp	dried Italian seasoning
---	salt and pepper
1/2 c	chopped fresh parsley
---	parmesan cheese

In a blender or food processor, puree 1/2 cup stock and 1/2 cup beans until smooth; set aside.

In a large pot, heat olive oil over medium heat. Add garlic and onion and sauté until soft and onion is translucent. Add kale and sauté, stirring constantly, until wilted, about 15 minutes. Add all remaining ingredients except parsley and cheese. Bring to a boil, reduce heat and simmer about 5 minutes.

Stir in pureed bean mixture and simmer 15 minutes more. Serve topped with parsley and parmesan cheese.

Serves 4.

Prep Tips: Good with a crusty bread to sop up the delicious broth. A 15 ounce can of tomatoes may be substituted for fresh. You may also use 1 tbsp. chopped fresh oregano, marjoram, basil in place of the dried seasoning.

Harvest Vegetable Fricassee

Great over biscuits, rice or couscous.

1 1/2 tbsp	olive oil
3 lg	carrots, peeled, cut into half-inch pieces
3 lg	parsnips, peeled, cut into half-inch pieces
3 c	cubed, peeled butternut squash (about 1 pound)
1 1/2 c	chopped onion
3 lg	garlic cloves, minced
1	bay leaf
1 tbsp	butter
1 1/2 tbsp	flour
1 1/2 c	vegetable stock

Heat oil in large saucepan over medium-high heat. Add next 6 ingredients; sauté 4 minutes. Reduce heat to medium-low. Cover; cook until vegetables are almost tender, stirring often, about 15 minutes.

Melt butter in large skillet over medium heat. Add flour; whisk 1 minute. Gradually add stock; bring to boil, whisking until slightly thickened, about 3 minutes.


Add vegetables to skillet. Reduce heat to low, cover and simmer gently until vegetables are tender, about 10 minutes.

Season with salt and pepper. Discard bay leaf.

Serves 4.

Adapted from *Bon Appétit*, September 1997.

A bunch of kids and a few too many adults came down to the farm on Saturday afternoon for the Halloween party. The kids were great fun and most of the adults behaved themselves. **Thank you, Lori, for organizing a great time.**



**Naturalawn
of America**

THE LEADER IN ORGANIC-BASED LAWN CARE

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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.