



News from Provident Organic Farm



www.providentfarm.org

Season 3, Week 6

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

May 16th-22nd, 2004

Notes from the Field, v. 3, #6

Welcome to the regular season members. As I made up the new pick up sheets for each of the deliveries, I realized there are quite a few names for which I don't have a face. I plan to be at the distribution sites for at least the first few weeks to be able to meet all of you. It may take a while to get to Easton, but the opportune day will come. Thank you all for your faith and support.

We had another very productive week. Heather (my older daughter) is home from college for the summer and will be working with me again this year. Once again, it is by default since she wasn't able to find a job related to her field of study that suited her. She does like being able to roll out of bed and be at work in 5 minutes, though. She and Kelly enjoy working together and they can really get the job done.

We got all of the pepper, cantaloupe and squash transplants in the ground this week. The watermelons will go in this week. All of these plantings are a bit late getting in the ground, but with the warm days we are having, they are off to a great start.

With so much planted and the weeds growing like wildfire, cultivation becomes a major task now. My Farmall tractor can do most of the field cultivation, but because I have changed the row spacing in the field to suit the Case tractor with the 6 ft. rototiller, the Farmall can't do it all. I found a 1939 David Bradley walking tractor at a yard sale

this winter. I knew the motor was no good, but it had a set of cultivators that I knew would accommodate the new row spacing. How wrong could I go for 20 bucks?! After a 2 month search for a motor and gear reduction unit, the David Bradley lives. I picked it up an hour ago and if I weren't sitting here, I would be in the field playing with it.

My good farming friend, Shane LaBrake called me this week to ask how things were going and to share some observations, in particular about how strawberries were coming on. He told me he had been in an organic market in College Park that was charging \$4.89 for a 16 oz. plastic package of strawberries shipped from Watsonville, CA. A quart of strawberries weighs at least 1.5 lbs. making it worth about \$7.35 at that price. Why would an organic market in College Park buy strawberries from California during the local strawberry season? At a cost of 435 fossil fuel calories to ship a 5 calorie strawberry across the country, something is radically wrong with this picture. This is another example of our warped perception of the value of food. We don't attach value to freshness, flavor, or nutritional content. But we are willing to pay for processing, packaging, handling and transportation.

Onward,

Jay

In your share this week:

Spinach

Lettuce

Mizuna (a Japanese mustard that can be stir-fried, sautéed or used fresh in a salad)

Beet Greens

Hakurai Salad Turnips

Strawberries

Sun Gold Tomato plant



About your Sun Gold Tomato plant:

Plant in a sunny location. Dig a hole at least twice the size of the container, mix the soil with half its volume in compost. If you don't have any compost, come and get some, I have tons! Water well to get it established in the first few weeks. After that once a week, thoroughly, should do. Use a fish emulsion to fertilize it every 2 weeks. If you can't find any fish emulsion, let me know, I have gallons. NO MIRACLE-GRO ALLOWED. Sun Gold is an indeterminate tomato, you will need a 6 ft. stake to support it. Stake it soon, so you don't damage the root system later. The plant will grow well beyond the stake if allowed to do so. You can stop the growth by pruning the tops when they reach the top of the stake. If cared for, this plant will give you at least 4-5 quarts of the sweetest little tomato you have ever tasted.

"I yam what I yam"

Popeye, world's foremost authority on the benefits of eating spinach

"I am what I am"

God, world's foremost authority on the benefits of growing spinach

Calling all foodies!

If you have a favorite recipe that you would like to share, please email it to swood1954@hotmail.com. No need to worry if it doesn't look like the newsletter - we'll fix it. You can also copy a page out of a cookbook or magazine and snail-mail (with the source, of course) to: Susie Wood, 108 Diamond Ave, Salisbury, 21804. If it is not an original creation, please cite the source and author (e.g., Adapted from *No Cholesterol Passover Recipes*, Debra Wasserman).

Did you know that there are also wonderful recipes in last season's newsletters? Sample our farmer's culinary skills by trying **Jay's Spinach and Mushrooms** in Newsletter 3, found on the website www.providentfarm.org/Newsletters/2003 Newsletters.

Sweet French Dressing

Another way to enjoy those fresh spring greens.

1/3 c	vegetable oil
2/3 c	orange juice
2	oranges, peeled and seeds removed
2 tbsp	lemon juice
1 tbsp	vinegar
1 tsp	salt
1 tsp	paprika
1 tbsp	minced onion

Blend all ingredients until well combined, about 3 minutes. Chill before serving.

Makes about 1 cup.

Adapted from *No Cholesterol Passover Recipes*, Debra Wasserman.

Per serving (2 tbsp): 49 calories, 4g fat, <1g protein, 3g carb.



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.

Spinach Salad with Lemon and Parmesan

1 tbsp + 1 tsp	fresh lemon juice
3 tbsp	olive oil
1 clove	garlic
1/2 lb	fresh spinach
2-3 oz	piece Parmesan cheese
	salt and freshly ground black pepper

Put lemon juice in a small bowl. Slowly add olive oil, whisking constantly, until mixture is emulsified. Set aside.

Cut garlic in half and rub the inside of a large bowl with the cut side. Discard and reserve the remaining half for another use. Add spinach to bowl. Drizzle with vinaigrette and toss to coat. Season with salt and pepper.


Divide salad evenly among 4 plates. Using a vegetable peeler, shave cheese in thin, wide pieces over each salad.

Serves 4.

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 8am-1pm and 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.



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