



News From Provident Organic Farm

www.providentfarm.org



Season 3, 2004 "dedicated to a safe, just, and sustainable food system"

July 19th - 25th

Notes From the Field v. 3, #15...

A welcome rain last night, so far almost 2". Most of the crops need this rain, the exceptions are the canteloupes and watermelons. They are subject to splitting if they take up too much moisture when they are close to ripe. As soon as there is a break in the rain, I will go out to the field and pick them both. This is not what I had planned for my Sunday activity, but it **is** what needs doing. Do you remember last week's quote by farmer Donald Insley about farming being an emergency every minute? Years ago I read Stephen Covey's book, "Seven Habits of Highly Effective People". In it he writes about being proactive rather than being reactive and planning well in advance. While I read his book, I thought "I'd like to see him try farming".



A knock on the back door.

"Man, what are you doing".
 "I'm writing the newsletter, Russell".
 "Forget that man, you gotta get those lopes out of the field, they'll split if you don't".
 "I know that, Russell".
 "Well, let's go".
 "Yes, Russell".



Once again, Russell to the rescue. We picked the lopes and walked over the melons, they will be alright.

Our big job this week was hoeing the winter squash and pumpkins. They had been seeded while it was dry and we had to put the trickle tapes in the rows to germinate the seed. With some of the varieties, the germination was poor and we had to re-seed them about 10 days later to get a good stand.



This practice makes for difficult cultivation because some plants are larger than others. The cultivators on the Farmall have to be set in a way that they won't cover the smaller plants. In so doing, the larger plants are not properly cultivated. The result is **a lot** of hoeing. Kelly and Heather spent the biggest part of 2 days hoeing and did an incredible job. Please remember this when you sit down to a meal with winter squash, it will improve the flavor.

We also transplanted the brussels sprouts this week. I have not had great luck with brussels sprouts in the past, but am determined to learn how to grow them. They are a long-term crop (95-110 days) and need a large dose of compost. They will also need to be fertilized as they grow to bear a good crop. With any luck, we will have them before the end of October. This is the beginning of the fall transplanting season. In the next seven or eight weeks we will be transplanting successions of broccoli, cabbage, cauliflower, kale, collards and lettuce for a total of about 14,000 plants. We try to do this in the evenings when it cools off. It is far less stressful on the plants and the transplanters. If any of you are itching to get your hands dirty and would like to join in the fun, feel free to contact me or Steve Schwarz about scheduling.

Onward,

Jay



In Your Share This Week:	
Tomatoes, Big Beef	Cucumbers, Speedway
Peppers, Red Knight, Biscayne	Basil, Genovese
Cantaloupes, Burpee Hybrid, Golden Gopher, Athena	
Hopefully some watermelon!	
Summer Squash, Magda	Garlic, Music

"What has been spoiled through man's fault can be made good again through man's work"

- I Ching

Food for Thought, Thought for Food



An article in the latest issue of BioScience presents some alarming statistics. "Global Urbanization and the Separation of Humans from Nature" was written by three authors, one in Japan, one in Italy and one in the U.S. Their concern is with the effect on humans of the overwhelming global trend toward concentration of populations in urban areas with distinctly low levels of biodiversity. They worry that most people "may lose the opportunity to benefit from or develop an appreciation of nature."

The paper's authors claim that "It is likely that most of Earth's urban home population lives in biological poverty". They suggest that being surrounded by pale imitations of what nature could be will lead to diminished expectations of what nature should be. To avoid this, the authors suggest we "must move humans to nature, or bring nature to humans".

But, they say, the former tactic appears dubious, because it is a recipe for further degradation of areas that currently possess high levels of biodiversity.

Over the last century, the role of home gardeners and landscapers has shifted from providing food and other goods and services for households to impressing others or increasing real estate values. The desire to grow the biggest tomato or having a perfectly groomed lawn could be channeled to production of urban biodiversity, with gardens and landscapes boasting large numbers species and intricate ecological webs. This would certainly mitigate current levels of "biological poverty" and lead to a greater appreciation of nature.

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 Wednesdays 12 noon to 5!

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

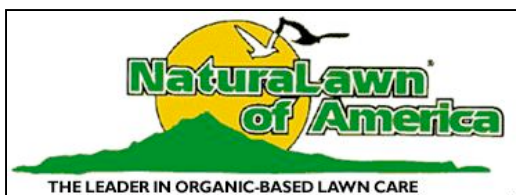
RECIPES!

When the farming is good, the shares are overflowing! Jay has a plethora of cucumbers that he says are just begging to be turned into pickles. Not experienced at making pickles? Neither was I! But the following recipe looked so easy, and as it didn't require heating up the stove for more than 5 minutes, canning equipment, or hours slaving in the kitchen I figured it was certainly worth a try...

Refrigerator Dill Pickle Chips

- | | | |
|-----------|------------------------------|---|
| 2 pounds | small cucumbers |  |
| 3 Tbsp | coarse salt | |
| 2 cups | distilled white vinegar | |
| 1 Tbsp | dill seed |  |
| 4 cloves | garlic | |
| 2 bunches | fresh dill, coarsely chopped | |

Cut the cucumbers into 1/2" rounds, and transfer to a colander set in a bowl. Toss well with the salt. Refrigerate cucumber rounds for 1 hour. Rinse cucumber rounds well; drain. Pat dry between paper towels. Transfer cucumber slices to a large bowl. Bring 3 cups of water, the vinegar, dill seed, and garlic to a boil in a medium saucepan, stirring. Reduce heat; simmer 4 minutes. Let mixture cool slightly, about 10 minutes. Add chopped dill to cucumber slices, and toss to combine. Pour in the brine. Let cool completely, about 30 minutes. Transfer mixture to airtight container and refrigerate at least 1 week before eating (pickles will keep 3 weeks more).



Joe Lieb Branch Manager
P.O. Box 2316 Salisbury, MD 21802
410-341-6711

The following isn't so much a recipe as a recipe suggestion - I had something like it at a lovely restaurant up in D.C. this spring and have been trying my best to re-create it at home ever since then... Top and tail green beans, and break into bite-sized pieces. Boil in salted water for approximately 4-5 minutes, or until just tender. Drain and dry. Toss while warm with a mild vinaigrette of your choice.

When slightly cooled add a large handful or two of Jay's amazing Sun Gold cherry tomatoes, halved or quartered, a large handful of chopped basil, fresh pepper, and some tiny cheese cubes of your choice (note that smoked cheeses work quite nicely here, as do mozzarella and feta-type cheeses.) Serve either at room temperature or cold.



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.

