



News from Provident Organic Farm



www.providentfarm.org

Season 3, Week 18


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

August 8th-14th, 2004

Notes from the Field ... and from the heart (Heather's version)

As I sit here on this humid Sunday afternoon, I can hardly believe that the month of August is already upon us. Another summer between college semesters is nearly past and this will be my final week working at Provident Farm. I won't write about everything that happened on the farm this past week because between inches upon inches of rain and a sinus infection that rendered me almost worthless, the farm seemed quieter than usual. But, when I think about the past few months I have spent on Provident Farm, I realize that there is nothing quiet at all about this place. The actions of the people that make this farm a success speak very loudly to me. If I have learned one thing from living in the capital of our great country, I have learned that there is no shame in taking part in something that defies the odds and helps us speak from the very depths of our souls. The seventeen year old girl from Bivalve MD that made her way to Washington DC almost two years ago never would have believed that she would march through the capital with millions of other women simply because there was something that meant that much to her. She never would have believed that she would skip three classes and spend an entire day in the pouring rain volunteering for and participating in a presidential campaign rally. If you told her she would sit on the National Mall with her homework in her lap and be completely speechless as she looked around and saw men and women of so many different nationalities enjoying the same freedoms and rights as her, she probably wouldn't have believed that either. But, believe it because that girl is me. So, as summer approached and exams came to a close, I was left with a feeling that my mom has always described as “apple pie a la mode” (warm apple pie topped with ice cream). Its always nice

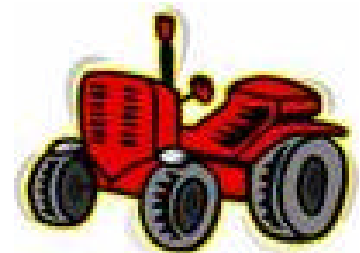
to come home to spend a few summer months with the ones that love me the most but its hard to leave the city that has become my home. As many of you know, my plan wasn't to work on the farm again this summer and as my dad would say, it was only by default that I ended up here. But, as I told you all last summer, there is something very rewarding about this farm. It is the most defining sense of community that I have ever felt in all seventeen years that I have lived in 20980 Nanticoke Rd. Just as we shared in the sadness as too much rain left the farm flooded and the shares rather slack last summer, we have shared in the promising weather and harvest that mother nature has showed us this summer. Hopefully we will ensure the good weather with the Dutch hex sign that my sister Tina is painting on the side of our tool shed representing sun, rain and fertility. Even the general mood on the farm was happier this year. Even though sunshine and beautiful weather always improves my mood, I could also attribute this to my co-worker and new friend, Kelly. Kelly and I laughed and joked through the easiest and even the hardest tasks that we were given. Even though there were some mornings when my alarm rudely awakened me at 6:45 and the last thing I wanted to do was get out of bed, this farm is the beliefs that I am marching for and the cause that I would work through any rainy day for. Washington DC is not the only place where I can be passionate about the things I hold in the highest importance. All of you are part of something that many would be skeptical of. You are willing to take a chance on a better tomorrow for your community. And in my opinion, taking chances and standing up for what we believe is what our lives should be driven by. So, whatever it is that you are passionate about, never stop fighting for it. I wish the best to all of you and I love you Dad. ✍



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This week's recipes make good use of the luscious tomatoes we have waited all year for!

Tomatoes Stuffed with Rice and Currants

4 lg	ripe but firm tomatoes, about 2 lbs
4 tbsp	olive oil, divided
1 med	onion, finely chopped
1/2 c	rice, uncooked
1 tbsp	dried currants
1/2 tsp	ground cinnamon
1/2 tsp	ground allspice
1/2 tsp	freshly ground white pepper
1/2 tsp	salt
1/2 tsp	sugar
1 c	water
1 tbsp	pine nuts, lightly toasted
1/4 c	finely chopped fresh mint
1/2 c	chopped fresh dill

Cut slice across top of tomato, leaving a piece attached to serve as a hinge for the "top". Hollow out tomato and turn upside down on plate to drain for about one hour.

Soak currants in tepid water for 15 minutes; drain well.

Heat 3 tbsp olive oil in a medium skillet over medium heat. Add onion and cook until translucent, about 5 minutes. Add the rice and cook, stirring frequently, about 5 minutes more. Add currants, cinnamon, allspice, pepper, salt and sugar and stir. Add water. Reduce heat to low, cover and cook until water is absorbed, about 20 minutes. Remove from heat and cool. Stir in pine nuts, mint and dill.

Preheat oven to 425°. Arrange tomatoes upright in a greased baking dish and sprinkle with remaining 1 tablespoon olive oil and a pinch each of sugar and salt. Bake, uncovered, for about 10 minutes; tomatoes will look as though they are about to collapse. Remove from oven and cool.

Stuff tomatoes with rice mixture and serve at room temperature, garnished with fresh mint leaves.

Serves 4.

Prep Tips: Raisins may be used instead of currants. Use the tomato innards for the following recipe.



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.

Green Beans in Olive Oil

1 lb	green beans
1 med	onion, chopped
1/3 c	olive oil
1 1/2 c	finely chopped tomatoes
1-2 c	water
1/4 c	finely chopped fresh parsley
1/2 tsp	dried summer savory
-	salt and pepper
1/8 tsp	ground cumin

Bring a large pot of water to boil and blanch beans for about 4 minutes. Drain and rinse with cold water to stop cooking. Drain and set aside.

Spread the onion evenly in the bottom of a heavy saucepan or dutch oven. Top with beans and drizzle with olive oil. Turn heat to medium. When onions and bean begin to sizzle, continue to cook for several minutes. Add tomatoes, water, parsley and savory and season with salt and pepper. Cook until beans are tender, about 30 minutes.

Stir in cumin. When water has evaporated and sauce is thick, remove pan from heat and allow to come to room temperature to serve.

Serves 4.

Prep Tips: Older beans may take longer – up to an hour – to cook.

Both recipes adapted from **Mediterranean Vegetables**, Clifford A. Wright, 2001.

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.

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.