



# News from Provident Organic Farm



[www.providentfarm.org](http://www.providentfarm.org)

Season 3, Week 28

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

Oct. 17<sup>th</sup>-23<sup>rd</sup>, 2004

## Notes from the Field, v. 3, #28

Some of you have asked “How many more weeks will we be getting shares?” Somehow the week number on the newsletters has been wrong. [The newsletter numbering started from the preseason (eds.)] The last week of share delivery is the week of November 15<sup>th</sup>. On Saturday, November 20<sup>th</sup> you are all invited to the farm to glean the field for your holiday feast and for our annual potluck dinner. I know there are some great cooks among our membership and you don’t want to miss this feast.

At this time of year, most of our efforts on the farm are in preparation for next year. I have seeded all of the available area in the field to a mixed cover crop of rye and vetch. Russell and I have been working on a new section of the field that I will use for vegetable crops in 2006. We will put a cover crop of winter rye in this fall to be followed by a cover crop next summer that I have not chosen yet. I need to do some research on what will be the best soil building crop for the field. I have not been able to do any more than mow that section of the field for the past 3 years. This has at least kept the weeds from going to seed, but has not done anything to improve the soil other than allowing it to rest. Time and money never seem to dance a duet here – if I have one I don’t have the other.

We have planted all of the over-wintering crops except garlic, it will be planted the first week of November.

I have made the mistake of planting it too early in the past. If it goes in too early, it uses too much of its energy in the fall and does not have enough reserve to make large bulbs in the spring. The crops we have in are leeks, carrots, beets, onions, spinach and fava beans. I have never tried fava beans before, but am told they can survive winters where the temperature does not go below 10 degrees. I have enough row cover material to cover them if it does get that cold.

Cynthia Cooper is working on a survey that we hope to have to you next week. Whether you plan to sign up for the 05 season or not, your input is very important to helping us find our way. If you are dissatisfied with your CSA “experience”, I would like to know why. There are no negatives, all responses become positive. Please respond honestly and return the survey to us.

I would like to thank you all for the kindness you have shown Anne. Because she cannot take any more than 40 lbs. of luggage on the bus, Kelly has offered to drive her to her daughter’s home in West Virginia. She will be leaving on Friday with a substantial nest egg.

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

“... A world that supranational corporations and the governments and educational systems that serve them ... control ... will be ... a postagricultural world. But as we now begin to see, you cannot have a postagricultural world that is not also postdemocratic, postreligious, and postnatural – in other words it will be posthuman, contrary to the best that we have meant by humanity.”

Wendell Berry, "Conserving Communities"

## Food for Thought, Thought for Food

Paul and Barbara Stitt of Natural Ovens Bakery in Manitowoc, Wisconsin have turned behavior in Appleton High School around 180 degrees. In 1997 they contributed \$100,000 for the construction of a school kitchen and hired 2 cooks. They stipulated the school must remove all soda and junk food vending machines. The school menu consists of fresh fruits and vegetables, whole grain breads, homemade soups, stews and entrees. They also blended an energy drink with fruit juice, whole fruit and ground flax that has become very popular with the students.

After years of truancy problems, attention span disorders, disciplinary problems including weapons in the school, principal LuAnn Coenen now files the following routine reports demanded by the state:

Dropouts: 0

Students expelled: 0

Students discovered to be using drugs: 0

Students with weapons: 0

Suicides: 0

All other problem behavioral categories: 0

### Halloween Party!

Saturday, 10/30 ~ 1-2:30 PM ~ at the farm.

Crafts and games from 1-2, followed by a small party. Costumes optional.

Please bring treats, goodies, or drinks to share. In the case of inclement weather, the event will be cancelled.

Contact Lori Lilly at [llilly@ezy.net](mailto:llilly@ezy.net) or 410.572.2785 for more information. Hope to see you there!!!

Directions to the farm: From Route 50, go west on Nanticoke Road (Rt. 349) about 17 miles to Bivalve. Provident Organic Farm is on your right, across the street from the fire station. Turn right into the driveway between the church and the yellow farm house. If you get lost, Jay's number is (410) 873-2942.

## Pumpkin Soup

As well as looking good on your doorstep for Halloween, pumpkin makes a delicious soup.

1 kg pumpkin  
2 onions, chopped  
2 cups water  
2 cloves garlic, chopped  
2 tsp vegetable bouillon powder  
2 tsp sugar  
1/2 tsp grated nutmeg  
2-3 cups milk  
Salt and pepper to taste

Cut the unpeeled pumpkin into chunks and scrape away and discard the seeds and stringy part with a spoon.

Put all the other ingredients except the milk and final seasonings into a saucepan, lay the pieces of pumpkin on top, cover and simmer until the onions and pumpkin are tender.

Lift the pieces of pumpkin onto a large plate or board. As soon as they are cool enough to work with, scoop the cooked flesh back into the onion mixture and discard the skin.

Purée the pumpkin etc., getting it as smooth as possible. Prior to serving, thin purée to desired consistency with milk, adding a little cream if you want extra richness.

Season with salt and pepper. Reheat and serve.

Serves 6-8.

From *Alison Holst's Meals Without Meat*, Simon & Alison Holst, C.J. Publishing, 1990.



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## Comments & Contributions

We welcome your comments and contributions, including recipes! Please send to [ubuubok@dmy.com](mailto:ubuubok@dmy.com) or Provident Organic Farm CSA, PO Box 62, Bivalve, MD 21814.