



# News from Provident Organic Farm



www.providentfarm.org

Season 4, Week 10

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

July 25<sup>th</sup>–31<sup>st</sup>, 2005

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● In the absence of “Notes from the Field” (*Jay’s busy doing the farming & it’s too humid*  
● *for our guest writers’ creative juices to flow*), the newsletter editors bring you miscellany  
● to enjoy and enlighten (*stay tuned for our regular features next week*)  
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## You Say Tomato, I say Tomato, too

To peel and seed fresh tomatoes, bring a large pot of water to boil over high heat. Using a paring knife, cut a shallow cross into the bottom of each tomato. Submerge the tomatoes in the boiling water for 15 to 20 seconds, depending on ripeness (the riper the tomatoes, the less time they need in the water). Immediately remove the tomatoes and transfer to a colander. Rinse with cold water until cool. Using a paring knife, remove the stem and core and discard. Slip the skin from the tomato and discard. Cutting across the tomato rather than from top to bottom, slice the tomato in half.

With a fine wire mesh or strainer set over a bowl, gently squeeze the seeds (and juice) from the tomato so that the strainer catches the seeds and the juice runs into the bowl. Do this with all the tomatoes. Discard the seeds and use the tomato juice in the recipe. The tomatoes can then be cut into the desired shape and size according to the recipe directions.

\*Note that 3 pounds of tomatoes are approximately equal to 7 large tomatoes.

To freeze tomatoes: Wash and scald to loosen skin. Cool in cold water. Peel and core. Freeze as is or stew adding 1 tsp. of salt per 1 quart.

*Compliments of: Karen Vollmecke, Vollmecke Orchards CSA, West Brandywine, Pennsylvania*

## Secret Report Raises Fears Over GM Crops

*The Independent* of London is reporting that a new scientific study carried out by Monsanto raises new fears over the safety of genetically modified [aka GM or genetically engineered] corn. The study-- which the company has tried to keep secret-- found that rats fed genetically modified corn developed abnormalities to internal organs and changes to the composition of their blood.

Check out the source at: [www.democracynow.org/articlepl?sid=05/05/23/1339215](http://www.democracynow.org/articlepl?sid=05/05/23/1339215)

*“Our disconnection from the Earth is epitomized by our relationship to food. Most urban people associate food with supermarkets but fail to connect it with the land.”*

*David Suzuki, From Naked Ape to Superspecies*

## Tomato and Cucumber Salad

*A delicious salad especially when it's just too hot to turn on the oven! Add garbanzo beans and serve with crusty bread for a light summer dinner.*

7-9 **tomatoes**, sliced  
2 **cucumbers**, sliced  
1 **onion**, chopped  
¼ c. minced **fresh parsley**  
¼ c. minced **fresh basil**  
¼ c. **olive oil**  
½ c. **balsamic vinegar**  
2 **garlic** cloves, minced  
freshly **ground black pepper**, to taste

*Marinade and refrigerate for 30 minutes.*

### 'Mater Mania Needs You!!!! An Update from Amy:

August 6 is just around the corner. Thank you to everyone who is making this event possible. We still need your help. Keep up the great work with tickets. Thanks to all of you who have bought the tickets even though you can't make it. And thanks to all of you for selling the tickets to those who will join us on the 6th. Keep up the great work.

Succulent Sassy Salsa Stand. Need we say more? We need salsa makers and cooks. We are looking for generous sized contributions, however the interpreting of that size is up to you and your energy level! ½ gallons to full gallon sizes or thereabout would be nice! Suggestions for storage: Ask restaurants or delis for their empty gallon size plastic jars; use gallon size freezer bags, good'ol Tupperware or mason jars work... Please name your salsa and put it on the container. The day of Mater Mania bring your salsa to the Succulent Sassy Salsas Stand. Jane Hager will have a cooler on hand with ice for storing the salsas. She is also looking for tableware: bowls and ladles. Please let her know if you can provide these items/salsa by emailing her by August 3 (rjane999@yahoo.com). Jay is willing to supply the extra tomatoes. They will be available at the pick-up sites the first week of August. One more thing...your recipe for display with the salsa, if they're not trade secrets, would be terrific!

Bread makers. They're planning some yummy sandwiches...We would love some homemade bread to make them. Please contact Loren Moriarty (LXMORIARTY@salisbury.edu) or Susie Wood (Sewood1954@aol.com).

Not sure about cooking, but want to help out? Volunteer the day of the event. Contact me (Amy Liebman - aliebman@comcast.net) or Patti Erikson (pterickson@salisbury.edu).

And just to clarify. This is a picnic. So even though we are making some food (for which we are asking for additional donations), please be sure to bring your family picnic meal. This is our first year and we have no idea how plan enough food for all. Hang in there with us. This is bound to be lots of fun.



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### News Flash!!!!

In response to concerns about traffic congestion, our south Salisbury pick up location is changing....Starting August 9, the Kay Avenue Pick up will move to the Asbury Church Parking Lot.

More Details Coming Your Way Soon!

**More recipes from the first three years of Provident Organic Farm CSA may be found on our website: [www.providentfarm.org](http://www.providentfarm.org) Recipes are indexed by individual vegetable.**

### *Comments & Contributions*

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