



News from Provident Organic Farm



www.providentfarm.org

Season 4, Week 4

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

June 13th–19th, 2005

Notes from the Field, vol. 4, no. 4

I do not like to dwell in the negative, but I do believe it is important for you to understand some of the problems we face from time to time.

The past two weeks on the farm have been stressful to say the least. Murphy paid a visit to the farm and was not on vacation! The field irrigation pump would not pull water because of a bad shaft seal. I could not get a replacement seal for 2 weeks so I was forced to buy a new pump. I justified the expense by telling myself that having a back up irrigation pump will save me from this aggravation in the future. Within 4 hours of getting the new pump hooked up it started to rain. And rain it did! We got 3.5 inches last Friday, more than enough. The excessive rain prevented us from getting in the field to do any soil preparation or cultivating. We are way behind on cultivation, but Russell is a master with the Farmall and will do the best job possible as soon as he is able.

The well that serves the home gardens, the greenhouse and the washing up area failed early this spring. I have been waiting for 12 weeks for approval of the permit for a new well and the driller to appear. I intend to write a letter to Lewis Riley, the Secretary of Agriculture, suggesting that a replacement well should not have to go through the same permit process that a new well must.

In most cases, the need to replace a failed irrigation well would be considered an emergency and in my opinion, should not have to go through the same permit process as a new well. In the meantime, we have been supplying the system with a garden hose from my house well. The house system is incapable of supplying all the needs out there so we have not been able to properly irrigate the gardens or the greenhouse. The fact that we have harvested as much as we have from the greenhouse and gardens is testament to the ability of healthy soil to prevent severe losses from stress.

Through all of this and the arrival of the heat and humidity of high summer, Kelly, Heather and Paul have tightened up as a crew and worked extra hard to keep the show going. I have told them that this work will probably stress them emotionally, physically, and mentally more than anything they have ever done and if they can “pack” with farming, they can “pack” with anything. So far, they are packing well as a team and I sincerely appreciate it. I hope you do, too.

Onward,
Jay

In Your Share: German Butterball potatoes, Zucchini, String Beans, Early Jersey Wakefield Cabbage, Lettuce (probably the last), Peas

“When one tugs at a single thing in nature, he finds it attached to the rest of the world.”

John Muir

Cabbage, Carrot and Fennel Slaw – Serves 4

Use that delicious, pointy-head Jersey Wakefield Cabbage in your share this week!

1 1/4 lb	cabbage
1 lg	fresh fennel bulb
1/4 c	thinly sliced onion
1 c	coarsely shredded carrot
1/3 c	mayonnaise
1/4 c	sour cream or plain yogurt
1-2 tbsp	fresh lemon juice
1/2 tsp	sugar
1/2 tsp	hot pepper sauce
-	salt and pepper

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

Core cabbage and cut in halves or quarters, if large. Slice very thinly to make about 8 cups. Trim fennel and cut in half; slice very thinly to make about 1 1/2 cups. Combine cabbage, fennel, onion, and carrot in large bowl. Whisk together mayonnaise, sour cream or yogurt, lemon juice, sugar and hot sauce. Add dressing to cabbage mixture; toss to coat. Season slaw to taste with salt and pepper. Refrigerate, covered, for one to two hours, tossing occasionally.


Stir-Fried Sugar Snap Peas

From the stovetop of members John & Ursula Hastings.

2 tbsp	vegetable oil
1 tsp	sesame oil
3 tbsp	pine nuts
1 tbsp	minced fresh or crystallized ginger
1 lb	sugar snap peas
2 tbsp	dry sherry
2 tbsp	tamari or low sodium soy sauce

Heat a wok or large sauté pan over high heat. Add both oils and reduce heat to medium high. Add pine nuts and ginger and stir until nuts are lightly browned. Add peas, stirring to coat with oil. Add sherry and tamari. Cook, stirring frequently, until peas are tender but not soft, about 3 to 5 minutes.

Serves 4



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IN the interest of providing more product to our members, Jay thought fresh flowers would be appreciated by our members. So, he talked a few of us into growing some cut flowers on Sandra's property this year. By the end of this week, we will have planted all 25 varieties of flowers. Thanks to everyone who has helped build the beds and get the flowers planted - Sandra, Stevik, and Jack. Special thanks to Jay and Kelly who made sure that they got from seed to sprout. Now we'll see if we can produce some beautiful flowers to take home.

We've planted delphiniums, gomphrena, celosia, calendula, sunflowers, zinnias, bee balm, lavender, cosmos, and quite a few others. I've heard from a number of our CSA members, telling me that they are interested in receiving a weekly bunch of flowers (picked up from Jay when you pick up your share). We hope that the flowers will start coming in by mid-June.

If you are interested in buying a weekly \$5 bunch of flowers, please e-mail me at mphendrickson@mchsi.com.

Also, if you have buckets that you don't need, please get them to Jay for me. They can be drywall, cat litter, anything buckets.

See you at the market –
Pat Hendrickson

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.