



News from Provident Organic Farm



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Season 4, Week 7

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

July 4th- 10th, 2005

Notes from the Field, vol. 4, no. 7

View from the Kitchen

by Joan Maloof

This is my fourth year in Jay's CSA. I was one of the lucky ones who heard about it before the first vegetable was pulled from the ground. I have done all the early seasons and the late seasons too – and to top it off there are only two of us (my husband, Rick, and I) sharing a family size box. So I think I am one of those getting a maximum dose, and I can tell you that it is starting to affect me. Seriously, you know you're hooked when on Saturday you're already looking forward to Tuesday (my pick up day). Do I dare buy more lettuce from the Giant? It doesn't look that bad. But now I am paranoid about where it came from and what's on it. I know that the things I worry about cannot be washed off, and who wants to worry while eating salad?

I've noticed other things too, since I started eating Jay's vegetables. For instance, the grocery lists now contain things not to buy. Lucky for me Rick does the shopping, and on his last list it said *no strawberries*. I knew he would be tempted by California's beautiful spring crop, but I also knew that the strawberry plants on the farm were in bloom and soon we would have beautiful,

yummy, healthy berries from the CSA. I preferred to wait.

I notice I am more competent with my vegetables now. No longer do I hesitate about how far to trim leeks, and no longer do I experience the unhappy surprise of leek grit. When you are handed leeks week after week you learn to deal. No problemo. I can cut and clean leeks with the best of them now – and I am finally past the potato and leek soup stage. Would this new personal relationship with leeks have ever occurred without the CSA? Doubtful.

And carrots. Who would have ever thought I could eat a pound of carrots a week? (OK I'll admit there's still a few in my crisper drawer.) Would I ever in my life have been looking up *carrot recipes* if it weren't for my CSA? I think not.

Would I know that I prefer Tsat soi to Bok choy? And would I have ever, if it weren't for my CSA, put braising greens in my pasta dishes? (It's good, try it.) And last, and least, of course there's the kale. I lived over forty years on this planet before I learned that it's best to cut out the midribs of the kale. Maybe it will take me a few more years before I learn to love it, but I'm not going to stop trying. I've come this far already – who knows how far I can go?

Mater Mania is in the works...

It's our first annual picnic celebrating the glorious tomato and the event takes place August 6 from 3-7ish at Cedar Hill Park and Marina. We would like to raise money for next year's Medora Harvest Fund. This year we have the honor of serving 11 families with a share from the farm. We would like to double that number for next year. But we also want to have fun. The event will feature live music from two bands – Pugsly and the Folk Heroes. We will have tomato tasting, a salsa bar, fun activities for the kids, a home grown tomato contest and more! We are opening this up to the public. So bring your neighbor, your friend, your colleague and introduce them to the wonders of our CSA.

But we need your help. Here's what you can do:

1) Sell tickets. We are asking for a \$5 donation per adult to hear two bands and have a lot of fun. That's a bargain! We will reach our fundraising goal if each member sells 5 tickets. Tickets are available at your pick-up site. Of course there is absolutely no obligation and we appreciate whatever you can do to help out the Medora Harvest Fund.

2) Volunteer – and here's how:

The day of the event – Staff our various activities or help with clean up.

Make salsa to sell at our salsa bar! Jay will help out with ingredients, but we need to know who the sassy salsa makers are.

Bake bread for our tomato sandwich extravaganza.

Give us your favorite salsa recipe.

Donate a certificate to your business or a work of art for our silent auction/raffle. So far we have wonderful canoe trip for two!

Please let the Mater Mania Committee Chairs, Amy Liebman (aliebman@comcsat.net/410.860.9850) or Patti Erickson (perickson@salisbury.edu) know if you would like to help. More details to come! And thank you!

Note: Use fresh lemon juice for both of these recipes – it makes a huge difference in the flavor.

Cabbage and Apple Slaw

1 lg	tart apple (Granny Smith is good)
5-6 c	very thinly sliced cabbage
2-3 tbsp	fresh lemon juice
1/2-1 tsp	salt, divided
1/3 c	chopped pecans
2 tbsp	butter
1 tbsp	sugar
2 tbsp	chopped fresh chives

Cut apple into 1/2 inch cubes. In a large bowl, combine apple, cabbage, lemon juice and half of salt; set aside.

Melt butter in a small skillet. Add pecans and toast over medium heat, stirring occasionally, until lightly browned. Sprinkle pecans with sugar and remaining salt and stir until pecans are coated, about a minute or two. Remove skillet from heat and cool slightly. Pour pecans and any butter left in skillet over cabbage and toss well. Sprinkle with chives and season with additional salt, if desired.

Serves 4.

Notes: Instead of buying cut chives in the store, get a chive plant – your local farmers' market probably has them right now. Put them in a pot so you can bring them inside during the winter, and keep them trimmed by using them all summer long.

Tabbouleh-Stuffed Zucchini

2 med	zucchini, about 8 oz each
1/2 c	bulgur (cracked wheat)
1 tsp	salt
3 tbsp	fresh lemon juice
1/4 c	olive oil
1 sm	garlic clove, minced
1/2 c	minced fresh mint leaves
1/2 c	minced fresh parsley leaves
1/2 c	finely chopped, peeled and seeded cucumber
1	scallion, minced
1	tomato, seeded and finely chopped
-	salt and pepper
-	fresh mint sprigs

In a bowl combine the bulgur with the salt. Cover bulgur with boiling water by an inch and soak for one hour. Drain and squeeze bulgur dry in a kitchen towel. Return to the bowl and add lemon juice, oil and garlic. Stir well, cover and chill for one hour.

Trim zucchini and halve lengthwise. Scoop out the flesh, leaving a shell about 1/4 inch thick; reserve flesh for another use. Steam zucchini shells on a rack over boiling water until tender but still slightly firm, about 4-5 minutes. Drain zucchini, cut side down, on a kitchen towel until cool.

Stir the mint, parsley, cucumber, scallion and tomato into the bulgur. Season with salt and pepper. Divide tabbouleh evenly among the zucchini shells and garnish with fresh mint.

Serves 4 as a side.


Notes: Scooping out the zucchini is easy with a melon baller or grapefruit spoon.

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Comments & Contributions

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