



News from Provident Organic Farm



www.providentfarm.org

Season 4, Week 6

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

June 27th-July 3rd, 2005

Notes from the Field, vol. 4, no. 6

Summer arrived on Tuesday, June 21st after doing her warm up exercises for 2 weeks. Each year I know it is coming, but I never seem to be prepared to deal with the first few days of high heat and humidity. After a couple of weeks, we can settle into it, make the necessary adjustments in the work schedule and go on about the business of summertime farming. The stress caused by the various irrigation problems along with the arrival of summer's heat made for less than optimal working conditions here. Tempers flared, harsh words were spoken, but we have resolved our “issues” and have moved on. Many thanks to Paul's friend Isa who came for a 4 day visit and helped with translation. We have a new well for the gardens and the greenhouses and a new irrigation pump for the field irrigation system. All systems go!

Some of the crops suffered from lack of water, particularly the watermelons and cantaloupes, and some we were not able to get planted here. Russell and I have been trying to open up a new piece of ground where I intended to plant the winter squash and sweet potatoes. It is a low section of the field that would be well suited to grow these crops. The 3.5 inches of rain we had about a month ago made it impossible to prepare the new section. I contacted Armando, my farmer friend in Marion and asked him if he would be able to grow those crops for us. He agreed, got his land ready and planted the winter squash last week. We have not received the sweet potato plants yet, but should get them this week and Armando will be

able to plant them right away. They will be late, and may not make a heavy crop, but we will get something out of them.

One of the things I miss dearly this time of year is having the time to read. I receive 5 publications a month that I carefully selected from a huge assortment of publications available. Farmers, who I consider the most valuable source of information, conduct most of the research reported on in my select few. Last month an article about solarization appeared in two of them. Having made a couple of attempts at solarizing beds in the past with poor success, I took the time to read both articles. Solarization is the organic alternative to using herbicides for weed control and methyl bromide for disease control. It involves covering the beds with clear plastic after preparing them for planting. The soil is super-heated under the plastic causing the weed seeds to germinate and then die and also kills many pathogens. The plastic is then carefully removed so it can be re-used and without disturbing the soil, the crop is planted. We intend to use this technique in the raised beds in the garden this summer before we plant fall carrots. Solarization is one of the best examples of organic farmers offering an alternative solution to a conventional farmers problem. We may not have all of the answers, but at least we are asking the right questions.

Onward,
Jay

Well, the middle of June has come and gone, and still, the flowers have some growing to do. I appreciate all those who have signed up for a weekly bouquet, and their patience in waiting for their flowers to arrive. I would also like to encourage anyone else who is interested in a weekly, \$5 bunch of flowers to give me a call or an e-mail. It is my first time doing this, so I'm not quite sure what to expect – could be July before we see any kind of volume. The cosmos are beginning to bloom to the point that I can't keep up with the deadheading, so am letting them bloom as they wish. They will have a long season and are beautiful. The sunflowers and rudbeckia are on their way, as are the snapdragons, celosia, mexican mint marigolds, and calendula. Another couple of weeks, and we should be getting our first bunches. Thanks to our volunteers, Pat Pilling and Betty Ford, who continue to weed, weed, weed. Thanks again to Sandra for the space in which we've put the beds, and to Stevik and Jack for all their work keeping the beds in shape.

Pat Hendrickson

(302)228-1987 or mphendrickson@mchsi.com.

In your Share

The real German Butterball Potatoes
Summer Squash
Cucumbers
Fresh Garlic (not cured, use it this week)
Parsley
Red Cabbage
Lettuce (I hope)
Yukina Savoy?? (use it as you would spinach)

Zucchini Blondies

For those of you with the *It's Only June and I'm Already Sick of Zucchini* blues ... one of summer's most ubiquitous vegetables in dessert form!

1 c	flour
1 tsp	baking powder
1/8 tsp	baking soda
1/2 tsp	salt
1 1/4 c	brown sugar
1/3 c	butter
2	eggs
1 tsp	vanilla
1 c	shredded zucchini, squeezed dry
1/2 c	semi-sweet chocolate chips
1/2 c	coarsely chopped walnuts, optional

Lightly grease an 8" square baking pan.

Mix together flour, baking powder, baking soda, and salt. In another bowl, cream brown sugar and butter until light and fluffy; beat in eggs and vanilla. Gradually combine flour mixture with sugar mixture. Stir in zucchini, chocolate chips and walnuts.

Pour batter into prepared pan and bake at 350 degrees for 30-40 minutes. (After 30 minutes, if the top is too brown but blondies are not fully cooked, cover loosely with tin foil.) Cool and cut into squares.

Notes: For a variation, grate 1/2 cup carrot into the batter or add 1/2 cup raisins.

Adapted from *One United Harvest*, Julie Solchaki, July 2005. (No ... the date is not a misprint ...) Julie has collected recipes from CSAs all over the county for a book to be published next month. Watch the newsletter for the release date – several recipes from Provident Organic Farm's first three CSA seasons are included!

Spicy Sautéed Zucchini

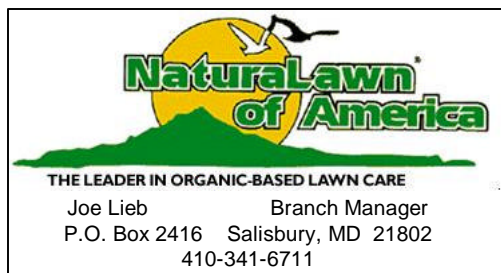
Yet another good basic – yet yummy – zucchini recipe.

3 tbsp	olive oil
2 lb	zucchini
2-3 tsp	minced garlic cloves
1/2 tsp	dried crushed red pepper
-	salt
1 tbsp	chopped fresh parsley

Cut zucchini in half across, then cut each half lengthwise into four flat slices.

Heat oil in large, heavy sauté pan or skillet over medium heat. Add zucchini and sauté until slices are light golden and tender, about 5 minutes. Add garlic and red pepper and sauté another minute. Season to taste with sea salt. Transfer zucchini to serving platter, sprinkle with parsley, and serve.

Serves 4-6.



Comments & Contributions

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

Tomato Mania in the Making

Planning for our August 6 Medora Harvest Fund Fundraiser is underway. We are serving 11 families this year through the Medora Harvest Fund. Let's double that for next year. And we need your help! The event will be tons of fun for your family – live music, kids activities, tomato tasting and more. The idea is to have a great time and support an important part of our CSA – helping others! Volunteers are needed for the day of the event. (We will round you up!) But also we need volunteers to help with the planning/coordinating. Please come to Patti Erickson's house, Saturday July 2 at 10 am for a planning meeting. 709 Lakeside Drive. Take North Division to the four way stop at Philadelphia Street. Turn left onto Philadelphia St and go all the way to the lake. Turn Left onto Lakeside. Patti's house is the third on the left. We welcome your involvement! Please join us. If you are unable to make the meeting and would like to help with the event, please e-mail Amy at aliebman@comcast.net or call 410.860.9850.