



Flower Power

It's amazing how one action can blossom into not only a full section of one's life, but trickle into others' lives, which in turn goes on to affect even more lives. Sometimes we say, 'it's a small world' in response to knowing someone who knows someone else, but I'm beginning to think we should say, 'my world is really growing!'

The small seed was the idea that I needed to do something to assure that I wouldn't suffer from the onset of empty nest syndrome. Gardening is heaven to me. I lose myself in the creativity and nature. It's a perfect place for me.

I began to wonder out loud if I could make this idea into a business. In response, a friend mentioned that he had a client for me – a woman with lots of work to be done – much further away from me than I had wanted. But once I met her, I knew that this would be a great beginning. I loved this job from the very start. The woman I work for is very knowledgeable, has a big heart, and still looks at things in wonder and awe, as though looking through a child's eye. She also has the means to make garden wishes come true. In my time with her, I have been encouraged to design a herb garden, transplant to my hearts desire – until everything is where it should be (this will take a millennium!), and basically, try out new ideas.

The latest idea was cut flowers. How tough could it be? The CSA could use more product to offer to its members, which would make a perfect outlet for our endeavor. As with most things, this woman was

enthusiastic and approached the whole thing as though there were no obstacles. The seed list was made, beds cleared and tilled, trickle tape constructed and installed, buckets and flower preservative collected, lists and schedules by the ream (because I was worried that I didn't know what I was doing). I received constant reassurance from all involved: 'It'll work out fine!'

Hours of transplanting, weeding, and deadheading followed, donated by volunteers who followed loyally. In the end, at least 10 people were involved, giving their time selflessly, and with complete optimism, carrying on the philosophy of this one woman. Just do it – it'll be fun – you'll be glad you did.

We did do it. It was a lot of fun. I don't know about all those 10 people, but this one is glad she did. I met lots of wonderful people with good hearts. People I never would have met otherwise. I started out just with the idea that I'd get out there to do something I loved. I had no idea that I'd learn so much.

Because of that small seed that blossomed, I am now inexorably attached to this group, and am committed as these people were committed to this project.

By the way – although this effort did not turn out to be a money maker, we did donate the proceeds from the sale of the flowers to the Medora Harvest Fund in hopes that we can feed the families who are in need. I consider this a donation from: Jay, Sandra, Pat, Jack, Kelly, Paul, Lisa, Pat, Betty, Stevik, and my family.



Note from Jay:

This was submitted by Pat Hendrickson, who grew the flowers for the CSA at Sandra Frazier's home in Berlin. As she says, the endeavor was not profitable in terms of the amount of time and energy put into the project. I enjoyed the time I spent with Pat helping to select the varieties, sowing the seeds and growing the transplants. The difficulties we encountered were logistical, not horticultural, it simply became too difficult (and expensive) to get the flowers from point A to point B. It truly was a labor of love for Pat and all involved. Next year's recipients of the Medora Harvest Fund will benefit from the efforts and kindness of the "flower children" members of the CSA.

Kohlrabi Stew

1 tbsp	olive oil
1	large onion, slivered
2-3	kohlrabi, peeled and cubed
3	medium carrots, peeled and cut into 3/4-inch chunks
2	medium potato, peeled and cut into 3/4-inch chunks
1 c	tomatoes, peeled and chopped (canned is fine)
4 c	broth
1	bay leaf
1/2 tsp	dried oregano
1 tsp	salt
-	freshly ground black pepper to taste
1 tbsp	Dijon mustard
1/2 tsp	molasses

Sauté onions in oil for several minutes. Add remaining ingredients and bring to boil. Reduce heat and cover. Simmer for 20 minutes or until vegetables are tender.

Serves 4.

Variation: Remove the broth, thicken it to a gravy with a little flour, and add chunks of fried tofu. For fall or winter, use the stew as a filling for a pot pie.

Source:

<http://www.prairienet.org/pcsa/recipes/kohlrabi.htm>

Kohlrabi with Parmesan

2-3	kohlrabi, stalks and leaves removed
2 tbsp	unsalted butter or olive oil, or combination
1/4 c	grated Parmesan cheese
-	salt and pepper to taste
1 tbsp	minced parsley

Peel kohlrabi to remove fibrous outer layer. Shred with grater or food processor. Heat a medium skillet to medium heat. Add butter and/or oil. When fat is hot, add kohlrabi. Cook, stirring frequently, until vegetable is tender, about 8 minutes. Sprinkle with salt and pepper. Stir. Toss with cheese. Cook until cheese melts, about 1 minute. Garnish with parsley. Serve hot.

Serves 4.

Source:

<http://www.prairienet.org/pcsa/recipes/kohlrabi.htm>

Kicky Kohlrabi Salad

6	kohlrabi, stems and leaves removed, peeled and julienned (about 4 cups)
1/4 c	rice wine vinegar or white wine vinegar
2 tbsp	red wine vinegar
1 tbsp	vegetable oil
1 1/2 tsp	fresh minced ginger root
1/2 tsp	dried tarragon
1/4 tsp	crushed red pepper flakes
-	dash of salt
1	small red onion, peeled, ends removed, thinly sliced and separated into rings
1 tbsp	toasted sesame seeds


In a large saucepan, bring 2 quarts of water to a boil; add the kohlrabi and cook until crisp-tender, about 2 minutes. Drain and rinse under cold water. Transfer the kohlrabi to a medium bowl.

To prepare the dressing: In a small bowl, whisk together the rice wine (or white wine) vinegar, red wine vinegar, vegetable oil, ginger, tarragon, crushed red pepper and salt. Pour dressing over the kohlrabi and toss well. Cover and refrigerate at least 2 hours.

To serve: Place the kohlrabi on a platter. Arrange the red onion rings on top and sprinkle with sesame seeds.

Serves 6.

Source: <http://www.freep.com/fun/food/qkolrec29.htm> (from *Weight Watchers Favorite Homestyle Recipes*)



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More recipes from the first three years of Provident Organic Farm CSA may be found on our website:

www.providentfarm.org

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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.