



# News from Provident Organic Farm



www.providentfarm.org

Season 4, Week 23

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

Oct. 31<sup>st</sup>-Nov. 6<sup>th</sup>, 2005

## Minutes of the “Steering Wheels” meeting October 30<sup>th</sup>, 2pm, Provident Farm

Report from Jay for the 21 members (plus children!) present:

There are two problem areas for the farm: labor and land. Given his past experience with labor, Jay is not seeking to employ somebody full- or part-time. This means that he can only grow as much as he and his back can manage. However, this means that he will not be able to feed all of the present CSA membership next season. The second problem is that Provident Organic Farm does not have enough land to provide 140 shares.

Jay suggested that we should outsource some of the crops. This means that the food for the CSA would be grown by a network of organic farmers in the area. Jay mentioned several possible farmers who have either expressed an interest in this idea or who might be interested.

The discussion centered around some of the issues that need to be addressed to make such a “cooperative model” work:

- 1) We need a list of crops that members want and that can be grown by the farmers in the cooperative. There will be a survey among CSA members. However, as several members pointed out, the most important question is “What can be grown where?”. Personal preferences for particular crops are secondary.
- 2) Each farmer in the cooperative will choose the crops he or she can grow. The main idea is that farmers specialize in those crops that grow best on their land.
- 3) We hope that this model can provide at least 100 shares. We need to work out how much shares will have to cost and whether we would still have working

and non-working shares. The cooperative model would require volunteer workers. Jay and some members stated that they would prefer to have only working shares with members volunteering as much time as they can. Amy pointed out that some members do not want to work but would be happy to pay for the food. Joan Maloof suggested a “one price membership” with discounts for volunteer work. This question will be decided at another meeting.

4) The relationship between the farmers and the CSA needs to be addressed. The CSA provides the farmers with a guaranteed income and in return we would expect to receive the produce at a “cut-rate” which is below what the produce would sell for at a farmers’ market.

5) Who is going to organize the cooperative? Jay would be willing but we would also need volunteers to do various jobs. We have to make sure that organizing the model will translate into a salary for Jay.

6) We need to stream-line the distribution points. In a cooperative model we continue to distribute on two days per week but would only have two distribution points (one per day). Farmers would bring their food to the distribution points. The cost of transportation would be factored into the price of the produce. In case farmers cannot provide transportation, we need to have volunteer help.

7) We need a budget for this cooperative model. If anybody wants to help with this or if anybody would like to help with a survey for existing members, please get in touch with Jay.

*Joerg Tuske*

## Please mark your calendars

### CSA Potluck:

November 19<sup>th</sup>, Westside Community Center, Texas Road, Bivalve (directions and time to follow)

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### Next Steering Wheels Meeting:

December 4<sup>th</sup>, 3pm, Wicomico River Friends Meeting House,  
corner of Glen Avenue and Carey Avenue, Salisbury (directions to follow)

Here are two recipes for cooked carrots. Cooking brings out their natural sweetness, especially when roasted. Fresh carrots like Jay's take much less time to cook than the supermarket variety, so start checking for doneness in about half the cooking time called for in most recipes (except the two below). Cooked carrots should be tender but not mushy.

### Lemon-Glazed Carrots and Rutabagas

...wondering what to do with those mysterious-looking rutabagas sitting on your kitchen counter...? Now is your chance to try them – they are quite delicious!

3/4–1 lb	carrots
1 lb	rutabagas
3 tbsp	butter
3 tbsp	fresh lemon juice
2 tbsp	honey
3/4–1 tsp	grated lemon peel
-	salt and pepper
1/4 c	chopped fresh parsley

Keeping the two vegetables separated, peel carrots and rutabagas and cut into strips the size of shoestring fries.

Bring a large pot of salted water to boil. Add rutabagas and cook several minutes. Add carrots and cook until vegetables are tender but not soft, about 5 minutes. Drain.

Melt butter in a large saucepan over medium heat. Add lemon juice, peel and honey and bring to boil; add vegetables. Reduce heat and cook over low, uncovered, stirring occasionally, until glazed, about 8 – 10 minutes. Season to taste with salt and pepper. Remove from heat and toss with parsley.

Serves 4 to 6.

**Notes:** Works well with fresh lime juice also.

### Roasted Carrots with Herbs

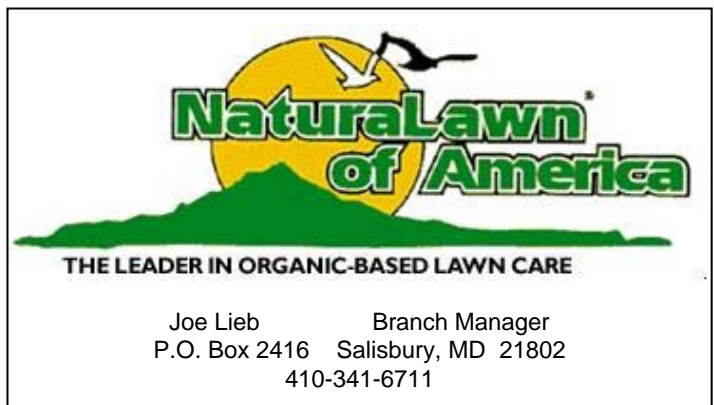
2 lb	carrots
1/4 c	olive oil
1 tsp	salt
1 tsp	black pepper
2–3 tsp	chopped fresh rosemary and sage

Preheat oven to 400°F.

Peel carrots and cut diagonally into 3/4-inch slices. Toss with remaining ingredients in a large baking pan. Spread out in a single layer. Roast vegetables on middle oven rack until tender, about 30 – 60 minutes.

Serves 4.

**Notes:** This basic recipe may be used with just about any root vegetable except perhaps beets. Try any combination of turnip, rutabaga, carrot, onion, potato, celery root, parsnip – whatever you have on hand.



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.