



# News from Provident Organic Farm



www.providentfarm.org

Season 4, Week 16

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

September 12<sup>th</sup>-18<sup>th</sup>, 2005

## Notes from the Field, vol. 4, no. 16

The past three weeks have been a challenge but rewarding. I was able to get a group of Mexican farm workers here to help me with the transplanting, setting up the irrigation and covering the crops with Reemay. It has been a refreshing experience to work with George, Trini and Rosa. We covered the broccoli, cauliflower, cabbage and kohlrabi because they were planted so late. I am hoping the Reemay will help advance the crop so it will harvest sooner. There is danger in covering a crop because it is difficult to inspect the crop under the cover. Any insect problem is intensified with the warmth under the Reemay.

The late tomatoes are not going to bear very well. I am not sure what happened because I was not paying close enough attention, but I think they may have dropped their blossoms in the heat and never recovered. It may also be that there is not enough fertility in the soil to carry a long-term crop like tomatoes. The section of the field where they are planted did not get a dose of compost this spring. I had hoped that the plowed under cover crop of rye and vetch and a side dressing with fertilizer would carry them through. That strategy worked well with the first plantings of tomatoes.

It has been dry for a while now. I have had to irrigate at

least 5 days a week in the field and every other day in the garden. The cost to irrigate the field with the gasoline pump is now about \$14.00 per day.

I have planted quite a few fall greens, turnips, daikon radishes and carrots in the garden where the weed pressure is lower than in the field. Seeded crops are more difficult to cultivate than transplanted crops because they don't have the headstart on the weeds that a transplanted crop does. The carrots were planted in the beds we solarized. That appears to have been a success as there are very few weeds in the carrot beds.

I have started planning and planting for next year. The overwinter leeks were planted last week. This week I will plant the overwinter carrots. I have placed the order for seed garlic through Shane and expect to get it soon. Russell and I will start discing the field to plant the cover crops in the next few weeks. After the crash and burn of this year, it feels good to be working toward next year.

I would like to thank you all for your kind words of support, offers to help and hanging in there.

Onward,

Jay

## Southwestern Pumpkin Soup

3 c	cooked pumpkin (see <b>Hands On!</b> below)
3 c	vegetable or chicken stock
1 c	half and half cream
3 tbsp	packed dark brown sugar
1 1/4 tsp	ground cumin
3/4 tsp	chili powder
3/4 tsp	ground coriander
1/8 tsp	ground nutmeg
1 c	grated sharp cheddar cheese, lightly packed
-	chopped fresh cilantro

Bring stock and cream to boil in heavy medium pot. Whisk in pumpkin, brown sugar, cumin, chili powder, coriander and nutmeg. Reduce heat to medium and simmer until soup thickens slightly and flavors blend, about 15 minutes. Season to taste with salt and pepper. Ladle into bowls and garnish each serving with cheddar cheese and cilantro to serve.

Serves 4.

**Notes:** Look for another good pumpkin soup recipe in last year's recipes – can't remember which newsletter it was

in...but it was sometime in the fall! If your fresh pumpkin does not yield enough for 3 cups, use canned pumpkin to make up the difference.

### **Hands On!**

Fresh pumpkin has a taste that the canned version cannot even come close to!

one	6-8 lb pumpkin
1 tbsp	vegetable oil

Slice off the stem end of the pumpkin. Scrape out the seeds and membranes, reserving the seeds for toasting, if desired, and brush the inside of the pumpkin lightly with oil. Cut into large chunks and scatter in a single layer in a large roasting pan or rimmed baking sheet. Wrap pan tightly with foil and bake at 375°F oven for about one hour or until the pulp is tender. Cool in the pan until it can be handled; discard any liquid that may have accumulated. Scrape the pulp into a food processor or blender and puree. Transfer puree to a large strainer or colander lined with coffee filters and set over a large bowl. Cover the surface of the purée with plastic wrap and let the purée drain for several hours or overnight in the refrigerator. Proceed with any recipe that calls for canned pumpkin.

Makes about 3-4 cups.

## Rotelle with Greens and Cherry Tomatoes

Rotelle is the pasta shaped like little wagon wheels. Fusilli or any other pasta shape sturdy enough to hold the sauce will also work well.

1/2 lb	bacon, cut into 1/2 inch pieces (optional – see <b>Notes</b> )
1 1/2 c	cherry tomatoes, halved
1 tsp	salt
3/4 tsp	black pepper
1 bunch	watercress, about 5 oz, tough stems removed
3/4 lb	rotelle
2 tbsp	butter
2 tbsp	olive oil
1	scallion, including green top, cut into thin slices
-	Parmesan cheese

In a large frying pan, cook the bacon until golden brown and just crisp, about 5 minutes. Remove with a slotted spoon and drain on paper towels. Pour off all but 1 teaspoon of the fat.

Return pan to heat and add tomatoes, salt and pepper. Cook over moderate heat, stirring, until the tomatoes soften slightly, about 3 minutes. Add the watercress and cook, stirring, until just wilted, about 1 minute.

Cook pasta in a large pot of boiling, salted water until just done but still a bit firm, about 10-12 minutes. Reserve 3/4 cup of the pasta water. Drain the pasta and toss with the bacon, 1/2 cup of the reserved pasta water, the tomato mixture, butter and olive oil. If the pasta seems dry, add more of the reserved pasta water. Top with the scallions. Serve with grated or shaved Parmesan.

Serves 4.


**Notes:** Since – sadly – Sun Gold season is over, use any full-size tomato for this recipe: core tomato and hold upside down, gently squeezing out as many seeds as you can but trying not to lose too much of the juice or pulp. Cut tomato into bite size chunks. Watercress adds a nice sharpness to this dish, but romaine, spinach or other mild green will also do nicely. For a vegetarian version, omit bacon and use 1 tbsp olive oil to sauté tomatoes – you may have to add a bit more salt.



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.



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## 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.