



News from Provident Organic Farm



www.providentfarm.org

Season 4, Week 16

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

September 19th–25th, 2005

Lower Eastern Shore Sustainable Organic Network = LESSON

Caring for the Land...

Caring for Its People...

Principles of Sustainable Agriculture

Sustainable agriculture is a way of raising food that is healthy for consumers, does not harm the environment, provides a fair wage to the farmer and workers, is humane for animals, and supports and enhances rural communities.

In a “safe, just and sustainable food system” all people, regardless of income or other variables, have access to safe, quality food. This requires responsible stewardship of the land, to preserve our local food resources for future generations.

Our Activities:

Outreach to local family farmers interested in making the transition from conventional farming to natural, healthy, sustainable farming practices.

Education of children and adults about our local food sources, and how they can become part of a sustainable community.

Medora Harvest Fund - Community members contribute funds to provide organically grown produce to our neighbors experiencing a financial need due to health or job related crises. This fund is a project of *LESSON*, but the tax deductible contributions to the Medora Harvest Fund are maintained in a separate account.

Characteristics of Sustainable Agriculture:

Conservation and preservation. What is taken out of the environment is put back in, so land and resources such as water, soil and air can be replenished and are available to future generations. The waste from sustainable farming stays within the farm’s ecosystem and cannot cause buildup or pollution. In addition, sustainable agriculture seeks to minimize transportation costs and fossil fuel use, and is as locally based as possible.

Biodiversity. Farms raise different types of plants and animals, which are rotated around the fields to enrich the soil and help prevent disease and pest outbreaks. Chemical pesticides are used minimally and only when necessary; many sustainable farms do not use any form of chemicals. (Chemical insecticides are used only in the transitional phase when economic hardship would otherwise occur.)

Animal welfare. Animals are treated humanely and with respect, and are well cared for. They are permitted to carry out their natural behaviors, such as grazing, rooting or pecking, and are fed a natural diet appropriate for their species.

Economically viable. Farmers are paid a fair wage and are not dependent on subsidies from the government. Sustainable farmers help strengthen rural communities.

Socially just. Workers are treated fairly and paid competitive wages and benefits. They work in a safe environment and are offered proper living conditions and food.

(Source: The Sustainable Table)

"Let every individual and institution now think and act as a responsible trustee of Earth, seeking choices in ecology, economics and ethics that will provide a sustainable future, eliminate pollution, poverty and violence, awaken the wonder of life and foster peaceful progress in the human adventure."

— John McConnell, founder of International Earth Day,

Spaghetti Squash with Mushrooms and Herbs (Serves 4)

2 to 2 1/2 lb spaghetti squash
1 tbsp olive oil
1/4 c butter
1/2 c finely chopped onions
2 c thinly sliced mushrooms
3 tbsp minced fresh parsley leaves
2 tbsp minced fresh chives
1 tsp fresh thyme
2/3 c freshly grated Parmesan, divided
- salt and pepper

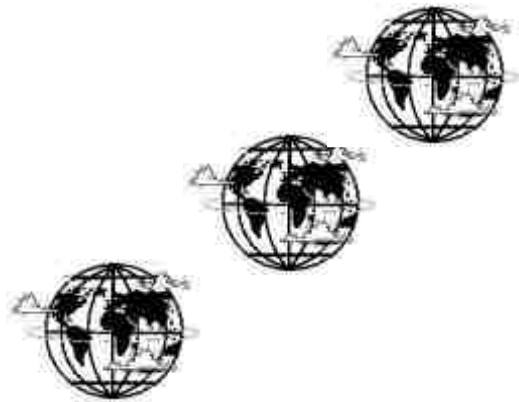
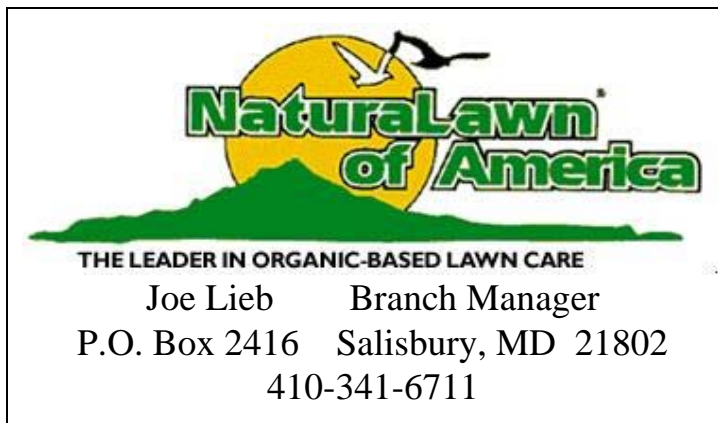
Halve squash lengthwise and scrape out seeds and pith. Spread olive oil in rimmed baking pan and turn squash cut side down in pan; cover tightly with foil. Add about 1/4 water to pan. Bake at 400 degrees for about 30 minutes or until squash is cooked but still slightly firm. Remove foil, turn squash right side up and set aside until cool enough to handle.

Melt butter in a medium sauté pan and add onions. Sauté for about 5 minutes until opaque. Add mushrooms and sauté, stirring frequently, until tender.

Remove the "spaghetti" from the squash by scraping lightly with a fork, taking care to not pierce or crack the shell. Separate "spaghetti" gently. Add the mushroom mixture and toss gently with parsley, chives, thyme, 1/2 cup Parmesan and salt and pepper to taste. Pile back into shells and sprinkle with remaining Parmesan. Return to oven, uncovered, until just heated through, about 15 minutes.

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