



Season 6, Volume 11

NEWS FROM PROVIDENT ORGANIC FARM

"Dedicated to a safe, just and sustainable food system."

www.providentfarm.com



Aug. 5 - Aug. 11, 2007

MARJORIE'S MOM COMMENTS ON THE JOYS OF FRESH VEGGIES

As a newcomer to Salisbury, coming from metropolitan New Jersey, I was struck by many impressions. One was the quality of the air. It has a certain natural softness and restfulness. Another was the friendliness of the people, their good natured openness. Also the beauty of the natural surroundings, the majestic pines mingled with hollies, magnolias, and the softer foliage of a great variety of trees. Then the waterways with their ever-changing surfaces, and of course the shore birds, the geese, the gulls, the herons, the osprey, to name only a few-the land birds as well, all marking the time of day with their habits of flight and song.

I was especially impressed by the stretches of farmlands and the availability of local produce. When my daughter told me she belonged to a local organic farm coop. I was delighted. Fresh from the farm, naturally raised without pesticides, her vegetables taste superb and you know they are good for you. She invited me to a meeting of volunteers who help out at the farm. I was surprised by their enthusiasm and dedication and their determination to help not only to make our eating habits more healthy but also to support farming methods that are good for the planet.

I was even inspired to write a poem about these delicious vegetables:

I write it from the memories
Of lettuce crisp and green.
And baby peapods
Fresh and sweet
The best you've ever seen.

And sweet new carrots, fragrant herbs,
Zucchini long and smooth.
And young and tender baby beets
You cannot wait to toothe.

Of greens so new they glisten--
And, oh, those fresh green beans!
And tiny new potatoes
Fulfilling gourmet dreams.

But best of all tomatoes
Picked newly from the vine--
Big & small ones, red and yellow
All so juicy, sweet and mellow
Bathed in warm sunshine!

And if you are a tomato lover, be sure and come to the farm's celebration of the height of the tomato season. "Mater Mania" it's called. It will be held August 19 from 3 - 6 pm at Cedar Hill Park in Bivalve, Md., etc, etc.

Note: News From Provident Organic Farm welcomes contributions and anecdotes related to farming or living green. Forward your contributions to Jay via the website, www.providentfarm.com - Thank you.

IN YOUR SHARE

Cucumbers
Bell Peppers
Maybe other stuff too!

HOLY TOMATOES!!!

HEIRLOOMS:

Hillbilly
Green Zebra
Striped German
Marmande
Cours Di Bue
Cherokee Purple
Black Krim
Ruby Gold
Pruden's Purple
Brandywine
Green Grape
Evergreen

if you do not pick up your share for 3 consecutive weeks without explanation, we will discontinue packing a share for you until we hear from you.

RECIPE

TOMATO HERB SALAD

Makes 4 servings
10 minutes

For the Roasted Vinaigrette:

Process:

Roasted Garlic Cloves from 3 Bulbs
3/4 cup white Wine Vinegar
1/3 cup fresh lemon juice
2 T. Honey
1 T. Worcestershire Sauce
1 t. kosher salt
1/4 t. ground pepper

Gradually drizzle in :
3/4 cup vegetable oil

Stir in:

1 t. chopped fresh thyme

For the Tomato-Herb Salad

Divide:

4 large tomatoes, thickly sliced
1/4 cup blue cheese, crumbled
1 T. minced fresh basil
1 T. minced fresh chives

Drizzle with:

Roasted Garlic Vinaigrette

Submitted by Ed Noch and found at Cuisine at Home online at www.cuisinerecipes.com

SAVE AN ENTIRE CASE OF PAPER AND 1 FULL BLACK TONER!!!

Which is the equivalent of 6 weeks of share veggies, or 40 pounds of heirloom tomatoes, billions of cucumbers . . . you get the point. Seriously folks, you can read the newsletter online at www.providentfarm.com or request an email copy by emailing Kelly at kelly@kcpandg.com.

NEED MORE INCENTIVE?

All monies saved by printing less newsletters will be donated back to MHF by our printer.

MATER MANIA

August 19, 3-6 pm

Cedar Hill Park Marina

We will have:

TOMATOES!!!

Lots of different Heirloom Tomatoes in the form of Salsa, sandwiches, and plain old tasting. Also:

Kids Games

Live Bands

Crafts and

MORE!!!!

ALL PROCEEDS BENEFIT THE MEDORA HARVEST FUND

a charitable effort that provides fresh organic vegetables to local families in need. The fund honors the memory of Medora Cockey, a young woman who had a passionate faith in the ideals of organic farming: safe food, the use of renewable resources, respect for the environment, and involvement in the growing process. The Medora Harvest Fund is a project of LESSON, a tax exempt 501(3)c charitable organization that promotes sustainable farming practices.

Volunteer to Help with the Festival!

We are looking for folks who can donate items or services to our silent auction (contact Marjorie Hill 410 219-5961, chacohill@comcast.net), salsa makers (contact Jane Hager, 410 629-0440, rjane99@yahoo.com) and volunteers to help us with set up, food and drinks, or clean up after the festival on the 19th (contact Patti Erickson, 410 677-0788, ericksonpatti@yahoo.com).

Wondering what to do with all this wonderful food? How to store it? How to cook it? Try our website at www.providentfarm.com. There is a great section on produce and recipes. www.providentfarm.com