



NEWS FROM PROVIDENT ORGANIC FARM

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



Season 6, Volume 15

www.providentfarm.com

Sep. 2 - Sep. 8, 2007

AIN'T NO CURE FOR THE SUMMERTIME BLUES

The past few days feel like the dog days of summer are behind us. Good riddance! The latter part of July and the early part of August is the most stressful time of year for vegetable growers. There is much to do and the heat and humidity make it very difficult to get everything done. A farmer friend of mine in New York once compared vegetable growing to running a marathon. I have never run a marathon, but I do understand what she meant.

Many of the crops we grow for our fall harvest are grown from transplants that we start in the greenhouse. Since the end of July we have transplanted over 4000 plants, broccoli, cabbage, cauliflower, kale, collards, kohlrabi and lettuce. Other crops are seeded directly into the beds, spinach, chard, carrots, beets, turnips, beans and peas. All of this requires a huge amount of water and this year we didn't get much help from above. Most of the crops are in now. In some cases the germination rate was poor and I will put in a second sowing to compensate. The survival rate of the transplanted crops was pretty good, thankfully, because I have no way to compensate for transplant losses.

I am having some trouble with harlequin bugs, though. This is the worst infestation I have ever seen. If I were ever foolish enough to request the extinction of a species harlequin bugs would be the one. They have wiped out the Brussels sprouts already (Sorry, Charlie) and have migrated to the first planting of broccoli. I have tried every organic insecticide available and have only been able to slow them down. After some of the applications it looked as if the material had acted like an aphrodisiac or food supplement! The last hope is Rotenone, an insecticide I do not keep in my inventory and do not like to use because of its toxic effect on fish. It is considered a "restricted use" insecticide by OMRI (Organic Materials Review Institute) meaning that we should use it only as a last resort. Unfortunately, that is where I am, and I will order it this week and reluctantly use it.

Onward,
Jay

IN YOUR SHARE

Eggplant
Bell Peppers
Red Slicing Tomatoes
Beans (Lima or Yellow Wax)
Acorn Squash

ATTENTION: BERLIN SHAREHOLDERS

We would like to be able to leave the Berlin Market by 4 p.m. so we can get the trucks reloaded for our Saturday share deliveries and markets before dark thirty. We have made arrangements to leave the remaining shares at the Cascio home. We hope this does not create an inconvenience for you.

A CSA BEACH POTLUCK.

Kimberly Grimes and Marco Hernandez invite all CSA members to an afternoon at the beach (Bethany) and CSA potluck on Sunday, September 9. Folks can come down anytime after the noon hour and go on the beach, and then eat around 5pm at their house. They have a shower & changing area under the house folks can use.

Please RSVP to Kimberly at kimandmarco@comcast.net. Let her know what you would like to bring and how many will be coming.

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.

THANKS TO ALL WHO HAVE RESPONDED!

Corn and Red Pepper Bisque

8 cups; total time 45 minutes

For the Basil Crema -

Blanch & Drain - 1 cup Basil leaves

Puree: Basil & 1 cup half and half

Add: 1 Cup sour cream

For the Corn and Red Pepper Bisque -

Sweat in 3 T. Olive Oil: *Puree*:

2 lbs. Red Bell Peppers

(approx. 6 peppers)

2 cups yellow onion, chopped

1 cup Carrot, diced

1 T. Garlic, roughly chopped

Add:

4 cups fresh corn kernals

3 cups low sodium chicken broth

2 T. fresh lemon juice

2 t. kosher salt

1 t. sugar

1/4 t. cayenne

Stir in:

1/2 cup half and half

Garnish with Basil Crema and Fresh Basil Sprigs

Roasted Plum Tomatoes with Fesh Herbs

24 Tomato Halves; total time 90 minutes

12 Ripe Plum Tomatoes, halved lengthwise

2 T. Extra Virgin Olive Oil, divided use

salt and freshly ground black pepper

1/4 cup chopped flat leaf parsley

1 1/2 t. chopped fresh thyme

1 T. minced garlic

Preheat oven to 425.

Line a large baking sheet with foil. Place the tomatoes on the sheet, cut side up. Drizzle 1 tablespoon of the oil and season with salt and pepper. Roast for 1 hour, or until the tomatoes are shriveled and beginning to brown on the bottom.

Meanwhile, in a small bowl, mix the remaining oil, parsley, thyme and garlic. Remove the tomatoes from the oven and sprinkle the herb mixture evenly over the top. Return to the oven for another 15 minutes, or until the herbs are just beginning to brown.

THANK YOU TO ED NOCK FOR DONATING RECIPES.

Rise Up!

Love coffee but don't want to patronize a huge corporation and prefer ORGANIC & FAIR TRADE COFFEE?

SALISBURY, YOU ARE NOW IN LUCK!

A couple of graduates from SU opened RISE UP, a little coffee shop that serves ONLY ORGANIC & ONLY FAIR TRADE COFFEE.

On top of that, it's the best cup of coffee in town!!!

So stop by and have a cup of coffee you won't forget.

Located at the north end of Riverside Drive!

UPCOMING EVENTS

WINE & SOUP TASTING : local restaurants will make soups and pick an appropriate wine for the soup; put on by LESSON; At the wine festival in Pemberton Park the weekend of October 20 and 21st. (more info. to come as I get more!)

FAMILY PUNKIN' PICKIN' : at the farm when the pumpkins are ready; Jay will have more info. on this later too!

GLEANING AND POTLUCK: Bring a covered dish for all to share; enjoy fellowship and food then pick what's left in the field. A great time for all. November 18th at the farm.