



NEWS FROM PROVIDENT ORGANIC FARM



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

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www.providentfarm.com

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FARM NEWS FROM A FARM HAND

I have worked on the farm for 3 of the last 4 summers. I am passionate about farming properly and learning to treat the earth as she should be treated. I have found the farm and Jay stimulate those passions and keep me grasping for more. Life is fascinating everyday on the farm – whether it be watching Jay plan and then grow a variety of vegetables day in and day out or just being the first to notice the first fruit of a crop. (I am a sucker for the first fruit of a new crop - a bit overzealous at times, but I still get really excited.) We work hard and have a blast. Farming at Jay's is every philosopher's dream – going to work to play.

Jay has built strong partnerships and friendships through his efforts to treat the earth and humanity well. He is an example to all of us, and I am grateful for his knowledge and dedication. When he got sick over a week ago and was absent from the farm for a week or so, it could have spelled disaster. Jay told me once that part of being an organic farmer is disseminating information amongst other farmers/farm hands so that we can all be productive all the time. Other industries find a better way to complete a task and keep that information to themselves for the purpose of profit. Organic farmers do not do that. We farm the way we farm because it is correct, it helps the earth and we can help the community as a whole. An example of this phenomenon would be our heirloom tomatoes. We had an unbelievably spectacular and healthy crop of heirlooms this year. Heirlooms bring top dollar at farmer's markets and at some markets we had people lining up to purchase our tomatoes. Lewes market had their own 'Mater Mania' and asked Jay to speak about growing heirlooms. He gave a lesson on growing heirloom tomatoes from seed to fruit to caring for an adult plant. He told all of our 'competition' how to grow our best money maker. I think that is the beauty of organic, sustainable farming. We don't compete with one another. We all grow together for the health of humanity and the earth and don't keep any secrets.

As a result of the way Jay has learned to farm and teach others what he knows, the week without him went with out a hitch (okay, not many hitches). He has never told me to go do a job on the farm without

IN YOUR SHARE

Kohlrabi
Bell Peppers
Red Slicing Tomatoes
Butternut Squash
Sweet Potatoes

explaining the purpose. He answers all my questions about farming willingly and in great detail. Therefore, when he got sick last week, making sure we stayed caught up was a matter of simply doing what I was taught to do well by Jay. Jay has a crop plan with detailed notes of what has happened each week thus far, and what needs to happen for weeks to come. The entire year is spelled out. He taught me how to read it one day at the farm, and what needs to be completed each week to prepare for what is listed on next week's plan. We have done what Jay calls walkabouts together, and figured out what needed to be done that week together to stay on schedule. He shared his farming mind with me and I am grateful.

I am also proud to be part of our CSA. I did not know what a CSA was when I first started working with Jay, but I liked the idea immediately. I am grateful the CSA members are so dedicated to the farm, the earth and the Martin family. I was so moved by the outreach and support I received as a farm hand during Jay's illness. The phone calls and volunteer help was overwhelming and really took the pressure off the farm hand that was in over her head. It really is community supported agriculture. I would like to thank all the members that came out to harvest, kept Jay and his family in their thoughts, and offered a helping hand. It was exhilarating and enjoyable to watch people come together in support Jay and the farm.

Sincerely,
Kelly Carey, farm hand,
Provident Organic Farm

Update: We lost our first broccoli to harlequin beetles but all of our other fall crops are strong and producing - especially winter squash. The second planting of broccoli is strong and we seem to have a handle on the harlequins. We still have two varieties of tomatoes coming your way - amish paste (great for canning) and red sun, a large red slicer. Our lettuce bolted before it was ready - not sure why until Jay looks at it. We will be planting our second batch of lettuce this week. We have a lot of greens in and they should be ready in a few weeks.

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.