



# NEWS FROM PROVIDENT ORGANIC FARM

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

Season 6, Volume 2

[www.providentfarm.com](http://www.providentfarm.com)



May 20 - 26, 2007

## LAST MAN STANDING OR DEAD MAN WALKING

When Kathy and I settled in Bivalve with our son, Michael, in 1980 there were at least 8 full time truck farms in the area. There were quite a few backyard market gardeners with a plot of watermelons, cantaloupes, tomatoes, peppers, cucumbers or squash that they tended in their spare time and sold the produce to the fruit stands out on route 50, Harris' Market in Salisbury or they may have hauled it to the auction block in Laurel, Delaware. It seemed as if every piece of ground big enough to turn a tractor around in had something growing on it. No more.

There are 2 part time market gardeners that I can think of and I am the only full time vegetable grower down here. There is one full time grain and poultry farmer in Tyaskin, who I suspect will soon retire with no one in line to take over his operation. All of the others have passed away, moved on to greener (the color of money) pastures or retired. As I drive around this community, I see fields that used to be planted in corn, soybeans or wheat either laying fallow or not tended at all. Most of the little backyard plots are coming up in weeds. At least we are not sprouting McMansions, yet.

This is not an isolated case; it is the same story in much of rural America. While the USDA spews rhetoric about saving the family farm, the policies they enact are destroying them. In reality, it is groups of people such as you that are saving family farms, including this one. It reminds me of that bumper sticker: "If the people lead, eventually the leaders will follow".

As many of you know, the first years of our CSA were quite a struggle. Transitioning the field to

organic growing practices proved to be more of a task than I thought it would be resulting in lost crops, low yields and other problems. Labor has been an ongoing problem with, at best, temporary solutions. In retrospect, I doubt I would still be doing this without your continued support. I don't know if that means I am crazy, stubborn or both. No matter. What I do know is that at this point in my life I am not much good for anything else, so regardless of my level of sanity I may as well keep on truckin'.

So, to all of you I say thank you for allowing me to pursue my passion.

Onward,

Jay

### IN YOUR SHARE

Arugula  
Asparagus  
Strawberries  
Broccoli  
Kohlrabi  
Spinach  
?Scallions?  
?Beets?

**Some crops may not pick enough for all the shares. In this case, we will put some of them in the share bin. Please feel free to take what you can use or leave anything you can't use for others.**

***Starting next week, 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.***

# RECIPES AND OTHER NEWS

## *Non-Cabbage Coleslaw*

### Ingredients:

1/4 cup lime juice  
2 tablespoons salad oil  
3 tablespoons chopped red onion  
3 tablespoons chopped fresh cilantro  
1/2 teaspoon sugar  
1 clove garlic, pressed or minced  
1 to 2 teaspoons minced fresh jalapeño chili  
1 1/2 cups shredded & peeled kohlrabi  
1 1/2 cups shredded carrots  
1 1/2 cups shredded zucchini  
Salt and pepper

### Preparation:

1. In a bowl, mix lime juice, oil, onion, cilantro, sugar, garlic, and chili to taste.

2. Add kohlrabi, carrots, and zucchini. Mix and season with salt and pepper to taste. Let set for 30-45 minutes in the fridge for maximum flavor. Toss well before serving.

Yield: Makes 6 servings

## *Shaved Fennel & Kohlrabi Salad with Almonds and Mint*

### Ingredients:

2 1/2 cups thinly sliced fennel bulb  
(about 1 medium bulb)  
1 cup thinly sliced kohlrabi bulb  
(about 1 medium bulb)  
1 cup thinly vertically sliced red onion  
2 tablespoons thinly sliced fresh mint  
2 tablespoons fresh lemon juice  
2 teaspoons extravirgin olive oil  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
2 tablespoons sliced almonds, toasted

### Preparation:

Combine first 7 ingredients in a large bowl; toss well to combine. Let stand at room temperature 1 hour for best flavor. Toss, then sprinkle with nuts right before serving.

Yield: 6 servings

***Wondering what to do with all this wonderful food? How to store it? How to cook it? Try our website at [www.providentfarm.com](http://www.providentfarm.com). There is a great section on produce and recipes. [www.providentfarm.com](http://www.providentfarm.com)***

## **MARK YOUR CALENDAR!**

### ***Spring Fling***

Early in the season, the farm hosts an open house for new and veteran members to tour the farm, meet Jay and the farm crew and get acquainted with each other.

### ***Mater Mania***

Has become our most popular event. It is held at Cedar Hill Park which adjoins the farm in beautiful downtown Bivalve. Mater Mania is celebrated in late July or early August when the tomato crop is in its full glory, potential dates are August 5th or August 11th.

### ***Punkin' Pickin' Party***

Punkin' Pickin' is a CSA event that occurs around the pumpkin harvest, where CSA families can come out and pick out their pumpkins leading up to Halloween and pumpkin pie season. It is a fun event featuring activities for the kids and fellowship with other CSA members.

### ***Gleaning and Pot Luck Dinner***

Gleaning n. 1. The act of gathering after reapers; that which is collected by gleaning.

Gleaning and Pot Luck Dinner. CSA members gather at the end of the harvest season to share in a pot luck dinner featuring great seasonal vegetables followed by a final "gleaning" in the fields to gather in those vegetables that escaped the notice of the pickers.

A fun time and members walk away with delicious fall vegetables. A great family activity and a way to acquaint children with the source of our food. The final pot luck will be Sunday, November 18th.