



# NEWS FROM PROVIDENT ORGANIC FARM



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

Season 6, Volume 4

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

June 3 - June 9, 2007

## RAIN, RAIN, RAIN?

First of all, let me thank the Rain Dancers. After 2 months with 2 rain events of 2 tenths of an inch each, on Sunday we had about 1.25 inches of rain that soaked the parched earth well. We had been running the irrigation pump in the field for at least 12 hours every day to keep up but there is nothing like a good rain to soak the ground thoroughly.

The potatoes are especially grateful. I usually don't have to irrigate potatoes. If I can keep them well cultivated, they will usually make a good crop without being irrigated. The critical time in their life cycle is when they begin to flower. They began to flower about two weeks ago and, with no rain in the forecast, we laid trickle tapes over the top of the rows to irrigate them. I think the rain on Sunday will make a huge difference in the yield.

You are probably wondering what happened to the strawberries. A beetle that over-winters in the soil and comes out of the ground in the late spring has attacked them. Heavy mulch under the plants can thwart the beetles' ability to climb up to the plants. We, apparently, did not have enough mulch under the plants to stop them. They pierce the berries and the berries rot. Beetles are very difficult to control organically and because of the dense foliage of a strawberry patch it is even more difficult to get an insecticide in contact with the beetle. I have to admit I have been inattentive, not expecting them as early in the harvest season as they appeared. They usually don't emerge until later in the harvest season and don't cause as much damage. Two years ago we picked almost 700 quarts of berries from the same row footage as we have this year. I think we will be lucky to pick 200 quarts this year.

We started picking the sugar snap peas last Thursday. Some of the first ones matured without filling out due to the lack of moisture, but they will probably pick a reasonable crop for another 2 weeks. Sugar snaps are one of my favorite vegetables. I see no reason to waste time shelling peas when there is a variety with an edible pod, especially one that tastes so good.

The yields on the late spring, early summer crops will probably be lower than I would like to see due to the lack of rain. Be aware, I will accept the reduced farmers market and restaurant sales to provide for the CSA members as best I can.

Onward,  
Jay

## IN YOUR SHARE

Sugar Snap Peas  
Zucchini and Yellow Crookneck Squash  
Beet Greens or Swiss Chard?  
Lettuce  
Cherry Red Potatoes?

**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

## **PASTA WITH SUGAR SNAP PEAS, ASPARAGUS & PARMESAN**

1 lb. asparagus, trimmed, cut into 1 1/2 inch pieces  
1/2 lb. bow-tie pasta  
1/2 lb. sugar snap peas or snow peas, trimmed  
3 tbsp. olive oil  
1/2 c. freshly grated Parmesan cheese

Add asparagus to large pot of boiling salted water. Cook until just crisp-tender. Transfer to bowl of cold water using slotted spoon. Cool asparagus slightly and drain. Add pasta to same pot of water and boil until just tender but still firm to bite. Add sugar snap peas and boil 2 minutes. Add asparagus and heat through. Drain well. Return pasta-vegetable mixture to pot. Add oil and toss to coat. Add 1/2 cup cheese. Season with salt and pepper. Serve immediately, passing additional cheese separately.

Preparation time: 20 minutes.

Serves: 4.

## **SWISS CHARD WRAPS**

9-10 Swiss chard leaves, at least 9 inches  
1 lg. tomato, sliced and cut in half  
1/2 c. Mozzarella cheese, grated  
2 tbsp. olive oil  
1 tbsp. onion flakes  
Salt and pepper

Steam Swiss chard for a few minutes. Do not overcook. Open leaves and brush on olive oil lightly. Put tomato slice in center of leaf - top with pinch onion - salt and pepper and one tablespoon cheese. fold leaf around tomato - this will hold together well.

Put on grill until hot - can turn once. Works best if you use a 2 sided grill that holds food in place. This can also be cooked in oven at 400 degrees for 10 minutes on a cookie sheet.

***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 it's full glory, This year it will be on August 19th.

### ***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***

Glean'ing 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.