



# NEWS FROM PROVIDENT ORGANIC FARM

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



Season 6, Volume 7

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

July 1 - July 7, 2007

## ELSEWHERE:

Lynn Byczynski, the editor and publisher of Growing For Market, writes a column each month where she offers news and events of concern to small farmers. Last month she offered these news items for our consideration:

Three agribusiness giants announce plans to build 50 acres of greenhouses in Tennessee to produce 50 million heads of hydroponic lettuce, herbs and specialty greens. The CEO explains the project: "As consumers look more and more closely at sustainability and food miles, we need to put the production closer to them".

Cloth shopping bags by high-end designers such as Hermes and Stella McCartney are selling for up to \$1,000 for those fashion conscious environmentalists who don't want to waste resources by taking paper or plastic bags at the supermarket.

What a hoot! The CEO of an agribiz giant moves his energy intense factory closer to the densely populated East Coast to reduce food miles (and costs) and allows himself to claim that his business is responding to environmental concerns. Fashion designers are asking us to throw away our old stuff and replace it with new "green" stuff to reduce our guilt.

I am all for change in the way we grow, process and deliver our food to consumers, but this is not the type of change we need. This is the equivalent of a factory farm that wants to transition to organic production and does nothing more than substitute chemical inputs with organic inputs.

## HERE ON THE FARM:

We were late getting the garlic harvested and as a result would have lost at least half of it had it not been for the incredible effort of Shelton and

Verna Lankford. They culled out the bulbs that were at risk of rotting, stripped them down to the individual cloves, dipped the cloves in a 5% bleach solution and packaged them in vacuum sealed bags. We have them stashed in the walk-in cooler now and will distribute them to you over the next couple of weeks. You must use it right away, but all of the work is done! Please give a huge thank you to Shelton and Verna as you use it.

Onward,  
Jay



## IN YOUR SHARE

Squash medley;  
surely you know them all by now!  
Cucumbers  
Onions  
Carrots  
Bean medley;  
yellow wax, Italian flat and green  
Russian Banana Potatoes  
Tomatoes?  
Garlic

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.

*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

## EASY GLAZED CARROTS

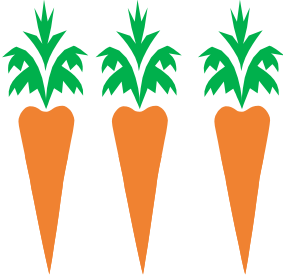
### INGREDIENTS:

16 ounces baby carrots  
2 tablespoons butter  
1/3 cup brown sugar, packed  
1 cup water  
dash salt  
pepper, to taste

### PREPARATION:

In a medium saucepan, combine the baby carrots with remaining ingredients. Stir to blend ingredients. Bring to a boil over high heat. Reduce heat to medium and continue boiling (uncovered) for about 20 to 25 minutes, or until carrots are tender and the liquid has evaporated.

Serves 4 to 6.



## SAVE A TREE

*If you wish to save some paper (and \$\$\$), you can read the newsletter online at*

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

*or request an email copy by emailing Kelly at [kelly@kcpandg.com](mailto:kelly@kcpandg.com).*

*We can then reduce the number of printed copies we make each week.*

## SWEET AND SOUR CARROTS

Sweet and sour carrots with a little green pepper and pineapple.

### INGREDIENTS:

1 pound carrots, sliced  
1 green bell pepper, cut in 1-inch squares  
1 can (8 ounces) pineapple tidbits in juice  
1/3 cup sugar  
1 tablespoon cornstarch  
1/2 teaspoon salt  
2 tablespoons vinegar  
2 teaspoon soy sauce

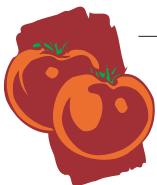
### PREPARATION:

Cook carrots in a covered saucepan in lightly salted water for about 15 minutes, until just tender. Add green pepper; cook 3 minutes longer. Drain well. Drain pineapple juice into a measuring cup and add enough water to make 1/3 cup.

In a small saucepan, combine sugar, cornstarch, and salt; stir in pineapple liquid, vinegar, and soy sauce. Cook, stirring constantly, until thickened and bubbly. Stir into hot vegetables; add pineapple. Heat through. Carrot recipe serves 6.



***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!

### ***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.

