



Notes from the Field - By Jay Martin

“It would be great if we can get a total of 20 new members this fall. Talk it up!”

After such a long dry spell, the rains last week certainly were welcome. We got 2” on Saturday and 1” on Tuesday. The ground soaked up the first rain quickly, but the second rainfall really gave the crops a strong boost. Constant irrigation can never replace a good soaking rain.

Our transplanted crops; broccoli, cauliflower, cabbages, kohlrabi, kale and collard greens are all doing well. All three of us (Ted, Craig and me) had low germination rates on the direct seeded crops; spinach, carrots, beets and chard. It is difficult, if not impossible, to prepare a good seed bed in soil as dry as ours was through August, when most of these crops are planted.

We are harvesting the winter squash now. It is one of my favorite crops to grow and eat. There is so much variety, so many colors and shapes; they’re fun, versatile and tasty. They are known up north as Yankee Soul Food. We will distribute the ones with the shortest shelf life first and work our way through the varieties to the ones with the longest storage time. Spaghetti squash will keep for about 2-3 weeks. Delicata, the elongated egg shaped one with green stripes on a yellow skin, will keep for about 5-6 weeks. Acorn will keep until about Thanksgiving. Red Kuri and Sunshine, the round, squat, orange ones will keep until Christmas time. Butternut and Blue Hubbard will store the

longest of all, up to 6-8 months. We may have enough of the butternut to offer a half bushel to members at the end of the season for winter storage.

Ted is digging his sweet potatoes now. We won’t know for sure until they are all dug, but we may be able to offer you a half bushel of them also. Properly cured and stored sweet potatoes can last until spring.

Since we started recruiting members for the fall season, we have had 7 new shareholders sign up. I think that’s pretty good considering not a lot of effort has gone into it. It would be great if we can get a total of 20 new members this fall. Talk it up!

Onward,

Jay

Harvest Note:

Ted has lima beans available for U pick. He also has a plethora of tomatoes suitable for canning or freezing. Call him at 443-783-3495

In Your Share This Week

Tomatoes
Eggplant
Assorted Winter Squash
Sweet Potatoes
Sweet Corn
Green Beans

Partial Season Now Available

If your neighbors or friends or coworkers have expressed an interest in the CSA this year, please let them know to talk with one of our farmers or send them to one of the pick-up sites to join for the rest of the season. Jay and Ted will have partial-season application forms available and they can be downloaded from the website as well.

Go to <http://www.providentorganicfarm.com/join.htm> and click on the link for the Partial Season Application. There is a full explanation of the part-season membership in the 1 September, 2008 CSA Newsletter (Week 14), also available at the web site.

Don't forget - If you have a favorite recipe that you can recommend to the membership, that uses ingredients we are likely to find in our distribution, e-mail it to me at

Recipe of the week

Fiery Moroccan Chicken Stew

Loaded with cumin, tumeric, and cayenne, this stew's fiery personality can be reigned in slightly by cutting the amount of cayenne in half. (Or not.. we used paper lantern dried peppers instead of cayenne.) We served this at the harvest dinner last year, and it went over well. It's a particular favorite of Ted Wycall's, who requested the recipe this past week. Makes use of your winter squash.

Ingredients

2 tablespoons olive or canola oil
3 skinless, boneless chicken breasts, diced into 1-inch cubes
1 red onion, finely chopped
3 cloves garlic, finely chopped
2 teaspoons fresh ginger, finely chopped
1/2 teaspoons ground tumeric
2 teaspoons ground cumin
1/4 teaspoon cayenne (1/8 if you prefer it mild)
3 tomatoes, diced
1 13-ounce can of chickpeas, drained and rinsed
1/2 cup raisins or dried currants
1 cup water
1/2 medium butternut squash, peeled, seeded, and cut into cubes
1 red bell pepper, cut into 1 inch pieces
1/4 cup raw cashews. (We had to use roasted cashews, it seemed fine)

1. Heat 1 tablespoon of oil in a large skillet over medium heat. Cook chicken for 5 to 7 minutes, until no longer pink inside. Turn off heat and cover.
2. Heat remaining 1 tablespoon oil in a large saucepan over low to medium heat. Add onion and sauté until translucent. Add garlic, ginger turmeric, cumin, and cayenne. Cook for 30 seconds.
3. Add tomatoes, chickpeas, raisins, water, squash, red pepper, and chicken to saucepan and bring to a boil. Reduce heat and simmer for 40 minutes.
4. When ready to serve, place stew in bowls and top with cashews.
Per serving: 441 calories, 13 g fat (2 g saturated) 49 g carbohydrates, 32 g protein, 7 g fiber, 334 mg sodium (14% daily value)