



Notes from the Field by Jay Martin

The best thing one can do when it's raining is to let it rain. ~Henry Wadsworth Longfellow

What a welcome rain! We measured a total of 2.5 inches from Thursday thru Saturday. I have been trying to get 2 sections of the field ready for cover crops that must be planted by Mid-October. We plowed the ground about 2 weeks ago and have been waiting for the vegetation to decompose so we can disc it and prepare it for seeding. Decomposition is very slow when the soil is as dry as it has been. This rainfall should make the soil more workable for us to get the cover crops in, possibly this week. We will be sowing a combination of winter wheat and crimson clover in these 2 sections. They will be plowed down in the spring. One section will be used for the early spring plantings and the other will be followed by a cover crop of buckwheat and later used for fall plantings. We are going to put another smaller section in pasture for next year's pastured chickens. We expect to be able to at least double the pastured chicken project.

Tom Hubric, the egg man down the road, is considering moving his layer operation here next spring. I think his layers would be a welcome addition to Provident, if nothing else I welcome the manure without antibiotics and hormones.

Most of our workload these days is getting things cleaned up. We have to get the spent trickle tapes out of the rows, pull the tomato stakes and get those blocks ready for a later cover crop of rye. Rye can be planted as late as Thanksgiving and still get a good stand. We are also getting beds ready for the over-wintering crops of carrots, spinach, leeks and garlic.

As the season winds down we have time to review what happened this year; what went

well, not so well and what we will never do again. Overall, I am pleased with the way this season has gone so far. It was a challenge coordinating 3 farms; what each would grow and how much, what could go in the shares, what could be available to farmers markets and restaurants, etc. I think we have a good foundation (that's you!) on which to continue to grow a network of farms but I also know it will not happen overnight. We will need input from the shareholders to help us make some of the decisions for next year. A survey of all the members would be a good way to accomplish this. If anyone is interested in helping to create a survey please let me know; see me at the distribution sites, call me at 410-873-2942 or e-mail me at ubuubok@comcast.net.

Onward,

Jay

Food for Thought, Thought for Food

The University of California has launched a website to assist would be home gardeners, community garden activists and others interested in reviving Victory Gardens. Rose Hayden-Smith, an advisor to the UC Cooperative Extension Service is calling on citizens to plant Victory Gardens as a way to ease a variety of the nation's ills. The site includes practical facts, historical information, links, and an interactive blog. The theme is taken from a World War I promotional poster that proclaims, "The seeds of victory insure the fruits of peace."

Provident Organic Farm

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Lower Eastern Shore Going Green Festival October 10/11th at WWCC.

Interested in greening your business or dreaming of a green business? Women Entrepreneurs of Baltimore and Eco-Ventures are teaming up to stimulate the green economy here of the Eastern Shore! Free workshops but pre-registration is required.

For more info visit

www.eco-ventures.org/lowereasternshore.

Some veggie humor with apologies in advance SFL

"I think," said the sweet potato, "therefore, I yam"

Q: Why did the tomato turn red?

A: Because it saw the salad dressing!

Q: What vegetable might you find in your basement?

A: Cellar-y.

Q: What is green and goes to a summer camp?

A: A Brussels' scout.

Q: What vegetable do you need a plumber for?

A: A Leek.

Q: Why do potatoes make good detectives?

A: Because they keep their eyes peeled.

Recipe of the week (<http://allrecipes.com>)

Pineapple Sweet Potatoes

Baked sweet potatoes with a candied pineapple sauce.

Original recipe yield 1 9x13 inch pan

INGREDIENTS

- 6 sweet potatoes
- 1 (20 ounce) can crushed pineapple
- 1 cup packed brown sugar
- 1 pinch ground cinnamon
- 1 pinch ground ginger
- 1 pinch ground nutmeg
- 1 pinch ground cloves

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C). Butter one 9x13 inch baking dish.
2. Bring a pot of salted water to a boil. Add potatoes; cook until tender but still firm. Drain, and transfer to a large bowl to cool. Peel and quarter.
3. In a sauce pan, combine pineapple, sugar, cinnamon, ginger, nutmeg and cloves. Bring to boil and reduce heat.
4. Arrange potatoes in a single layer in baking dish. Pour sauce over potatoes and bake for 45 minutes.

In Your Share This Week

Tomatoes

Eggplant

Sweet Potatoes

Spaghetti Squash

Turnips

Ted has asked me to announce that he has canning tomatoes for sale by the half-bushel (25 lb) or the bushel (50 lb)