



Notes From The Field - Jeffrey Martyn, Greenbranch Organic Farm Putting It All Into Perspective

To say that farming was not even on my radar after graduating from college is an understatement. I grew up in Silver Spring a few miles from D.C. and moving to Rockville at fourteen I was mortified to find cows within biking distance of my house. But looking back on the past year spent working with Ted, Julia, and everybody else in the Greenbranch Family, I have come to realize one thing; that when it comes to the health of our land and our people there is more of a difference being made right here on our small farms than in all the ivory towers of academia or hallowed halls of governance.

I graduated from SU with a B.A. in History, but being a born and raised environmentalist I took all of the Environmental Issues classes I could (including Environmental Ethics with Jay Martin as a classmate). Now I must admit that I am a pessimist at heart, but I was looking for some shred of evidence that we could save our planet from what seemed to be certain doom. In a pre-Obama age I was hoping for a "Yes We Can" battle cry from my professors - Instead I got the cold, hard truth. We, as a species, have murdered millions of our own kind in an endless pursuit for resources/power (can they be separated?) and in the process we have destroyed countless numbers of other life forms on this planet. We have re-plumbed continents to suit our own illogical and unsustainable land use patterns. We build cities and suburban wastelands on good fertile ground while we irrigate deserts to grow our foods. We poison our waters while destroying the natural filters that might mitigate their presence in our biosphere. We poison our air while destroying the natural filters that might slow the advance of greenhouse gasses in our atmosphere. We deplete fishery after fishery, seemingly abhor biodiversity in our controlled spaces and continue to ignore, for the most part, the elephant in the room that is global climate change. If it's not over-population in the "under-developed world" than it's over-consumption in the "developed" one, and yet it is not too late.

We have the power to change things with both our voices and our purses, and food, being the most elemental and socially oriented necessity of human life, is the best place to start. Remembering the old Earth Day slogan, "Think Globally, Act Locally," I am beginning to see our CSA as a prime example of this philosophy. How abstract and removed is the boon of turning up one's thermostat in the summer, or always remembering to turn out every light and unplug every unused piece of electronics. How tangible and sensory the taste of an organically grown, locally

raised and recently picked tomato on a turkey sandwich (or by itself as if an apple!) How calming and Zen-like the feeling of a body properly fueled and in nutritional balance. And the thought of the savings in energy through less transportation, less chemical application, less packaging and less marketing need not even come to mind. The tomato justifies itself. What's more, it can be shared! And people are always more likely to accept as a gift a piece of food than a piece of advice. So put the recipes to good use, eat more of what's in season and remember to share with your less-fortunate, grocer-bound friends because if we can't act our way to a more sustainable future at least, as Americans, we should be able to eat our way there.

-Jeffrey Martyn, Greenbranch Farm"

Special Offer to CSA Members

Blades Orchard is offering CSA members *Canning Peaches* for \$15/box. This is between 20 and 25 pounds of peaches.

We ask that members bring a container. We do have a fruit box that members can borrow with a \$10 deposit.

Note: The peaches in the box will be multiple varieties and are considered seconds (a little less pretty than the retail peaches).

Mike Wilczynski, W. FARMS is taking orders now for the September's *Pork* harvest. He has halves and quarters available. The half pork is estimated weight of 100 lbs and the quarter pork is estimated weight of 50 lbs. All butchering is custom cut to your specifications, vacuum sealed, and labeled by cut, and is U.S.D.A. inspected. This includes any curing and smoking. All orders require a deposit, with the balance due when you receive delivery of your pork.

Contact: SIMPLEMANSKI@AOL.COM

CELL : 443-235-0277

Newsletter Items Requested

As a reminder, if you have information, suggestions, questions, or announcements of general interest to the CSA members, please send them to sheltonlankford@me.com.

In Your Share* This Week

Watermelon
Sweet Corn
Beans
Cucumbers
Choice of Squash or Beets
Tomatoes
Eggplant

*Share makeup is best estimate at publication time.

Note: For preservation tips and additional recipes, visit the CSA website at <http://www.providentorganicfarm.com/>

Methods of Cooking Corn on the Cob

Boil

Remove the husk & silk, place corn in a large pot, cover with water, boil covered for 3-5 minutes. This is probably the best way for making a quick dinner especially if you are cooking a lot of corn. Not a bad way to cook corn as long as you don't over cook. Corn should still be a crisp. For sweet corn add 1 Tbsp sugar (or more) to the water.

Steam

Remove the husk & silk, steam covered 8-10 minutes.

Microwave

Leave husk on (silk removed) and microwave on high, in a microwave safe dish, covered, 3-4 minutes. Let stand 3 minutes in the microwave. Add three minutes for each additional ear of corn.

Roast

Husk & silk removed, buttered & wrapped in foil. Bake at 375 F for 30 minutes. Can be baked along with potatoes or your roast.

Grill

- One way is to husk fresh corn on the cob, rinse with water, brush butter or margarine on the corn with a pastry brush, sprinkle with salt and pepper, wrap in aluminum foil, and put on the grill. Turn every 10 minutes and cook for a total of 30 minutes. The water helps steam the corn and the butter, salt, and pepper give the corn a delicious buttery moist taste as it is grilled.
- Another way to grill corn with the husk off is to husk the corn, rinse, and then boil until just done. Then put the corn directly on a hot grill and brush with melted butter. Broil the corn until the tips of the kernels just start to brown. Brush with melted butter again when done and season as desired. This method allows you to start the corn cooking while grilling the main course, and then to finish the corn off on the grill, giving it that distinctive grilled flavor.
- A slightly different method is to pull back the husks but leave them attached. Remove the silk and rinse as before. Gather the husks at the end of the cob (where they are attached) and tie them together to form a handle. Brush butter and seasonings on the cob. Put the cobs on the grill with medium heat, cooking for 10-12 minutes. A piece of foil placed under the husk handles will keep them from burning. The corn will be a golden brown color when done.
- Grilling corn directly in their husks is the other way to roast corn. In this method, peel back the corn husks, without removing them, remove the silk, and then rinse the corn. Replace the husks and secure them with twine. Soak the cobs in water for 1-2 hours. After soaking, place the corn on the grill for about 30 minutes. Turn each cob as its husk turns to white, yellow, and then brown. The moist husks will steam the corn and keep the corn from burning. You can also brush butter on the cob and add seasonings after soaking in water and before replacing the husks. This method will give the corn a very strong roasted flavor that is a favorite of many. A variation of this method is to leave the silk on and then remove after grilling is done. *(This is our favorite method of cooking. We leave the silk on, we just cut the loose outer leaves off, trim the tip of the corn, soak, then grill. We find after grilling the silk remains with the husk. Also grilling in the husk keeps the corn warmer for a longer period of time. If we are cooking for a group, we throw the grilled corn in a cooler and the corn remains warm to the last one.)*

Each of these methods work very well, and you should try each to see which one is your favorite.

Complementary seasonings for corn on the cob, in addition to instead of salt and pepper include, minced garlic, basil, cilantro, oregano, garlic powder, onion powder, chili powder, lemon pepper, Worcestershire sauce, Dijon mustard, or any of your other favorite seasonings. Each will give the corn a very distinctive taste.