



# News from Provident Organic Farm



www.providentfarm.org

Season 4, Week 19

“dedicated to a safe, just, and sustainable food system”

October 3rd–9<sup>th</sup>, 2005

## Notes from the Field vol. 4 #17

Some of you have asked me lately if I will do this again next year. The short answer is “not in the present form.” The long answer will be difficult for me to write, but here is my best attempt.

I knew this project would be very challenging, that was part of the attraction. What I did not expect is that it would break my back and almost break my spirit. A few weeks ago, Heather, my older daughter, was coming home from college for the weekend. I thought that would be a good opportunity to ask Kathy, my wife, Christina, my younger daughter and Heather to have a family meeting to help me figure out how to save the CSA. We all sat down to breakfast on Sunday morning to discuss it. Heather was the first to speak. She said, “Daddy you are asking the wrong question, the real question is ‘How do we save you?’”

I have been farming for over 20 years. In all those years there has always been one recurring problem: LABOR. Solutions come and go, but the problem persists and is always a hindrance to effective, efficient farming. I am tired of fighting the battle and unwilling to seek another temporary solution. I have skidded into that intersection in life of age and energy where there is a red light that will not turn green.

It is painfully clear to me that the weak link in this project is the farm and the farmer. Those of you who have devoted so many volunteer hours to the CSA have made the various projects we have undertaken very successful. The harvest crews have made harvest days the most fun days of the week. In recent weeks, the expressions of support and concern from many of you have been very heartening to me. The energy that surrounds this project is strong and should be preserved. How we accomplish that is beyond me at this point, but I am willing to explore any ideas you may have.

When LESSON was conceived, I envisioned a network of local farms capable of supplying our members with more, and in time, all of their food needs beyond what Provident would be able to supply. I still believe a local, complete food supply is possible and necessary. I would be willing to be a part of this network, growing any crops that would require no more than occasional labor. I do not want to deal with the problems that arise from keeping full time help on the farm. If we are unable to establish a network of growers capable of satisfying the present level of membership, I would have to give up the field growing and focus my energies on my garden and greenhouse only. How I would market the produce is up in the air at this point.

If you are interested in building on what we have started there will be a meeting at the farm on Sunday afternoon, October 30<sup>th</sup> at 2 p.m. (costumes are optional). If you are unable to make it to the meeting, but would like to have some input, I suggest you contact the following members who can represent their respective distribution points.

Asbury: Judy Burns and Charlotte England

Lewes: Bob and Liz Shea

Farm: Joan Maloof and Ed Nock

Berlin: Stevik Kretzmann and Pat Hendrickson

Newtown: Ray Vorus and Amy Liebman

Easton: Pat Chester and Codie Chaudoin

My apologies to Judy, Charlotte, Bob, Liz, Joan, Ed, Stevik, Pat, Ray, Amy, Pat and Codie for not asking you first, but it's 4:30 on Sunday afternoon and this has to get to the newsletter team.

Onward, Jay

**"The trouble with the edge is that the only ones who know where it is are the ones who have gone over it."**

**Hunter S. Thompson, 1937 - 2005, over and out.  
*thanks, Doc***

### **Black-Eyed Peas with Kale** (serves 4)

3/4 c dried black-eyed peas  
2 c vegetable stock  
1 1/2 c water  
2 tbsp olive oil  
1 c finely chopped red onion  
3-4 c coarsely chopped kale  
1/4 tsp black pepper  
1/4 tsp crushed hot peppers  
1 tbsp apple cider vinegar

Cover peas with water and soak overnight; drain.

Combine peas, stock and water in a large kettle or Dutch oven; bring to a boil. Reduce heat and simmer, partially covered, until peas are tender, about an hour or so. Remove from heat and do not drain.

Heat olive oil in a large skillet over medium-high heat. Add onion; sauté 5 minutes. Reduce heat to medium and add kale and both peppers. Sauté until wilted, about 10-15 minutes. Stir in vinegar. Add mixture to peas and stir.

### **Collard Greens with Lima Beans and Smoked Turkey** (serves 5-6)

1 1/2 c dried baby lima beans	2-3 tsp minced garlic
1 tbsp olive oil	1/4 tsp crushed red pepper
2 c sliced red onion	1 bay leaf
3 c vegetable or chicken stock	8 c sliced collard greens
1 c diced smoked turkey	2 tbsp red wine vinegar
1 1/2 tsp thyme leaves (1/2 tsp dried)	1/4 tsp black pepper
2 c diced tomatoes with juices	1/4 tsp salt
- thyme sprigs, optional	

Heat oven to 375 degrees.

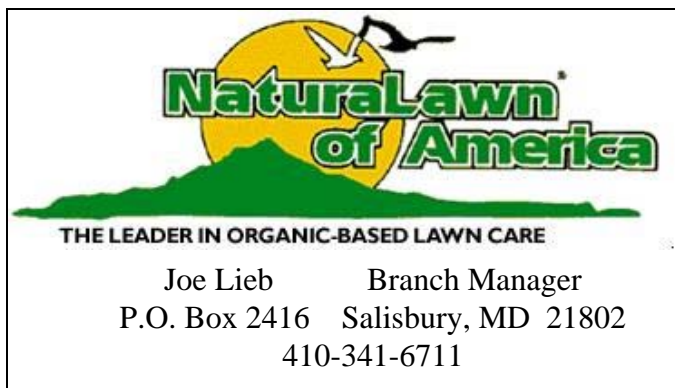
Sort and wash beans and place in a large soup pot. Cover beans with water and bring to a boil. Reduce heat and cook about 20 minutes. Beans will still be quite firm. Remove from heat; drain.

Heat oil over medium heat in a large pan that can be used in the oven. Add onion; sauté 5 minutes. Add beans, stock, turkey, thyme, pepper, garlic and bay leaf; bring to a boil. Cover and bake at 375° for 1 hour and 15 minutes.

Stir in collards, vinegar, and tomatoes. Cover and bake an additional 1 hour or until beans are tender, stirring occasionally. Add salt and pepper and discard bay leaf. Garnish with thyme sprigs, if desired.

Serves 5-6

**Notes** One 15 oz can diced tomatoes may be substituted for fresh. Do not drain – add the juices with the tomatoes. Turkey may be eliminated, and you may have to add a bit more salt.



**More recipes from the first three years of Provident Organic Farm CSA may be found on our website:**

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

**Recipes are indexed by individual vegetable.**

#### ***Comments & Contributions***

We welcome your comments and contributions, including recipes!

Please send to [ubuubok@comcast.net](mailto:ubuubok@comcast.net)

or Provident Organic Farm CSA, PO Box 62, Bivalve, MD 21814.