



News from Provident Organic Farm



www.providentfarm.org

Season 4, Week 9

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

July 18th–24th, 2005

Notes from the Field

We have been struggling to keep up with the workload for the past couple of weeks. The heat, humidity, lightening and heavy rains have prevented us from getting some of our projects done. I have compared farming to running to catch a train leaving the station. The train is gaining speed and the runner is getting tired. The 5.5” of rain we have gotten in the past 8 days has prevented us from cultivating the crops that need it and preparing beds for our succession plantings. If we don't get any more rain this week, we will be able to catch up within the next 2 weeks. On a positive note, the irrigation pump is not burning 5 gallons of fuel every day.

The situation with Paul, our MESA intern from Ecuador, has finally been resolved. He has left the farm and is waiting to be placed on another participating farm. In short, Paul and Provident were not a good match. Neither of us could satisfy each other's needs. This episode has been a huge mental drain on me and has made for an overstressed work environment. I am relieved to have it behind us.

We have an interesting research project on the farm this year. We are cooperating with Jay Graham from Johns Hopkins on research to assess the potential for human exposure to antimicrobial resistant (AMR) bacteria via soils associated with the agricultural use of conventional poultry house waste for land amendments. The pathways from chicken houses to poultry products and through land application to ground and surface water have

been demonstrated. This research focuses on the pathways from chicken houses through land application to food crops. We set the project up on the site of one of my former greenhouses, where no soil amendments have been applied for 20 years. If any of you are interested in more on this project, I can put you in touch with Jay or vice versa.

On Thursday afternoon a group of middle school students from all over the state of Maryland visited the farm to explore the workings of an organic farming operation. The students were part of a summer program for gifted and talented students sponsored by the Chesapeake Bay Foundation and Maryland Summer Centers. The group was working their way down the Nanticoke River and into the Chesapeake Bay, looking at Bay ecology and how different consumer industries relate to the health of the Bay. We walked around the farm and I explained the way we do things here and how the CSA model works. They had visited a conventional farm earlier in the day. When they were leaving one of the students said, “I don't get why all farmers don't farm like that. I guess they don't see how by investing now, it will pay off later.” That sums it up pretty well, don't you think? Needless to say, I was moved by their visit and grateful for the opportunity to share with them.

Onward,
Jay

Providing wisdom to its people and the inspiration for our own country's constitution, the Gayaneshakgowa, the Great Law of Peace of the Hau de no sau nee, the Six Nations Iroquois Confederacy, says that "in our every deliberation we must consider the impact of our decisions on the next seven generations." The environment is only temporarily entrusted to us and our actions upon it will affect it well into the future.

Grilled Halibut with Tatsoi and Spicy Thai Chiles

5 tablespoons sugar
5 tablespoons fish sauce
1/4 cup water
3 tablespoons fresh lime juice
2 tablespoons minced peeled fresh ginger
2 garlic cloves, minced
2 Thai bird chiles with seeds or 1/2 large jalapeño chile with seeds, minced
1 small carrot, peeled, cut into matchstick size strips
4 6 to 7 ounce halibut fillets
3 tablespoons vegetable oil, divided
1 shallot, thinly sliced
3/4 pound tatsoi or baby spinach (about 12 cups packed)


Mix first 7 ingredients in medium glass bowl. Season sauce to taste with salt and pepper. (Sauce can be prepared 2 days ahead. Cover and refrigerate.)

Prepare barbecue (medium high heat). Place carrot in medium bowl. Cover with ice water. Let stand 15 minutes, then drain well. Brush fish on all sides with 2 tablespoons oil. Sprinkle with salt and pepper. Grill until just opaque in center, about 4 minutes per side.

Meanwhile, heat 1 tablespoon oil in large nonstick skillet over medium heat. Add shallot; stir 1 minute. Add tatsoi; sprinkle with salt. Toss until tatsoi is wilted but still bright green, about 2 minutes; divide among 4 plates.

Place fish atop tatsoi. Sprinkle each fillet with carrot; drizzle each with 2 tablespoons sauce. Serve, passing remaining sauce separately.

Makes 4 servings.
Bon Appétit
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Joe Lieb Branch Manager
P.O. Box 2416 Salisbury, MD 21802
410-341-6711

Please Note:
The harvest happens rain or shine - the only thing that will stop us is lightning or hurricanes!

More recipes from the first three years of Provident Organic Farm CSA may be found on our website: 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 or Provident Organic Farm CSA, PO Box 62, Bivalve, MD 21814.