



News from Provident Organic Farm



www.providentfarm.org

Season 5, Week 1

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

April 24th-30th, 2006

Notes from the Field, vol. 5, no 1

Welcome to our 5th season. To those of you who are returning members, thank you for your continued support and for helping to recruit members for this year. To those of you who have joined for the first year, thank you for your leap of faith.

I would like to share some thoughts with you that have been with me since Brother David Andrews spoke at the PASA (Pennsylvania Association for Sustainable Agriculture) conference. Brother David was trained as a lawyer before he joined the ministry. He works with an organization called the Agricultural Accountability Initiative. Their mission is to try to bring some accountability into the corporate agriculture world. Quite an ambitious and worthy goal, to say the least.

In his address, Brother David referred to “Nature’s Metropolis” by William Cronin, a book about the economic and ecological development of Chicago and the upper Midwest during the 1890’s. He quoted from the book, “The more people became accustomed to attractively cut, carefully wrapped, and cunningly displayed packages that SWIFT FOODS, INC. had introduced to the trade, the more easily they could fail to remember that their purchase had once pulsed and breathed, pulsed and breathed with life, much as their own”. He went on to say that forgetfulness was among the least noticed, but most important byproducts of the industrial agriculture model. As I listened to Brother David, I recalled having heard a Japanese fruit farmer (whose name I have forgotten) from California speak of how the first bite of a piece of fruit must invoke a pleasant memory for the eater to truly appreciate the flavor.

Forgetfulness. What have we forgotten? Have we forgotten how to appreciate our food? Do we understand the real value of our food? Soren Kierkegaard, a Danish Lutheran, said that we come to appreciate value and the expression of value on three levels; the aesthetic, the moral and the spiritual and that the feeling intensifies as you progress from one level to the next. This is dealing with the same reality from different perspectives. Brother David referred to this as a “steepening”, as with a cup of tea.

On the aesthetic level we use our senses to appreciate the appearance, the smell, and the flavor of our food. On the moral level we move to an appreciation of who produced the food, we hope they were fairly compensated for their labor. We also hope there was a positive impact on the environment and a contribution to building a sustainable community in the process. In the case of animal products, we ask ourselves if the animal was humanely treated and slaughtered. On the spiritual level we come to realize that our enjoyment of our food rightfully should be preceded by an expression of gratitude, a ritual of deep appreciation. We may wonder if the food is worthy of a blessing.

As we move through these levels of appreciation we find that they inform our choices of action. We realize that eating, as Wendell Berry says, is a moral act. It is also an agricultural act, a political act and a spiritual act.

Onward,

Jay

Open House

We are excited to host an open house at the farm on **Saturday, April 29 at 3:00 pm**. We encourage all members to come see the farm and meet Farmer Jay if you haven't had the chance to do so already. It's looking beautiful. Directions to the farm are on our website (www.providentfarm.org).

In your share

Cream Chive Dressing

1/2 c	plain yogurt
2 tbsp	olive oil
2 tbsp	fresh lemon juice
2 tbsp	minced shallot
2 tbsp	finely chopped fresh chives
2 tsp	sugar (optional)
1 tsp	Dijon mustard
1/2 tsp	salt

Whisk together all ingredients until smooth. Store in refrigerator and served chilled.

Makes about 1 cup.

Tahini Dressing

1/4 c	tahini (Middle Eastern sesame paste)
1/4 c	water
2 1/2 tbsp	fresh lemon juice
2 tbsp	soy sauce or tamari
1 tbsp	honey
1/2 tsp	minced garlic
1/2 tsp	salt
1/8 tsp	cayenne or red pepper

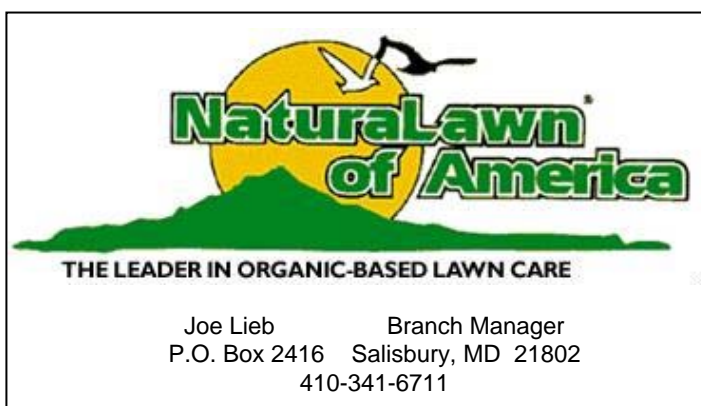
Combine all ingredients in a food processor or blender until smooth. If dressing seems too thick, blend in additional water, a teaspoon at a time, until desired consistency. Store in refrigerator and allow to come to room temperature to serve.

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

www.providentfarm.org

Recipes are indexed by individual vegetable.

Please email your recipes to Theresa Connelly (MightyTeaOne@cs.com).



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.