

SUGAR SNAP PEA, RADISH, AND CUCUMBER SALAD

INGREDIENTS:

1/2 lb sugar snap peas, trimmed and, if large, halved diagonally
1 English cucumber, halved lengthwise and seeded
1 bunch radishes (1 lb)
1/4 C sesame seeds, toasted
1 tbs seasoned rice vinegar
1 tsp cider vinegar

DIRECTIONS:

Cook peas in a saucepan of boiling salted water just until they turn a brighter shade of green, about 30 seconds. Drain in a colander and rinse under cold water to stop cooking. Cut halved cucumber and radishes crosswise into 1/4-inch-thick slices. Toss peas, cucumber, radishes, and sesame seeds with vinegars and season with salt and pepper.

Cooks' note:

If you don't have seasoned rice vinegar in your cupboard, you can substitute unseasoned and add 1/4 teaspoon salt and 1 1/2 teaspoons sugar.

www.epicurious.com

Cut along dotted line for 3x5 recipe card



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UPCOMING EVENTS

(complete details at www.accokeek.org)

COME ONE, COME ALL!!

SUMMER SOLSTICE VOLUNTEER CELEBRATION AND SILENT AUCTION

Saturday, June 20, 2009, 6:00 p.m. to 9:00 p.m.
Public Celebration and Auction

**(Pre-event Volunteer Appreciation Reception,
By Invitation Only, 5:00-6:00 p.m.)**

Accokeek Foundation, Rain or Shine
No Admission Fee for Active Volunteers or
Members, \$5.00 Adults, \$3.00 Kids 12 & Under

Our Summer Solstice Volunteer Celebration will honor active volunteers and members of the Accokeek Foundation. Guests will enjoy music and a casual meal in a peaceful, beautiful park setting.

Silent Auction Highlights: Cruises from the Potomac Riverboat Company, Hotel Stays, Artwork, Restaurant Gift Certificates, and More!

For more information about this or other events, please call the office at 301.283.2113, or by email accound@accokeek.org.

FIELD NOTES

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"If you want to make God laugh, tell him your plans."

-Yiddish proverb

"Any nomad migration must be organized with the precision and flexibility of a military campaign. Behind, the grass is shriveling. Ahead, the passes may be blocked with snow."

-Bruce Chatwin, The Songlines

"Heaven embraces the horizon.

No matter how jagged the profile,

The sky faithfully conforms."

-Tao

At the farm this week we are "behind". We've turned the tunnels over as we exhaust early, spring crops to plant summer crops, but we wait for these to catch up. In some cases, we will use the tunnels rather than the

nourishing cover crops we planned to plant. In the field, we were fortunate to take advantage of a late March and a mid-April opportunity to get on the ground, but May came and went and we've had precious few opportunities since to get our first summer crops in. Seed sown a couple weeks ago has rotted in the ground, and transplants are worse for the wear. Cover crops that should have been turned under weeks ago, their ground prepped for winter squash and pre-broccoli cover crops stand mature and wet. We will have to press land we'd hoped to rest this summer into service. Weeds have gotten a jump on us (the past few days have given us a chance to start catching up on them). Late last week, with the forecast for this week uncertain, we potted on many of our seedlings to larger pots. They would prefer to be in the ground. The gamble there is the need to give them more

THIS WEEK'S HARVEST

Garlic Scapes

Greens

Radishes

Salad Mix

Scallions

Cucumbers

Herb of the Day

room to grow but, in the event things dry out this week, we will wait for them to fill their new pots before planting.

Right now, I feel like a nomad on my own farm and in my own mental maps. And, there is the vanity of a plan.

All is well, we will let go and we will adjust. And we will continue to get to know our farm.

“A farm unlike any other,” Michael Fizedale wrote last week. In a sense, every farm is and should be unlike every other, because a farm is an organism unique to its time and place. Variations in topography, soil type, situation, community, farmer personality: all these play into what a farm is – and what it can be.

It is becoming increasingly clear that to be successful (that is, to nourish community, environment, and farmers alike) farms of today and of tomorrow will be required to deal with extreme conditions. Drought, wet, cold, heat, pest, wind, flood. Resilience will be a key characteristic; regeneration will be a key approach to building resilience.

While each farm will look different in destination, the fortunate thing is that we know what direction to take. There are old techniques for constructing fields, utilizing resources, building soil, and managing crops. And there are new techniques for designing farms in nature’s own image. This is an exciting time in agriculture.

It may be that a given farm will need its community to adapt with it. Common vegetables may not be the most appropriate crops to grow in parts of the Ecosystem Farm. You have already learned to eat kohlrabi, bok choy, okra, greens... you may be asked to try new things and different things again. We may try to grow more water-loving crops, perennial vegetables, fruits and nuts, and native foods already well-adapted to sites like ours. Perhaps we will utilize the forests surrounding the fields to grow mushrooms, herbs, and fiber.

We think and talk about all these things here. Take the wet spot beyond the second tunnel. What if we concentrate some of our water into a pond, cistern, or dry well? Maybe we could raise fish there. Or, what if

we grow new crops that like wet feet? Yellow nutsedge likes it in this spot quite a bit, should we struggle against it? There is an edible canna called Achira – this may be just the edible analogue to fill the nutsedge niche.

In the future we may integrate different types of crops – tree, vine, vegetable, herb, mushroom, livestock – rather than separate them. We may try growing more perennial tree and vine crops, that don’t require annual tractor work. We may explore wild foods and wild gardens, let crops naturalize. We may take ourselves out of the growing and let nature do more of our work for us; we may look for new ways to sow and fertilize and harvest.

Restless bodies and restless minds make for dreaming.

Don’t forget to pick up your CSA member cards (see me). If you have any questions or concerns about your membership, please email Marquicia Garcia at mgarcia@accokeek.org.

Till next time,

Be Great,
Mike

**Reminder: No CSA Pickups
(or Drop-offs) Next Week,
June 22nd and June 25th**

This season, in the endurance test each season presents, we are taking a new approach. Apprentices Matt and Michael will take a well-deserved week off from their work here to rest for the busy summer and fall seasons. We ask a lot of our crew, physically, emotionally, and intellectually, and the rigors of challenging these three muscles begs a recovery period before the peak of our summer work. **The farm will be “closed” next week – no CSA pickups!**