

CSA Newsletter

WALTHAM FIELDS COMMUNITY FARM

240 Beaver Street, Waltham, MA 02452 781-899-2403 www.communityfarms.org



DISTRIBUTION WEEK: 1
June 8, 2003

Welcome to the 2003 Season!

A warm and happy welcome to all our new and returning shareholders!

What a winter and spring this has been! We're so glad to be kicking off the 2003 CSA season. This week we expect our share list to include, but probably not be limited to:



**Red Kale* is high in vitamins C and A, Calcium, Potassium, Phosphorus and Iron. Tasting somewhat like cabbage, kale can be added to your fresh salads, stir-fried with other vegetables, added to soups, or steamed.

Spinach
Arugula
Radishes
Lettuce
Red Kale*
Spicy Greens

Just the FAQs

Q&A from our website (www.communityfarms.org) about your share.

What is a box share?

Box shares are vegetable shares that are pre-boxed in half-bushel boxes for delivery to our four off-farm distribution sites. Each week, box shareholders pick up their share at one of these sites, returning the empty half-bushel box from the previous week so we can reuse it. Box shareholders can come to the farm to collect their pick-your-own offerings on Thursday evening or during the day on Sunday.

What is the box delivery schedule?

All box shares are delivered on Tuesdays.

Arlington: 22 Linwood Street, Arlington Center, 4 pm to 7 pm

Arlington: 67 Coolidge Road, Arlington Heights, 4 pm to 7 pm

Cambridge: 175 Harvey Street, near Marino's Restaurant on Mass Ave., 4 pm to 7:30 pm

Cambridge: 25A Kelly Road, Cambridge, Central Square area, 5 pm to 8 pm

What is the share pick-up schedule at the Farm?

Thursdays, 4 pm to 7 pm

Sundays, 3:30 pm to 6:30 pm

The farm is located at 240 Beaver Street in Waltham.

What if I'm late to the pick-up site? What happens to my share if I forget to pick it up?

Any food that is not picked up at the end of the day is donated to charity. If you believe you will be late, please call ahead and discuss options with the farm staff.

Our first few shares will typically contain a lot of greens! Here's a recipe from one of our shareholders, Marty Ahrens.

**GREENS GREENS
GREENS GREENS
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GREENS GREENS
GREENS GREENS**

All CSA shareholders are welcome to submit articles and recipes for publication in the newsletter. Please forward to the editor at mlcreedon@yahoo.com, or drop your recipe off at the farm.



African stew

Makes 6 cups

1 tablespoon olive oil
1 onion, chopped
4 cups vegetable stock or water
2 cups peeled, diced sweet potatoes or yams
1 cup cooked or canned chick peas
1 cup uncooked brown rice
1/4 teaspoon salt, optional
1/4 cup peanut butter
2 cups chopped collard greens or kale (stems removed)
2 tablespoons lemon juice
1/2 teaspoon pepper

1. Heat oil in a medium-size pot and saute onions for 5 minutes.
2. Add stock or water, sweet potatoes, chickpeas, rice, and salt and bring to a boil. Lower heat and simmer for 30 minutes.
3. In a small bowl, blend peanut butter with about half a cup of hot water. Stir peanut butter into stew along with kale and cook for five minutes.
4. Add lemon juice and pepper.
5. Turn off heat and cover. Let steam for about 10 minutes before serving.

From http://ae.boston.com/dining/recipes/a/african_stew.html

Adapted from "Raising Vegetarian Children - A Guide to Good Health and Family Harmony" by Joanne Stepaniak and Vesanto Melina (McGraw Hill)

THIRD SUNDAY GATHERINGS

THIS WEEK!

Join fellow shareholders and supporters once a month for a picnic lunch and dessert. Bring a picnic lunch and something to drink. The farm will provide dessert. Stay to work in the fields or just relax with family and friends.

June 15 is our next gathering; join us at 12:30.

The **Waltham Salvation Army** would like to thank the Community Farms Outreach community for the generosity of the food drive it held during May's "Third Sunday of the month picnic."

During May, our food pantry was able to help 117 individuals and 164 families, for a total of 637 people. 510 were from Waltham, and the rest from the surrounding communities. This help would not have been possible without the generosity of people like you.

Thanks,
Graeme Williams, *Waltham Salvation Army*
and CFO Advisory Board Member