

CSA Newsletter

WALTHAM FIELDS COMMUNITY FARM

a project of Community Farms Outreach

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



DISTRIBUTION WEEK: 13
August 31-September 4, 2003

OUR FARM: COMMUNITY-SUPPORTED AGRICULTURE

THIS WEEK: A TRAP FOR FRUIT FLIES

Fruit flies are a problem, at least from time to time, for almost anyone bringing home fresh produce. They are annoying and can be hard to get rid of. But I've found a system that works well for me—it's an easy and effective trap.

Fruit flies startle easily and fly quickly (making them hard to catch or swat), and when they startle, they tend to fly straight up. The trap is a jar or other container with a lid, ideally something with a fairly narrow mouth that is relatively tall (a quart ball jar works well enough, although a smaller opening is easier).

You simply bait the trap with something fruit flies find fragrant and tasty—scraps of overripe fruit, melon seeds or rind—remember what they say: "Time flies like an arrow, but fruit flies like a banana." Leave the bait in the jar someplace near where the flies are tending to gather anyway (usually near exposed produce or trash), and make sure you remove things they might find tastier and easier to get to (cover other produce or move it; take out "fragrant" trash). Fruit flies settle kind of slowly, so just leave the jar for an hour or more, then sneak up and slap the lid on. Make sure you don't give them a chance to startle away

before you trap them—don't peer in the jar first to see if anyone's home; you can always do a head-count once you've trapped them.



Take the jar outside (close the door behind you, so they don't just fly back inside!) and open it up to let them fly away. You can use the same bait for a while, and just keep evicting the little buggers until your house is pest-free. It takes only a minute to set up, and you'll be amazed how many unwelcome guests you can evict quickly and cleanly!

Submitted by Janet Taylor Yeracaris, *CSA shareholder since 2003*

Your newsletter submissions are always welcome! Please forward to the editor at MLCreedon@Yahoo.com.



THIS WEEK'S PICK-YOUR-OWN INCLUDES:
Cherry Tomatoes
Dill
Cilantro

Note from John Mitchell, Farm Manager:

Many of the items that have been pick-your-own in previous seasons, like tomatillos and paste tomatoes, are being harvested and put out in a "Take Some" area at the farm CSA distribution site on Thursday and Sunday evening.

E-MAIL US!

Farm Manager: JohnMitchell@communityfarms.org
Associate Director: DerekChristianson@communityfarms.org
Newsletter submissions: MLCreedon@yahoo.com

Children's Learning Garden: Education@communityfarms.org
Board of Directors: Board@communityfarms.org
e-mail list: CFO-WFCF-Chat-subscribe@topica.com

TOMATO PIE



Last week, we made two of these – one for dinner the first night, and one to take to a party the next day. This recipe is only a slight variation (I added garlic) on the Southern Tomato Pie recipe in the *Asparagus to Zucchini* cookbook. This wonderful cookbook and veggie reference work is from a CSA in Madison, WI. We sell it at the farm!

1 pie crust
6 tomatoes, sliced thick
coarse salt (optional)
2 cups shredded mozzarella and/or Swiss cheese
olive oil
1/3 cup minced fresh basil
1 clove fresh garlic, minced, or chopped garlic scape
½ teaspoon freshly ground pepper

Heat oven to 450 degrees. Partially bake pie crust 9-11 minutes or until golden. Do not prick crust; if it puffs up while baking, gently press it down with the back of a wooden spoon. Remove and cool crust; reduce oven heat to 375 degrees. Sprinkle tomatoes with salt, if desired, and place in a single layer on paper towels; let drain 30 minutes. Pat dry. Sprinkle cheese evenly in cooled pastry shell. Arrange tomatoes over cheese in an overlapping circular pattern, covering surface. Brush tomatoes with olive oil. Mince garlic and basil and mix together. Sprinkle basil/garlic mixture and pepper over the tomatoes. Bake 30-35 minutes. Let stand 10 minutes before serving. Serve hot or at room temperature. Eight servings.

HELP WANTED!

2004 CFO Board of Directors

The CFO Board of Directors has begun the process of identifying the types of skills, experience and knowledge our 2004 Board needs to successfully address the challenges that face us. We have not yet completed this task, but we have identified the **need for new board members** with knowledge about sustainable agriculture, fund raising, finances, nonprofit legal issues and farmland preservation. Board terms are for one year, with a commitment to attend monthly board meetings and participate in committee work as needed in between board meetings. *If you, or someone you know, has skills in these areas, time to contribute to our work and interest in a board position, please contact CFO Board director, Elise Hoblitzelle at (617) 923-2641 or board@communityfarms.org*

Calendar of Events

Sept. 14, Sunday, Voluntary simplicity discussion group (see below for more details)
Sept. 21, Sunday, 3rd Sunday Gathering at the farm, byo picnic and beverage, 12:30-1:30
Sept. 22, Monday, CFO Board of Directors Meeting, 8pm at the farm.
Nov. 16, Sunday, CFO Annual Meeting, election of 2004 Board of Directions, and dinner.

Voluntary Simplicity Discussion Group begins Sept 14

Several CSA members will begin a Voluntary Simplicity discussion group on Sunday, Sept. 14. This peer-led discussion group will consist of 7 to 12 people who meet weekly to discuss readings from a reading packet. The reading packet contains a diverse collection of essays and articles, from authors who include Duane Elgin, Wendell Berry and Alan Durning. The group will meet from 7:00—8:30 pm, location still to be determined. For more information, see www.nwei.org. To sign up for the discussion group and get a reading packet (cost is \$20), contact Gretta Anderson, GrettaAnderson@ISUAlum.com.
