

CSA Newsletter

WALTHAM FIELDS COMMUNITY FARM

a project of Community Farms Outreach

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



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AmeriCorps' year of service

By Amanda Willer,
AmeriCorps*NCCC



When signing up for this program we didn't have any idea as to what we'd be doing or where we'd be going, we just knew that we were signing up for 10 months of national service. Who are we and what is the program? We are the AmeriCorps* NCCC team that has spent eight weeks this summer located at Waltham Fields Community Farm at 240 Beaver St. in Waltham.

The team of 10 volunteers comes from their campus in Perry Point, Maryland but we all hail from across the country. From different parts of the country we've come to the East Coast to work with different organizations to improve the quality of life for some of America's citizens.

We were first able to travel to Syracuse, New York. There we worked with Habitat for Humanity. While working with HFH, we gained many skills required for construction as well as the ability to handle the cold conditions that lakefront weather brings. "It was a pleasure to step out of my personal comfort level and acquire skills previously unknown to me that were required for the project," said Luke Fields about his experience with Syracuse HFH.

We then headed to Brooklyn, New York, where we assisted teachers at a public school. We were able to tutor the children and help them with the upcoming state science exam. "To witness the inequalities in education just reinforced our desire to work with the children," said Kristina Burks.

In addition to working at the public school we set up an after-school program with Marcus Garvey Village, a housing complex in which we lived. We assisted children with their homework, read, played games and did crafts with the children.

After Brooklyn we traveled to Montague, New Jersey to work with TrailBlazers. TrailBlazers is a camp designed for inner-city youth to enjoy an environment other than that of their own urban homes. We set up campsites, designed tables, tool racks, wash stands and dish racks from just twigs and twine. We were able to experience the camp just as the campers would by living in tent-



THIS WEEK'S PICK-YOUR-OWN INCLUDES:
French beans
Cherry tomatoes
Tomatillos

like hogans and participating in lunch and dinner ceremonies with the staff. "Expanding our comfort levels showed us that we can adapt to any situation, such as outdoor living and working," said Laura Jones. After New Jersey we had a short project working with Delaware State Parks and with them we cleaned out a WWII battery that's going to be a living history museum by 2005.

This brings us to our current project at Waltham Fields. Here we work with the staff to harvest food for CSA (community supported agriculture) and for local charitable organizations. Along with harvesting, we weed, weed and weed some more. "To be able to work on an organic farm and see our work develop without chemicals is something that's truly rewarding," said Sifa N'Gambwa.

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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.

E-MAIL US!

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We want to thank everyone at Waltham Fields Community Farm for inviting us to be here and for allowing us to help you accomplish your mission. We have truly learned much in our time here, and have valued the experience.

We've almost completed our work at Waltham Fields and we're moving to the Eastern Shore of Maryland to help with various projects within those local communities.

As well as providing communities with volunteers, AmeriCorps provides the volunteers with a lifelong experience that is both memorable and rewarding. AmeriCorps members get to travel, meet new people and experience new things while giving back to America's communities.

*Amanda Willer is an AmeriCorps*NCCC volunteer working at Waltham Fields. She's from La Crosse, Wisconsin and is taking some time off from school to volunteer and travel.*

Enjoy Fall on the Farm – Come work with us!

*Derek Christianson, Associate Director
and Assistant Farm Manager*

If you are anything like me you will doubtlessly be mystified by the disappearance of your time. So I pass along a gentle reminder: if you would like to come out to the fields and volunteer this season, circle a date on your calendar, write us in your notebook, and **reserve some time for Waltham Fields.**

Much has been said about the summer that wasn't; it looks to be making a quick exit as fall weather has been upon us this past week. We will soon be changing our focus in the fields from planting and tending the crops to preparing for the winter: sowing cover crops, preparing for our fall garlic planting, and doing the all important "clean-up" that puts our farm to rest for the season.

Nevertheless, there is still plenty of time to come and volunteer in the fields (and now that Americorps has said their good-byes we are definitely in need of extra hands). **We can use help Sundays - Thursdays, 8 AM - 4:30 PM. Fall tasks will include harvesting, late season weeding, and general clean-up.** Note: Monday and Wednesday mornings are when we do charity harvest.

I have been absolutely amazed by the involvement of our CSA members this season, and I would like to say Thank-You to all who have pitched in thus far. We would like to extend a warm welcome for you to join us in the fields; if you have any questions about volunteering please call Derek at 781-899-2403. No doubt fall is my favorite season, as the days grow shorter we can begin thinking about winter squash, potato-leek soup, and other heart warming meals.

I hope to see you in the fields before Halloween ushers us into dormancy.

-Derek (Please Note: I work in the office on Fridays and this is the best time to try and reach me.)

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.

JUDY'S ZAALOOK:

- 1 eggplant (medium sized)
- 1 garlic clove
- 2T olive oil
- 2 tomatoes
- 2T. chopped cilantro
- * t. each:
 - ginger (dry)
 - cumin
 - paprika
 - pepper
 - chili pepper (or more to taste)
- * t. cinnamon
- salt and pepper to taste.



Peel eggplant & chop into small cubes. Place in bowl with very salty warm water for 20 minutes. Chop garlic into small pieces. Peel tomatoes and chop. Add eggplant, garlic & olive oil to saucepan. Cover. Saute until everything is very mushy. Add tomatoes and all spices. Cook covered for several minutes. Uncover and cook until all the water is evaporated.

Alternative ideas:

Add 1 small onion and 1 zucchini. Chop both of these up and add at same time as eggplant. If you prefer a more tomatoey taste, add 1t. or to taste of tomato paste.