

CSA Newsletter

WALTHAM FIELDS COMMUNITY FARM

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



DISTRIBUTION WEEK: 2
June 15, 2003

Waltham Fields Community Farm Charity Harvest Up and Running!

*by Dee Kricker, President, Community Farms
Outreach Board of Directors*

The first delivery of spinach, kale, and other greens was made to the **Waltham Salvation Army** on Monday, June, 9th. A larger harvest was distributed on Wednesday, June 11, including 300-400 heads of lettuce and large amounts of spinach that were distributed to the **Waltham Salvation Army**, the **Waltham Red Cross** and **Bristol Lodge Family Shelters**. The Salvation Army serves a daily hot lunch to between 60-80 adults and has a daily food pantry serving 400 households a month. The Red Cross, servicing thirty communities in MetroWest, provides family-sized bags of groceries to 65+ households per week on Thursdays. Bristol Lodge provides three meals daily in their shelters for homeless persons from a men's shelter, a women and children's shelter, and a family shelter. There are 100 young children being fed in the women and children's shelter.

For the remainder of June, we have scheduled regular Monday and Wednesday charity harvests and distributions. The **Produce Donation Committee** has met with the coordinators and visited each of these three agencies to gather the information to plan a more deliberate produce distribution effort this year. Our goal is to meet the fresh produce needs of these agencies for the entire

Continued...

Ed. note: An acquaintance once described turnips as "donkey food." Obviously he never had the pleasure of one of our **Hakurei turnips!** These "salad turnips" are crisp, sweet, and mild. **Enjoy!**



WHAT'S IN THE SHARE*

arugula
Chinese cabbage
Hakurei turnips
lettuce
radishes
red Russian kale
spicy greens
spinach

*It's not always possible to know in time for publication exactly what will be in the share each week, but your share is likely to contain at least some, if not all, of the vegetables in the list.

Urgent Appeal for Action: Farm's UMass Extension Site at Risk

If you haven't yet contacted your legislator about the House-Senate Budget Conference Committee deliberations on the UMass budget, please consider doing so today. If the UMass budget cuts are increased more than the 12% in the Senate's version of the budget, the Field Station may be closed or rents increase so dramatically that we will be unable to continue renting land there. All you have to say is "I want you to oppose further cuts for UMass and in particular Extension services. Hold the reductions at 12%." Give them your name and town. They don't want to have a long conversation with you, they're just tallying the calls.

An urgent meeting of the Friends of Cornelia Warren Farm has been scheduled **for Thursday, June 19 at 7pm** at the Waltham site – directions to our farm are available at <http://www.communityfarms.org/a-directions.htm>. CFO members and shareholders are invited to attend this meeting. It will address the budget cuts facing UMass Extension, the possible consequences to CFO as well as all other tenants on this site and what we can do to help. Any questions about the meeting can be directed to Dee Kricker (kricker@theworld.com).

growing season, as best we can.

We have several members who have volunteered to drive produce from the farm to the agencies:

Toby Peterson, Nora Bloch, Janet Yaracaris and Betsy Blagdon. Oakes Plimpton will help out, too.

Produce will be picked up at the farm on Monday and Weds. at 9:30 AM and driven to the WSA.

Another pick up is at noon on Wednesdays to be delivered to the Red Cross. Bristol Lodge has a van and will pick up at the farm on Mondays and Wednesdays. When we have large surpluses of vegetables, some will be delivered to the Red Cross who will drive the extra produce back to their Boston location on their return run Thursday afternoons. As the summer progresses and we get huge amounts of tomatoes, etc., **Food For Free** will come out with a truck to pick up and distribute to hunger relief agencies in greater Boston. We have plans to deliver the leftover CSA share veggies, as well.



FARM-RELATED HAPPENINGS

Thursday, June 19, Urgent meeting of the Friends of Cornelia Warren Farm. See article in this newsletter.

Saturday, June 21, Summer Solstice

Sunday, June 22, Farm Safety Training with John, 4:00. Open to everyone, strongly recommended for regular fieldwork volunteers.

Wednesday, July 2, CRAFT at Appleton Farm, 3:00-5:30, potluck dinner on the beach afterwards.

Open to regular volunteers, staff and wanna-be farmers. See <http://www.emasscraft.org/main/> for details.

Sunday, July 20, 3rd Sunday Gathering at the farm, byo picnic and beverage, 12:30.

Monday, July 21, CFO Board of Directors Meeting, 8pm at the farm.

August 8-10, NOFA (Northeast Organic Farming Association) summer conference in Amherst. See <http://www.nofamass.org> for details.

• **Sundays, 10am and 1:30pm** • **Mondays, Tuesday and Thursdays 9am** • **Wednesdays, 10:30am**

Brief Orientations to Fieldwork - Every week beginning the week of May 4th, these short orientations will provide a review of farm safety and instructions on specific farming tasks scheduled for the day. Rain or shine.

Sauteed Radish And Arugula

Yield: 1 Serving

Ingredients

4 tb butter
8 easter egg radishes
2 c arugula leaves

Instructions

Melt butter in a saute pan, add radishes and cook over medium heat about 4 minutes. Transfer cooked radishes to a bowl. Add arugula to the skillet and saute 3 minutes, until wilted. Return the radishes and toss together with the arugula, heat briefly. Serve hot.

From: The Cook's Garden catalog - Spring/Summer 1990 - page 58

😊 *Arugula can be stored in a plastic bag in the vegetable drawer of your refrigerator for up to one week.*

Thanks to all our farmers, farmhands, worksharers, and volunteers who have worked to get this wonderful bounty of greens ready for our charity distribution! *D.K.*

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 entries off at the farm.