

CSA Newsletter

WALTHAM FIELDS COMMUNITY FARM

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



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July 6-10, 2003

OUR FARM: COMMUNITY SUPPORTED AGRICULTURE

My part in the CFO

Graeme Williams, Advisory Board

Michele and I have been members of the CFO for many years. For us, charity has always begun with food. The first time we approached the Waltham Salvation Army, we just wanted to give them some turkeys for Thanksgiving. Michele ended up also baking some pies, and now cooks for them regularly. My relationship with food changed dramatically last year, when I lost my high-tech job and volunteered to replace the cook in the Salvation Army soup kitchen, who had broken her ankle. For several months I was in charge of cooking sixty or seventy hot lunches (and doing it by lunch time!).

Coincidentally, Oakes was at the same time delivering produce from the CFO to a number of charities in Waltham, including the Salvation Army, so I started using some in my meals. Did you know you can dry several heads of lettuce at once by spinning them around your head in a twenty-quart pasta cooker?

I could see that the people I was helping needed and appreciated fresh vegetables, but the CFO is the Salvation Army's only source of fresh food. I talked to John about increasing the amount of produce that went to charity, and then joined the board as a link between the farm and the Salvation Army. For a food pantry used to handling just boxes and cans, vegetables can be a challenge, for example with spoilage and insects.

It hasn't been easy or quick to make systematic changes at both ends, but I'm delighted that more of this year's harvest is going to people who need it.

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*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.

WHAT'S IN THE SHARE or COMING SOON*

Beets
Carrots
Dill
Fennel
Lettuce
Parsley
Summer squash

Apple shares for sale now!

By John Mitchell, Farm Manager

Waltham Fields is partnering again with Autumn Hills Orchard in Groton to make apple shares available to shareholders this summer. Apple share participants will receive a half-peck bag once a week for nine weeks (and possibly more, depending on how bountiful the crop is this year) starting in August. There will also be peaches in at least one pickup.

Autumn Hills owner Lynn Harris says **there may be some other surprises in the bags this year**, as the orchard is expanding into new crops like grapes and plums. Apple varieties will change each week, and will include old heirlooms like Cox Pippin and some unusual modern varieties. **We must sell a minimum of 40 shares, and so far we have received only 12. Last year, 57 shares were purchased.** You do not need to be a member of the CSA to buy an apple share, but you must pick up the fruit at the farm site during the Thursday or Sunday afternoon CSA distribution times. The cost is \$58. The best way to buy an apple share is to purchase it at the farm CSA distribution site. Ask the distribution coordinator for the form.



E-MAIL US!

Farm Manager: John.Mitchell@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

GOT GREENS?

Braised Collards (or turnip greens, or kale, or swiss chard, mustard green) with ginger and chili pepper

[adapted from Elizabeth Schneider, *Uncommon Fruits & Vegetables: A commonsense guide*. New York : Harper & Row, c1986.]

3-4 servings as side dishes; 2-3 servings as main course on top of rice.

- 1 lb. collards, cut into thin strips
- 2 cups chicken or vegetable broth
- 3 Tablespoons butter
- 3/4 cup chopped onion (1 medium onionA)
- 1 teaspoon minced garlic
- 1 Tablespoon grated fresh ginger (no need to peel, just rinse)
- 1 jalapeño, stem and seeds removed, minced
- Black pepper to taste

1. Combine collards with broth in non-aluminum pot. Simmer, covered, until tender but not mushy. Timing will vary ~35 minutes.
2. Heat 2 Tablespoons butter in a skillet; stir in onion and garlic. Soften slightly over moderate heat. Add ginger and jalapeño and stir for a moment.
3. Add onion mixture to pot of collards and broth. Heat until liquid has almost evaporated. Remove from the heat, stir in the remaining Tablespoon of butter and black pepper.

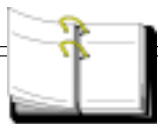
Note: You can substitute turnip greens in this dish, or combine a variety of greens for a particularly interesting effect: kale, collards, Swiss Chard, mustards greens—any and all!

Ed. note: Friends and share-sharers Judy and Cynthia sent this one in - I haven't tried it yet, but it sounds great! Check those greens while cooking - they might need far less time than is indicated here. Our greens are fresh and tender!

UMASS Budget Cuts

UMass Extension administrators have stated that it is their intent to **reduce funding of the facility to zero** from the current \$20,000.* annual cost. The amount will need to be provided through a combination of increased revenue and reduced operating expenses. In addition, we have been told that **UMass will not invest public funds at the Field Station** in the foreseeable future and that the Waltham facility needs a revenue stream to maintain the facility and provide a foundation for growth.

* This amount may be larger in light of the increased cuts of the House-Senate conference committee. Waltham Fields Community Farm is the largest Field Station tenant and as such, will bear much of the burden of these fee increases.



- 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. Rain or shine.
- **Sunday and Thursday**, apple share sign-up!

If you have an interest in becoming involved with the work of Community Farms Outreach to protect the Field Station site please contact Dee at kricker@theworld.com.

CFO-WFCF e-mail list:

We are encouraging members to subscribe to the CFO-WFCF e-mail list set up at topica.com. As CFO works to address the challenges imposed on us by the UMass budget cuts, we hope that the list can be a source of ideas, connections and encouragement. List members will also receive notice that the weekly CSA newsletter is on our web site. Announcements and news from CFO and the farm will be posted to the list.

- This is a list open only to CFO members, including board directors and CSA shareholders.
- This is an unmoderated discussion list.
- To subscribe, send an e-mail to CFO-WFCF-Chat-subscribe@topica.com
- You don't have to subscribe to the list to be able to read the postings.

Let me know if you have questions about the CFO-WFCF e-mail list.

*Gretta Anderson
CFO Board of Directors*