

# CSA Newsletter

## WALTHAM FIELDS COMMUNITY FARM

240 Beaver Street, Waltham, MA 02452 781-899-2403 [www.communityfarms.org](http://www.communityfarms.org)



### AmeriCorps on the farm

By John Mitchell

Community Farms Outreach is excited to welcome some new faces around the farm for the next 2 months. Starting this week, ten AmeriCorps volunteers will be joining the farm staff to transplant, weed, harvest and engage in site preservation projects around the farm and the UMass Extension site. The team arrived Sunday. The University of Massachusetts has graciously given permission for Waltham Fields to house the AmeriCorps team in the old milkers' dormitory on university land across the street.

AmeriCorps is a national, federally funded service organization whose mission is "to provide opportunities for Americans of all ages to help improve the nation through service — making our streets safer, our environment cleaner, our children healthier, and our schools better. AmeriCorps works from the simple idea that those who take responsibility for their community ought to be rewarded with opportunity."

The AmeriCorps team members coming to Waltham bring considerable life experience of their own, with individuals who have grown up in places ranging from California to the Congo. All AmeriCorps participants are trained in the areas of service learning, conflict management, CPR and First Aid, and Red Cross Disaster Relief. Some members of the team coming to Waltham are designated crisis responders who may be called away from their work in Waltham to fight fires or deal with other national emergencies. Some members of the team will always remain on site.

*DISTRIBUTION WEEK: 6*  
*July 13-17, 2003*



**WHAT'S IN THE SHARE or COMING SOON\***  
**Dill**  
**Lettuce**  
**Parsley**  
**Summer Squash**  
**Swiss Chard**  
**Yukina Savoy**  
**Asian greens**

\*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.

The AmeriCorps team will be trained by the farm manager and staff on how and when to harvest vegetables, how to transplant successfully and to identify weeds and remove them from the fields. They will be given instruction in the use of the simple tools of organic, sustainable farming to accomplish these tasks. The team may also work on special stewardship projects, such as removing invasive weeds that are destroying the historic barn located across the street, or removing debris from the wild, nonagricultural open space on the site.

Please join us in welcoming the AmeriCorps team—the Third Sunday gathering this Sunday is a great opportunity and you are likely to see them in the fields most weekdays.

*Many thanks to CFO Board member Jane Hammer for the work she did to help bring the AmeriCorps team to our farm this summer!*

#### E-MAIL US!

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## Calzone stuffed with Kale

From *The victory garden cookbook* / by Marian Morash ; New York : Knopf, 1982.

### Filling:

4 c. blanched kale (or kale with other greens, kale and potatoes, or omit the kale and use your favorite substitute. Portabello mushrooms are good, for instance).

2 cloves garlic

6 Tbs. Olive oil

1 Tbs. butter

1/2 tsp rosemary

salt and pepper

### Crust:

1 pkg. Active dry yeast

1/2 c. tepid water

pinch of sugar

4 c. all-purpose flour

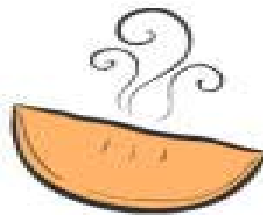
1/2 c. lukewarm water

1/2 c. lukewarm milk

6 slices mozzarella cheese

1/4 lb. Genoa salami, diced

1 egg



Chop kale and garlic. Sauté kale in 3 Tbs. olive oil over high heat until moisture is evaporated, stirring frequently. Reduce heat, stir in garlic, butter and rosemary, cover, simmer for five minutes. Season with salt and pepper and set aside to cool.

Dissolve the yeast in 1/2 c. tepid water; add a pinch of sugar, and let stand for 10 minutes or until the yeast is foamy. Sift the flour and 1 tsp. Salt together in a large bowl; pour in the yeast. Combine water and milk. Work flour into yeast, gradually adding liquids until dough is smooth and soft. (You can put dough ingredients in food processor and process until mixture forms a soft mass on blade.) Place on a floured board, knead for 1 minute, form into a ball, and place in a floured bowl. Cover with plastic wrap and let rise in a warm place until doubled in bulk (1 1/2 - 2 hours). Knead for 2-3 minutes; divide into 6 portions and roll each portion into 8-inch-diameter rounds, 1/2 inch thick. Brush with olive oil. On each dough circle, place 1/2 slice mozzarella cheese on the lower half; top with 1/2 c. kale, spreading the kale to within 1 inch of the edge. Sprinkle with diced salami, then top with 1/2 slice of cheese. Moisten the edges of the dough with water, then fold the top half over the stuffing, making a turnover shape. Press the edges securely together and crimp the outer rims with a dull knife edge. Place calzones on baking sheets, cover and let rise for 1 hour. Beat egg with 1 tsp water and glaze calzones. Bake in a preheated 375-degree oven for 25 minutes.

### Make-it-quick variation:

I use canned pizza crust for the calzone dough, and don't let it rise at all. It's kind of flat, and not my favorite dough, but it's MUCH quicker, and the kids do like it, so they are eating kale, and after all, what was the goal here? – *Judy Fallows, CSA shareholder*

## **You're Invited! July 20 3<sup>rd</sup> Sunday Gathering at the Farm -- 12:30-1:30**

Join fellow shareholders, members, volunteers and other supporters for a picnic lunch and dessert. Bring a picnic and beverage for yourself and the farm will provide dessert. Stay to work in the fields or just relax and enjoy the farm, the sunshine and the company. Join us to welcome the AmeriCorp Volunteers!

### **ALSO ON SUNDAY JULY 20**

### **Child-Friendly Farm Tour for Families with Young Children**



**1:30-2:00 following the picnic**

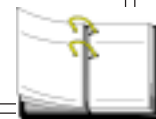
**Sunday, July 20**, 3rd Sunday Gathering at the farm, byo picnic and beverage, 12:30.

**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!



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