

CSA Newsletter

WALTHAM FIELDS COMMUNITY FARM

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Bees!

by Andrea Seek

The neighbors called me up in the morning Sunday to request that I please “do something” about the bees on my property. Apparently, the bees were freaking their landscapers out. I said, thinking as quickly and creatively as I could, that I’d be right over with a nice bowl of sugar water, to see if the bees might consider that instead of the flowers. Really, I figured that it was mostly important that I appear to be doing something about the bees, and that, since I have decided to have this part of the ecosystem, I must accept the obligation to do a bit of ambassadorship on behalf of the honey makers. So, I took a seat next to the landscapers on the porch, set up a smoker, and chatted, making comments on the bees’ activities.

For the most part, my bees appeared to be flying overhead and off yonder, a light, steady trickle of bees flying back and forth over the fence and hence their heads. We’d gotten pretty comfortable when one of the gardeners asked, in some alarm, “Are those your bees? Can you hear that?” Sure enough, there was a humming like a whirring engine, filling the air, and I looked up above a pear tree to see an absolute swirling cloud of bees, like a crown over the tree. It was a swarm on the move—likely forty thousand of them, flying in formation around a virgin queen! A swarm of honeybees is a sign of super-abundance, of triumph over this wet and heavy spring, of Shalom in the local ecosystem! I stood there saying “Wow!” and “WOW!” and the landscapers, pretty convinced that I was a seasoned beekeeper ‘til then, asked, “You’ve never seen this before?” I have, and I had, but I’d never seen a swarm in the air, or heard the sound they make moving as one.



WHAT'S IN THE SHARE or COMING SOON*

Basil
Lettuce
Parsley
Summer Squash

PICK-YOUR-OWN
Cherry tomatoes

*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.

Bees are in a superb mood when they swarm, no house to keep, no brood to look after, just a maiden queen and the open skies. But I could see how the landscapers were terrified, imagining that by cutting a vine on the fence, they brought that manifestation out of my hives! I checked both my hives this morning, and there were no signs that the stronger members of either colony had raised a new queen or staged a mutiny. That takes a week to plan anyway, I assured the gardeners.



My son Zachary, 7, and I, collectively known as “A Z Eats Honey,” have been beekeepers for about four years now, and, along with my partner, Laurie, members of the CSA for six years now. My bees and John Mitchell’s bees have been working on the farm, putting in innumerable hours pollinating, for the past two years now. *Andrea Seek*

E-MAIL US!

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Basic basil pesto – worked by hand or in a food processor – is really very simple to make and always a treat to have around. Last season, I made a LOT of basil pesto, using some right away and freezing some to use over the winter. Ice cube trays work well for freezing.

If you've never made basil pesto before, here's a small-batch recipe to get you started. If you **have** made basil pesto before, send in your recipes to me at MLCreedon@yahoo.com, or for posting to our website, to Liz at cfoweb@mailsnare.net.

- 1 cup fresh basil leaves washed, patted dry and tightly packed
- 2 cloves garlic
- 1/2 cup pine nuts (these are pretty pricey, and sunflower seed, walnuts, pecans and hazel nuts work fine!)
- 1/4 cup olive oil
- 1/2 cup grated Parmesan

Combine the first four ingredients in a food processor one at a time until each item is completely blended. Add the oil in a steady stream rather than all at once. The parmesan cheese should also be added gradually until completely blended. Season with salt and pepper if desired.

Blend into cooked pasta, or make a great tomato-fresh mozzarella-and-basil sandwich. My kids LOVE these!

If you don't have enough basil, you can also substitute or add in fresh parsley, sage, thyme, or any other herbs you might find in your share. Even spinach or other greens and vegetables such as summer squash can be tossed into the mix. The taste is 100% summer!

Discussion Groups Forming. CSA shareholder Beth Tener and her dad John will lead an information meeting about the Northwest Earth Institute study circles on Sunday, August 17, 1:30 at the farm. These peer-led discussion groups explore living sustainably, deep ecology, living in place, and the practice of simplicity. Dates, times and locations for the groups will be determined during the informational meeting. For more information see www.nwei.org, or contact John Tener, (617) 227-8835.



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!

Wanted: Someone to coordinate and schedule drivers for our produce donation program. Two mornings a week vegetables are delivered to the Waltham Salvation Army and the American Red Cross. Several shareholders pick up and deliver the produce.

We are looking for more drivers and one person to help schedule/coordinator all the drivers. E-mail Board@communityfarms.org if you're interested.



DID YOU KNOW?
“95 percent of American consumers’ food is now manufactured by corporations.” — Al Krebs. 2002. Fatal Harvest. Ed. Andrew Kimbrell.

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