

CSA Newsletter

WALTHAM FIELDS COMMUNITY FARM

a project of Community Farms Outreach

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



AROUND THE FARM

By John Mitchell

DISTRIBUTION WEEK: 8

July 27-31, 2003

We hope to soon have melons, tomatoes and eggplants in the share. Some pickups may already be receiving these items by the time this article is published. The harvest this year of the semi-tropicals, as I call them, will be slightly later than last year, owing to this year's cooler summer. However, we are still right on time with what could be expected normally at this time of year.



WHAT'S IN THE SHARE or COMING SOON

Carrots

Lettuce mix

Pickling cucumbers

Red potatoes

Summer squash

Have you noticed that from week to week, some of our predictions about what might be in the share have been off? The newsletter is written one week ahead of publication. Guessing what is going to be happening one week ahead of time can be tricky. Cool weather can cause plant metabolisms to seemingly stand still, or rain and warm weather can greatly accelerate other plants. The weather is always hard to predict, and even harder to predict is how much it is going to speed up or slow down a crop. Sometimes the same weather can cause very different reactions in two varieties of the same vegetable.

AmeriCorps

The AmeriCorps team is integrating well into the activities of the farm, and the added labor is helping us in a variety of ways – most importantly, with hunger relief and farmland stewardship (charity harvest and controlling weeds). But it also frees time for other activities that don't get done when the farm is short-staffed or operating in the high production part of the season, such as answering our emails or the phone, writing updates for the newsletter, or fish fertilizing the peppers. Thank you AmeriCorps.

Please note!

Final payments for the CSA shares due June 30!
We have decided to sell Fruit Shares until Tuesday August 19th – payments must be received by this date. \$58 per fruit share.
Cheers,
Derek

PICK-YOUR-OWN

Cherry tomatoes

Worm composting!

The farm now has a substantial worm composting operation in the back of the fields near the wash station, thanks to a donation from Robert Dee, who was going out of a worm composting business and donated his stock (about 500 pounds of worms) to Waltham Fields. I have almost no experience with worm composting, let alone managing a worm composting operation of that size.

Thankfully, another volunteer stepped forward, Whitt Masters, a Sunday workshare who has extensive personal interest in the topic, and experience in the Peace Corps. With the help of some of his Peace Corps friends, Whitt built a new compost bin in the back, in which we can easily manage the worms and harvest the excellent compost that they create. Thank you, Whitt and friends.



E-MAIL US!

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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

SIMPLE DILL PICKLE RECIPE

from the *The Pickle Packers School Kit* at www.ilovepickles.org (no kidding!)

4 stalks dill weed	fresh, medium-size pickling cucumbers
sterilized quart jar	2 tablespoons coarse salt
1 tablespoon sugar	1/2 cup cider vinegar



1. Place two stalks of fresh dill in the bottom of the jar.
2. Wash the cucumbers and pack them into the jar.
3. Add the remaining two stalks of dill, the sugar, the salt and the vinegar.
4. Fill the jar to the top with cold water and seal at once.
5. Date the jar and store it in a refrigerator and allow the cucumbers to absorb the salt and flavors for two to four weeks.
6. Eat within 60 days of pickling date.

OUR FARM: BUILDING COMMUNITY

I participated in a **Choices for Sustainable Living** discussion group at the farm in the fall of 2002. Seven other CSA shareholders and I gathered once a week for eight weeks at the farm and talked about our reasons for wanting to live more earth-friendly lifestyles and the challenges of doing so. These peer-led conversations were informed by a set of articles we read prior to each meeting and guided by a set of questions designed to help us think more deeply about the issues raised in the reading packet. Sometimes someone brought in an article or idea and this generated discussion.

It was nice to have a place to explore and clarify my values around issues that are important to me - the creation of sustainable food systems, communities, and

economies. Some of the questions we used to generate discussion included: Can you think of a principal (ethical, ecological, etc.) that helps guide you in making decisions? Has advertising ever made you dissatisfied with what you have? Does a lack of time in your life increase the resources you consume or the waste you generate? Most helpful to me was the group atmosphere that encouraged different points of view and evolving points of view to be expressed and explored.

If you think you would enjoy reading and talking about these and other issues, or want to know more about the various discussion groups, come to the informational meeting on **Sunday, August 17 at 1:30**. For more information also see www.nwei.org or call John Tener, (617) 227-8835.

Gretta Anderson, shareholder

Bicycles needed

The farm's AmeriCorps guests have no transportation around town other than a 15-passenger van and their feet. If any CSA members have an old, safe bike that could be borrowed for the AmeriCorps helpers during their 8-week stay, it would be appreciated. Please contact the farm manager at johnmitchell@communityfarms.org. Thank You

DID YOU KNOW?

Boston is host to the 7th Annual Community Food Security Coalition's Annual Conference this year - November 1-5

Register before August 1 and receive \$20 Early Bird Discount!

The Community Food Security Coalition (CFSC) is a non-profit 501(c)(3), North American organization dedicated to building strong, sustainable, local and regional food systems that ensure access to affordable, nutritious, and culturally appropriate food for all people at all times. CFSC seeks to develop self-reliance among all communities in obtaining their food and to create a system of growing, manufacturing, processing, making available, and selling food that is regionally based and grounded in the principles of justice, democracy, and sustainability.

This year's CFSC conference is in Boston, November 1-5. It will be an excellent opportunity to connect with food activists and analysts to share experiences and learn from each other about building food systems that work for our communities. You will find a committed group of local activists who are drawing on New England's rich agricultural heritage to create a better future. Join other WFCF shareholders and CFO members at the conference. Register now - www.foodsecurity.org or call (310) 822-5410.