

# CSA Newsletter

## WALTHAM FIELDS COMMUNITY FARM

a project of Community Farms Outreach

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



### ***AmeriCorps on the farm***

By Kristina Burks, Americorps NCCC

Since our AmeriCorps team arrived at Waltham Fields, we have gained experience, knowledge and a greater appreciation for the earth and its processes. Throughout the past four weeks we have weeded, harvested, seeded, transplanted and washed in addition to helping with the charity harvest and the CSA distribution. Despite the inclement weather, our experiences have been largely positive. We have all gained a new interest in the concept of sustainable agriculture and organically grown produce and have greatly enjoyed having fresh vegetables with every meal. Even our beef-loving Midwesterners have been known to partake on occasion! Working with the friendly and involved farm staff has been another positive aspect, as well as the variety of volunteers we interact with daily. Overall, we are all excited for the next four weeks and all that is to come.

**DISTRIBUTION WEEK: 11**

*August 17-21, 2003*

### **THIS WEEK'S PICK-YOUR- OWN**

#### **INCLUDES:**

Cherry tomatoes

Basil Mix

Dill

Flower garden selection,  
including Sunflowers!



### **OUR FARM: COMMUNITY SUPPORTED AGRICULTURE**

I absolutely love working on the farm. It is always my favorite part of the week. Just being out there provides a good balance with the rest of our lives in the city. The shelter project has been fun because not only do we have the satisfaction of supporting the farm that we love, but it's been a great opportunity to learn about the building process. --Christine Foot, CSA shareholder



We (my three children 9yrs, 8yrs, 5yrs) worked 35.5 hours this month. I don't know if you count the kids full time, they might be playing while working and not as effective as adults are. But they are there and doing something. So then it would be 35.5 times 4 for our family in July.

We love coming to the farm and learning about everything that comes up. The kids are home schooled and came up with the idea of working on a farm themselves and here we are. It gives them so much insight into the real world, farming, working full time, working with others as a team, doing exciting things and not so exciting things (weeding)...For the third week in a row Jonathan weeded in our garden at home and in our neighbors' garden right after we came home from working on the farm. So it might not be exciting but he still likes doing it at home, too.

We've looked forward to working every Thursday so far. And the best is the share we take home and eat. Now even the youngest is willing to at least taste the different kinds of vegetables that I serve. And most of them he likes! --Annette Dornhofer, worksharer



### **E-MAIL US!**

Farm Manager: [John.Mitchell@communityfarms.org](mailto:John.Mitchell@communityfarms.org)

Associate Director: [Derek.Christianson@communityfarms.org](mailto:Derek.Christianson@communityfarms.org)

Newsletter submissions: [MLCreedon@yahoo.com](mailto:MLCreedon@yahoo.com)

Children's Learning Garden: [Education@communityfarms.org](mailto:Education@communityfarms.org)

Board of Directors: [Board@communityfarms.org](mailto:Board@communityfarms.org)

e-mail list: [CFO-WFCF-Chat-subscribe@topica.com](mailto:CFO-WFCF-Chat-subscribe@topica.com)

***So many recipes, so little space... Kristi Swanson, AmeriCorps NCCC, sent us a ton of recipes! Here are a couple... look for the others on our website...***

### **Pickle Salad**

6 cucumbers, peeled and sliced  
1 large onion, sliced and diced  
1 1/2 cups mayonnaise  
1/2 cup sugar  
1/4 tsp. salt  
Dash of pepper  
3 tbsps. vinegar  
Refrigerate a few hours before eating.

---

**Roasted Eggplant Dip** (*Editor's note: this recipe is from Mrs. Marv's online cookbook, [http://www.mindstream.net/cookbook/appetizers/roasted\\_eggplant.html](http://www.mindstream.net/cookbook/appetizers/roasted_eggplant.html), and is very similar to a yummy recipe from my friend Helen, who got it from her sister... and I have lost the printout, so I don't know where SHE found it!!*)

1 (1-pound) eggplant  
3 large shallots, peeled  
3 Tbs. plain low-fat yogurt  
2 Tbs. Lemon juice  
1 Tbs. olive oil  
1/3 cup chopped fresh cilantro  
1/2 tsp. salt  
1/4 teaspoon pepper  
1 lemon, cut into wedges  
4 pitas, cut into 8 wedges  
paprika (optional)



1. Preheat oven to 400°f.  
2. Pierce eggplant several times with a fork; place eggplant and shallots on a foil lined baking sheet. Bake at 400° for 20 minutes or until tender; cool slightly, and peel.  
3. Place eggplant, shallots, yogurt, juice, and oil in a food processor; process until almost smooth. Add cilantro, salt and pepper; process until blended. Spoon dip into a bowl; garnish with lemon wedges, and serve with pita wedges. Sprinkle with paprika, if desired. Yield: 2 cups (Serving size: 1 tablespoon dip and 1 pita wedge).

### **Layered Lettuce Salad**

1 head lettuce, cut into small pieces  
1/2 cup celery, cut fine  
1/2 cup onion, cut fine  
1/2 cup green pepper, cut fine  
1 (10 oz) package frozen peas, cooked, drained and cooled  
2 cups mayonnaise or Miracle Whip  
2 tbsps. sugar, mixed with mayonnaise  
6 oz. shredded cheddar cheese  
8 slices bacon, fried crisp and broken up  
You may substitute Bacos.  
Layer in 9 x 13 pan as listed (except dressing). Top with mayonnaise and sugar, grated cheese, and bacon. Refrigerate overnight.

Send **your** favorite recipes to Martha Creedon, newsletter editor, at [mlcreedon@yahoo.com](mailto:mlcreedon@yahoo.com), or mail or drop off at the farm. Be sure to mention whether it's your own creation or where you found the recipe (specific book or webpage).

## **ANNOUNCEMENTS**

### **2004 CFO Board of Directors**

The CFO Board of Directors has begun the process of identifying the types of skills, experience and knowledge our 2004 Board needs to successfully address the challenges that face us. We have not yet completed this task, but we have identified the need for new board members with knowledge about sustainable agriculture, fund raising, finances, nonprofit legal issues and farmland preservation. Board terms are for one year, with a commitment to attend monthly board meetings and participate in committee work as needed in between board meetings. ***If you, or someone you know, has skills in these areas, time to contribute to our work and interest in a board position, please contact CFO Board director, Elise Hoblitzelle at (617) 923-2641 or [board@communityfarms.org](mailto:board@communityfarms.org)***

### **CSA Cookbooks on Sale for \$20**

We have received copies of "From Asparagus to Zucchini", second edition. The book will be on sale at all CSA pickups and 3rd Sunday Gatherings. If you haven't checked it out, give it a look. "From A to Z" provides many ways to use your farm fresh veggies; also gives tips on storage and cooking methods.