

CSA Newsletter

WALTHAM FIELDS COMMUNITY FARM

a project of Community Farms Outreach

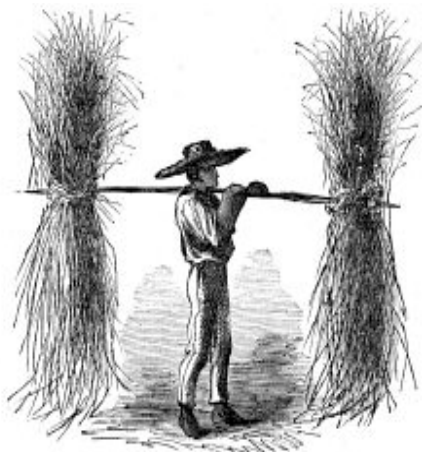
240 Beaver Street, Waltham, MA 02452 781-899-2403 www.communityfarms.org



DISTRIBUTION WEEK: 19

October 12-16, 2003

HATS OFF TO OUR FABULOUS VOLUNTEERS!



Thank you for helping out at the farm - whether you've worked in the greenhouse, fields, office, from your home or office or just stopped in to say hi and see what's happening on the farm, thank you. Your support and encouragement of the work we do has been greatly appreciated!

Last CSA distribution in 2003 will be the week of October 26-30.

Calendar of Events

Oct. 19, Sunday, FINAL 2003 3rd Sunday Gathering at the farm, byo picnic and beverage, 12:30-1:30. Our Last 3rd Sunday Gathering is October 19 Join fellow shareholders, volunteers and CFO supporters for our last 3rd Sunday picnic of 2003. We'll gather under our new distribution shelter on October 19 at 12:30 to eat, chat, relax and share our appreciation for the wonderful vegetables we've enjoyed this year. As always, bring your own picnic and we'll supply dessert!

Oct. 20, Monday, 8pm Board Meeting

Oct. 26, Sunday, 10am PEACE ABBEY BIKE FOR PEACE - see other side of newsletter for details!

Nov. 1-5, 7th Annual Community Food Security Conference - in Boston this year! This year's CFSC conference is 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.

See <http://www.foodsecurity.org/events.html>

Nov. 16, Sunday, CFO Annual Meeting, election of 2004 Board of Directors, and dinner. Time to be announced.

E-MAIL US!

Farm Manager: John.Mitchell@communityfarms.org
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e-mail list: CFO-WFCF-Chat-subscribe@topica.com

PUMPKIN AND APPLE SOUP

There's more to pumpkins than Jack-o'-Lanterns and pie! Try this - one of many pumpkin soup recipes. The flavor is best if pumpkins are roasted in the oven instead of simply steamed or 'waved'. To do this, cut the pumpkin into large chunks and place on baking tray for 35-40 minutes in a 350 degree oven, until fork-tender.

This soup can be made with any squash or a mix. Butternut is especially good. Quantities are easily shuffled about, depending on how much pumpkin you have.

Approx. 4-lb pumpkin or squash, quartered and seeded (save the seeds for roasting!)

6 cups chicken or vegetable stock

4 tart green apples, cored, peeled and chopped

2 onions, chopped

2 cups unsweetened apple juice

4 tsp. peeled and grated fresh ginger

1 tsp. salt

2 Tbs. fresh lemon juice

White pepper

Plain nonfat or low-fat yogurt

Snipped fresh chives or shredded fresh basil

Roast pumpkin or cut-side down on rack set over gently simmering water in saucepan. Cover and steam until tender, about 10 minutes. Cool slightly and then scoop pulp from shells. Combine 1/2 cup stock, apples and onion in saucepan; cover and cook over low heat for 10 minutes.

Add pumpkin or squash pulp, remaining stock, apple juice, ginger and salt. Cover and simmer until ingredients are very tender, about 20 minutes. Puree soup in batches in processor or blender, then reheat soup gently. Add lemon juice. Season with salt and a generous amount of white pepper. Garnish with yogurt and chives or basil.

ROASTED PUMPKIN SEEDS

1 1/2 cups pumpkin seeds

2 tsp. melted butter or oil

(olive oil or other vegetable

oil work well)

salt to taste



Preheat oven to 300° F.

I've had good luck cleaning the pumpkin chunks off of the seeds by placing the seeds in a colander and placing it in a bowl of water. Swish them around and pull off most of the stringy pulp but don't get too carried away – not worth the trouble, and the stringy pulp adds flavor! You can dry them a bit ((or not) on a kitchen towel. Toss pumpkin seeds in a bowl with oil. Spread pumpkin seeds in a single layer on baking sheet and bake for about 45 minutes, stirring occasionally, until golden brown. Keep an eye on them so they don't overcook – and then try to stop eating them when they're done!

Bike for Peace

A fundraiser for The Peace

*Abbey**

Sunday, October 26th

Registration will begin at

10:00 a.m.

Chairman Jimmy Tingle will rally the riders at

10:30 a.m.

Rides will start at 11:00 a.m.

Bike for Peace riders will depart from the Abbey and weave through a route **35 miles** in length that visits several locations related to the mission of the Peace Abbey. A **17-mile route** and a **3-mile route** for families with small children will also be available.

Bike Clubs, Students, Community Members and Friends of The Peace Abbey are invited to join the ride!

Organized jointly with members of the Wednesday Wheelers of the Charles River Wheelmen

For more information, please call: Dot Walsh at the Peace Abbey, 508/655-2143 or visit

222.peaceabbey.org/bikeforpeace

Directions to the Peace Abbey, Two North Main Street, Sherborn, Massachusetts

By bicycle: Meet at the Newton Town Hall (Commonwealth Avenue and Walnut Street) at 8 AM. We will bike out the quiet streets of Newton and through the lanes of Weston, Wellesley, Natick and Sherborn to the Peace Abbey. This is a very pleasant 20 mile ride led by experienced cyclists. Call 617 731 8725 for more information.

By train: Bikes are permitted on the Commuter Rail. Catch the Framingham/Worcester Commuter Rail train #P553 7:50 AM departure from South Station (7:55 AM from Back Bay Station) which arrives in Natick at 8:27 AM. Bike from the Natick Station 4 miles south on Highway 27 to the Peace Abbey in Sherborn Center. There are several time options in the afternoon for the return trip.

By Car: 90W to 95S, exit 16W. Follow 16 to Sherborn. At T intersection, turn left onto 27S (still 16W). The Peace Abbey is 1/4 mile down 27 on the left – red brick building and sign for Strawberry Fields.

*The Peace Abbey is dedicated to creating innovative models for society to empower individuals on the path of nonviolence, peacemaking and cruelty-free living. We offer resources that teach, inspire and encourage individuals to speak out and act on issues of peace and social justice.