

CSA Newsletter

WALTHAM FIELDS COMMUNITY FARM

A project of Community Farms Outreach

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



Notes from the Field

By Amanda Cather, Farm Manager

Welcome to the 2004 CSA season! This spring has been a marvelous mix of gentle rain and warm weather, causing many of our early plantings to mature early. We've been harvesting tender arugula, bok choy, turnips, and radishes for our hunger relief efforts since May 19th, and now at last you get your share. You'll also see some great rhubarb from a planting at the Lyman Estate, where we are leasing three additional acres from the Society for the Preservation of New England Antiquities. The field itself is something of an antiquity, since it's probably been farmed for the last 200 years. It's a lovely, peaceful spot beside a gently flowing brook, the perfect antidote to the sometimes hectic Field Station. We'll mainly be using the Lyman Estate field for a planting of sweet corn and cover crops this season, and it will allow us to increase our sustainability and our production in the long run.

At the Field Station, the crops are growing well. We've run into the usual suspects in the pest department—grubs, flea beetles, cutworms, woodchucks, and geese have all made their appearance—and also a brand new one: cabbage root maggot. This unappealing little white maggot decimated our first planting of spring brassicas, but we think we'll have some great early broccoli for you, and possibly some kale as well. Never fear—the warm weather should take care of them and our fall brassicas should be as beautiful as ever.

The season's crew includes some familiar faces and some new ones. **Marina**, described over the seasons as "the glue that holds the farm together," returns for her seventh season in the greenhouse and the field. If we have any transplants at all from our unheated greenhouses this year, it's thanks in large part to Marina's expertise and experience on the farm. **Linda**, our flower and herb artist (there's no other way to describe her) has been weeding, transplanting, and battling the pests and the lack of heated greenhouse space to bring you another season of color and flavor in the farm fields.

June 6–10, 2004 (Distribution Week #1)

This week's share may contain:

Lettuce	Spinach	Kale
Turnip	Radish	

Ryan joins us as an Assistant Grower after a season on a cooperative farm in Oregon in 2003. He's our resident entomologist, always greeting the bugs in the field with a cheerful "hey, buddy!" Our other Assistant Grower, **Meryl**, comes from a little closer—just down the road at Blue Heron Organic Farm, where she spent the 2003 season planting, weeding, harvesting, and hand-picking a legendary number of tomato hornworms.

The beautiful Children's Garden that you'll see evolving in front of the hoophouse is the responsibility of **Teri**, our Children's Garden Coordinator (with some help from Board Member Judy Fallows). **Jeremy**, our other part-time apprentice, joined us in the fields Memorial Day weekend with his little girl, **Ronia**. And our dedicated crew of regular volunteers—including **Clayton, Ben, Sarah** and many others—have kept the plants growing and weeded throughout the spring planting season.

Annaliese and Chrissy have been incredible help as the volunteer coordinators for the farm this season, helping to pull together our distribution coordination team, including **Ann, Ellen, Izzy, and Barrett**, and our hunger relief team, including **Contance, Laurie, Barbara, Betsy and Janet**. Finally, you'll find **Marla** in the office writing up a grant proposal or keeping the books in sparkling order, or walking around the fields for inspiration and fresh air. And as for me, **Amanda**—I'm the one with the very short hair and the baby often on my hip. We'll all be happy to welcome you to the farm.

Enjoy the lightness of these first harvests, and look forward to the weighty bounty of the season!

Green Beans, Peas, and Turnips in Warm Vinaigrette

(from www.epicurious.com)

¼ cup olive oil
2 tablespoons red wine vinegar
½ teaspoon salt

1 pound slender green beans, trimmed, cut in half on the diagonal
1 pound 2- to 2 1/2-inch white turnips, each cut into 16 wedges
1 cup shelled fresh peas or frozen peas, thawed
2 tablespoons chopped fresh dill
2 tablespoons chopped fresh Italian parsley
2 tablespoons chopped fresh mint



- 1) Whisk oil, vinegar, and salt in medium bowl to blend.
- 2) Cook green beans and turnips in large pot of boiling salted water until crisp-tender, about 5 minutes. Drain. Transfer vegetables to bowl of ice water. Drain well. (Vinaigrette and vegetables can be prepared 1 day ahead. Cover separately and chill.)
- 3) Heat vinaigrette in heavy large skillet over medium heat until warm. Add beans, turnips, and peas; toss until heated through and coated with vinaigrette, about 5 minutes. Add all herbs and toss to coat. Season to taste with additional salt and pepper. Transfer to bowl and serve.

MAKES 8 SERVINGS

To sign up for the **CSA e-mail list**, send a blank email to
cfoca-subscribe@yahoo.com
and follow the instructions that they send back to you.



Volunteer Drop-in Times

Sundays, Tuesdays, Wednesdays, and Thursdays

8:30 a.m. or 1:00 p.m.

There's no need to call ahead, just come at the drop-in times and meet at the distribution shelter or look for farm staff in the fields.

(No volunteers Mondays, Fridays, or Saturdays)

To reach us:

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The next **3rd Sunday Picnic** will be on June 20th at noon at the farm. Bring a picnic lunch and something to drink. The Outreach Committee will provide dessert.

Community Farms Outreach is a nonprofit organization dedicated to hunger relief, education, and farm preservation.