

CSA Newsletter

WALTHAM FIELDS COMMUNITY FARM

A project of Community Farms Outreach

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



to be of use

The people I love the best

jump into work head first

without dallying in the shallows
and swim off with sure strokes
almost out of sight.

They seem to become natives of that element
the black sleek heads of seals
bouncing like half-submerged balls.

I love people who harness themselves,

an ox to a heavy cart,
who pull like water buffalo,
with massive patience,
who strain in the mud and muck
to move things forward,
as to be done, again and again.



I want to be with people
who submerge in the task,
who go into the fields to harvest
and work in a row and pass
the bags along, who are not
parlor generals and field deserters but

move in a common rhythm

when the food must come in
or the fire be put out.

The work of the world is common as mud.

Botched, it smears the hands,
crumbles to dust.

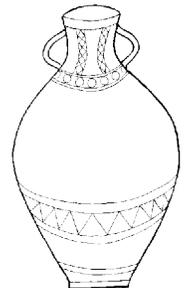
August 8–12, 2004 (Distribution Week #10)

New in this week's share:

Tomato Eggplant Peppers
Carrots (again)

But the thing
worth doing well done
has a shape that satisfies,
clean and evident.

Greek amphoras for wine or oil,
Hopi vases that held corn
are put in museums,
but you know they were
made to be used.



The pitcher cries for water
to carry and a person for
work that is real.

From "Circles on the Water" by Marge
Piercy
Copyright 1982, Marge Piercy

This is the last full week that our
AmeriCorps team will spend with us.
We'll miss them!

—*The Farm Crew*

2005 CFO Board of Directors

The CFO Board of Directors has identified the types of skills, experience and knowledge our 2005 Board needs to successfully address the challenges ahead of us. This year, the CFO Board of Directors has identified individuals with development (fund raising) and publicity expertise to be of particular importance. We are also looking for people who have knowledge about farmland preservation, community food security, or sustainable agriculture. Board directors commit to attending monthly board meetings and participating in committee work as needed between board meetings. They join a congenial group of people making important decisions that guide the future of CFO. *If you, or someone you know, has skills in these areas, time to commit to our work, and interest in a board position, please contact the Nominating Committee at Board@communityfarms.org.*

Tomatillo Sauce

from Sundays at Moosewood Restaurant

- 12–14 fresh tomatillos
- 2 Tbsp vegetable oil
- ½ cup chopped onion
- 1 large garlic clove, minced
- 1 serrano or other chile, minced (or to taste)
- 1 tsp ground coriander seeds
- ¼ tsp sugar
- 1 tsp chopped fresh cilantro
- salt to taste

Remove papery husks from tomatillos. Cover them with water in a saucepan and bring to a boil. Reduce heat and simmer about 5 minutes until they can easily be pierced with a fork. Drain and puree in a blender or food processor.

In a small skillet, saute onions, garlic, chile, and coriander in oil for 5 to 10 minutes. Add tomatillos and cook gently 5 more minutes. Add sugar, cilantro, and salt.

Zucchini Orange Cake

- 2 1/2 cups all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 2 1/2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 3/4 cup butter
- 2 cups white sugar
- 3 eggs, beaten
- 2 teaspoons vanilla extract
- 1/2 cup milk
- 3 cups grated zucchini
- 1 tablespoon orange zest
- 1 cup chopped walnuts
- 1 1/4 cups confectioners' sugar
- 1/4 cup orange juice
- 1 teaspoon vanilla extract

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour Bundt pan.
2. In a medium bowl, sift flour, cocoa, baking powder, baking soda, salt, and cinnamon. Set aside.
3. In a large bowl, cream butter and sugar until fluffy. Add eggs, 1 teaspoon vanilla and milk to the butter mixture. Stir in dry ingredients and mix until well blended. Fold in zucchini, orange zest, and nuts.
4. Pour into a greased and floured Bundt cake pan. Bake at 350 degrees F (175 degrees C) for 50 to 60 minutes, or until a toothpick inserted into center of cake comes out clean. Allow to cool, then drizzle with glaze.
5. To make the glaze: In a small bowl mix together sugar, orange juice, and vanilla. Invert cake onto serving dish, then pour glaze over.

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We welcome your recipes, farm experiences, ideas! Please send newsletter submissions to newsletter@communityfarms.org.

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