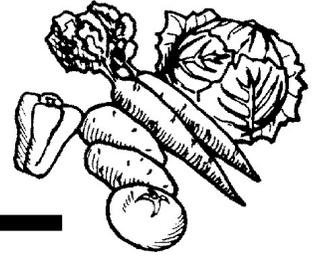


CSA Newsletter

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:

Taking Care of Business

Do you live in the Waltham Fields area? What are you doing at 7 AM Sunday through Thursday? Consider stopping by your local Community Supported Agriculture Farm with a steaming thermos of coffee (or cider, hot chocolate—Ben’s preference—or tea) for your chilly farmers. Yes, it’s really hot beverage season. This morning it was barely 40 degrees here on the farm, and although it looks to warm up a bit over the next week or so, we are starting to think about the frost. We have our own mugs, and we usually have a supply of milk and sugar on hand. This time of year, we are always ready to take a break and chat with our CSA members.

A couple of business items to take care of:

FIRST: Our shares will go at least until the week of October 24. There may be a final pickup the week of October 31. Fruit shares will go an additional week, probably until November 7. We are in the process of curing storage crops for you, so you’ll see winter squash, potatoes, storage cabbage and sweet potatoes appear through the month of October, accompanied by some bulk quantities of beets, carrots, parsnips, leeks, and turnips (and garlic, if you haven’t received your “large” distribution yet—we know, it’s all relative), along with all the greens with which you’re no doubt becoming familiar. Unfortunately, our woodchuck and weed friends really did a number on the winter squash this season, and we have much smaller quantities than we’d like of some of our favorites—but we’ll make sure you get what we have! Before the first frost, we’ll harvest all the green tomatoes and small peppers that won’t survive the cold temperatures, and you’ll see those in your shares one cold evening.

September 26–30, 2004
(Distribution Week #17)

SECOND: If anyone has a **camping lantern** they could lend us until the end of the season, we could really use a few around the distribution area in the evenings. It’s getting pretty dark out there!

THIRD: Please talk to us at the distributions about your **thoughts for next season** on crop selection and quantity. This is the time that we need to hear your opinions. Want more greens? Less greens? Different kinds of greens? More tomatoes? Less cucumbers? A particular variety of carrot or heirloom tomato? Let us know this month so that we can incorporate your suggestions into our crop plan for next season—we’ll be writing it during the month of November.

FOURTH: if you’re considering buying mums or decorative plants for your home for the fall, we’ll have **beautiful mums** for sale at our pickups for the next few weeks, grown here at the Field Station by the Community Greenhouse Project, a horticulture vocational therapy project of Waverley Place/McLean Hospital. Their flowers are beautiful and benefit a worthy cause.

FIFTH . . . We’re really not kidding about the coffee. See you at the farm.

—The Farm Crew—Amanda, Meryl,
Ryan and many dedicated volunteers



Root Vegetable Curry

from Debra's Natural Gourmet

4 Tbsp olive oil
2 Tbsp minced or grated fresh ginger
6 cloves garlic, minced
1 teaspoon coriander
1 teaspoon cumin
½ teaspoon cardamom
pinch cayenne (optional)
1 teaspoon chili powder
1 large onion, chopped
2 green peppers, chopped
2 carrots, sliced
2 parsnips, diced
2 sweet potatoes/yams, diced
1–2 cups papaya or mango juice
1 apple or pear, diced
¼ cup raisins/diced apricots
salt and pepper to taste

Gently warm olive oil in a large skillet. Add all ingredients through onion. Stir to coat onion and garlic. Saute 2–3 minutes.

Add vegetables and again stir to coat. Add juice and fruit to skillet. Cover and simmer over low heat for about 15 minutes, or just until vegetables are tender. Season with salt and pepper.

Serves 4



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Roasted Autumn Vegetables

Buy a box of Reynolds Hot Bags. They're huge heavy-duty tinfoil bags that can be used on the grill or in a hot oven. Cut up enough vegetables to fill the bag with a big flat layer a couple of inches thick. Possible vegetables:

Turnips/rutabaga, diced
Carrots, thickly sliced
Parsnips, thickly sliced
Potatoes, diced
Celeriac, diced
Brussels sprouts, halved
Broccoli, cut up
Onions and garlic for flavoring
(I've never tried kohlrabi or fennel but I'll bet they'd be good too.)

Mix the vegetables together in a bowl with a splash of olive oil and soy sauce. You can get creative here, but the flavors of the vegetables alone will carry the dish.

Fill the bag, close it tightly, and cook on a grill or in a 450 degree oven until well done and somewhat browned, maybe 45 minutes. Serve as a vegetable side dish.

Autumn Vegetables Salade Niçoise

Roast vegetables as above and chill. Marinate vegetables briefly in balsamic vinaigrette and serve with tomatoes and canned tunafish over fresh greens.

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.