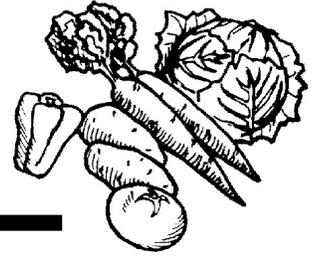


CSA Newsletter

WALTHAM FIELDS COMMUNITY FARM

A project of Community Farms Outreach

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Notes from the Field:

Time for the Member Survey

Yes, dear CSA members, it's that time again . . . time for you to give us your feedback and let us know what you'd like more and less of for next season. This is obviously a very important mechanism for our farm to receive and incorporate the needs of our shareholders. While we can't guarantee that every recommendation will be followed to the letter, you can be certain that we will hear your individual voices and try our best to make our CSA ever

October 10–14, 2004

(Distribution Week #19)

Pick up your survey with your share!

more your farm. We're hoping to have the farm planning complete by the end of November this year, so we are asking for your comments during the month of October. If you have something important that you need to tell us in person, please do it! In the meantime, here are some words from Wendell Berry to get you thinking about the wonderful work you're doing by being part of a CSA.

Manifesto:

The Mad Farmer Liberation Front

Love the quick profit, the annual raise,
vacation with pay. Want more
of everything ready-made. Be afraid
to know your neighbors and to die.

And you will have a window in your head.
Not even your future will be a mystery
any more. Your mind will be punched in a card
and shut away in a little drawer.

When they want you to buy something
they will call you. When they want you
to die for profit they will let you know.
So, friends, every day do something
that won't compute. Love the Lord.
Love the world. Work for nothing.
Take all that you have and be poor.
Love someone who does not deserve it.

Denounce the government and embrace
the flag. Hope to live in that free
republic for which it stands.
Give your approval to all you cannot
understand. Praise ignorance, for what man
has not encountered he has not destroyed.

Ask the questions that have no answers.
Invest in the millenium. Plant sequoias.
Say that your main crop is the forest
that you did not plant,
that you will not live to harvest.

Say that the leaves are harvested
when they have rotted into the mold.
Call that profit. Prophesy such returns.
Put your faith in the two inches of humus
that will build under the trees
every thousand years.

Listen to carrion -- put your ear
close, and hear the faint chattering
of the songs that are to come.
Expect the end of the world. Laugh.
Laughter is immeasurable. Be joyful
though you have considered all the facts.
So long as women do not go cheap
for power, please women more than men.

Ask yourself: Will this satisfy
a woman satisfied to bear a child?
Will this disturb the sleep
of a woman near to giving birth?

Go with your love to the fields.
Lie down in the shade. Rest your head
in her lap. Swear allegiance
to what is nighest your thoughts.

As soon as the generals and the politicians
can predict the motions of your mind,
lose it. Leave it as a sign
to mark the false trail, the way
you didn't go.

Be like the fox
who makes more tracks than necessary,
some in the wrong direction.
Practice resurrection.

Greens Cookbook Brown Rice Casserole

This casserole has been making the rounds of the farm staff since Sarah brought it into work for lunch one day this summer. Now that it's chilly, some of us make it every weekend and intend to have some left over to eat for the week . . . but it doesn't always happen. The nice thing about this recipe is that you can literally substitute any veggies, any starch, and any cheese to make an incredible comfort food that is full of protein and vitamins.

Barrett says, "Try it with broccoli and cheddar or eggplant and smoked gouda." She and Elizabeth have also made it with couscous instead of brown rice, and Amanda has used a mixture of wild rice and quinoa with a crazy mix of veggies. Jonah says, "Kids love it too!"

Cabbage is also great in this casserole, as are the other greens.

4 cups cooked brown rice	1 Tbsp olive oil	6 oz grated cheese (jack, muenster, cheddar, or gouda)
1/2 block of tofu	1 Tbsp butter	pepper
1 large onion	3 minced garlic cloves	fresh herbs, for garnish
2 medium carrots	1 tsp nutritional yeast (optional)	(parsley or cilantro, thyme, marjoram)
2 celery stalks	1 tsp ground cumin	
1 green pepper	1 tsp salt	
2 medium zucchini or other summer squash	1 cup mushroom broth or stock or water	
6 oz mushrooms		

Cook rice. Set the tofu on a slanted board or pan to drain, and prepare the vegetables. Chop the onion, carrots, celery, pepper, and zucchini into pieces about 1/2-inch square. Quarter mushrooms if they are small, and cut them into sixths or eighths if they are large. Cut the tofu into 1/2-inch cubes. Heat the olive oil and the butter and fry the onion over medium heat until it is lightly browned, about 5 minutes. Add the garlic, nutritional yeast (if using), cumin and salt. Stir until blended and cook for 1 minute. Add the carrots, celery, green pepper and 1/2 cup of the liquid, cover pan, and braise the vegetables until they begin to soften, about 5 minutes. Add the zucchini and mushrooms and cook 7 to 10 minutes. The vegetables should be nearly, but not completely, cooked. If the pan gets dry while they cook, add a little more liquid. Preheat oven to 350F. Combine the vegetables with rice and cheese. Season with salt and plenty of freshly ground black pepper. Gently mix in the tofu, and put mixture into lightly oiled casserole. Add a little more liquid to moisten. Cover with foil and bake 1/2 hour. Remove foil and bake 15 minutes. Garnish with fresh herbs.

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CFO's Annual Appeal is underway.

Make a donation to support the farm and our hunger relief and education programs. And come to our potluck Annual Dinner Sunday, November 21st.

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