

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:

SALAD DAYS

From the time we put the first seed in the ground in April, the farm crew has been planning what crops we will have for the first CSA distribution. As the weeks pass, we watch the plants grow. We urge them along when the cool weather and pests slow their progress, and we will them to slow down during the growth spurts prompted by 85-degree weeks. We protect them from flea beetles and cabbage maggot with row cover, and then watch helplessly as the combination of high temperatures and lengthening days causes them to mature too early. We weed. We turn crops in and plant others in their places. We fret over cold nights and too little rain, or too much rain. We weed again. A good deal of our physical and mental energy seems aimed at that date in June when we harvest the first tender leaves and stalks for families throughout our community. And that day comes, and it passes, and the inevitable question is upon us: What will we have for the *second* CSA distribution?

And the answer is . . . more of the same. This week we're harvesting more spinach, more lettuce, more turnips, more radishes, more kale. We're making salads. Spinach salads, rich with iron, with warm strawberry vinaigrettes. Lettuce salads studded with tofu and walnuts.

Yes, more crops are on their way. Our carrots and beets are larger each time I pull up a test plant.

June 13–17, 2004 (Distribution Week #2)

This week's share may contain:

Lettuce	Spinach	Kale
Turnip	Radish	Chard

The peppers, eggplants, and tomatoes are soaking up the slightly warmer temperatures, opening their stomata and becoming green instead of the sickly shades of purple-veined yellow they turned during our Memorial Day cold spell. The beans are up and growing. The peas are flowering. The cucumbers and melons are finally beginning to pop up. We'll probably have hilled the potatoes by the time you read this. The bounty of August is waiting in the wings, and we're still urging, willing, protecting, fretting, planting . . . and weeding.

For now, though, we're enjoying the culmination of spring's growth in every bite of spinach or lettuce and hoping for dry, sunny weather for our neighbors who are making hay. We're enjoying the season of roses and strawberries and plentiful salads, while watching the baby killdeers hatch and make their way around the farm under the protective eyes of their parents. We are, as Hal Borland writes, quoting James Whitcomb Riley, "knee deep in June."

We hope you enjoy this second week's harvest.

The Farm Crew

To reach us:

Amanda Cather: farmmanager@communityfarms.org

Marla Rhodes: walthamfields@communityfarms.org

Volunteer Coordinators: volunteer@communityfarms.org

Newsletter Submissions: newsletter@communityfarms.org

CFO Board of Directors: board@communityfarms.org

3rd Sunday Picnics

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.

A Spring Fling Success Story

Although the afternoon went from gray to drizzling, it didn't deter folks from attending our 5th annual Spring Fling the first Sunday of May. All enjoyed an ample selection of food, lively music and dancing (watching the kids' contra dances was especially fun!), and an amazing array of Silent Auction items.

We are so grateful to the individuals and companies that donated items to make this the most interesting and successful Silent Auction ever! Please be sure to check out the list of donors on our website at www.communityfarms.org—it's too long to be printed here. A special thanks to those members who participated by offering getaways to vacation homes and inns, which saw some competitive bidding!

The event netted nearly \$7,500—the most ever—and will support the farmland preservation, hunger relief, and education work of Community Farms Outreach.

Hearty Pungent Greens with Anchovies and Garlic

(from *Local Flavors* by Deborah Madison)

1 pound or more cooking greens
sea salt
olive oil
1 or 2 plump garlic cloves, chopped
4 anchovies
good pinch red pepper flakes
red wine vinegar

Wash the greens well and remove any tough stems or ribs. If greens are large and tough, parboil them in boiling salted water for a few minutes until almost tender; young greens do not need this treatment.

Heat 2 tablespoons oil in a saute pan over medium heat with the garlic, anchovies, and pepper flakes. Mash the anchovies with a fork until they disappear into the oil. Before the garlic colors, add the raw or cooked greens, raise the heat to high, and saute, turning frequently, until tender. (If the greens prove tougher than you thought, add water in ½ cup increments so that they steam until done.)

Pile the greens on a platter and douse lightly with vinegar.

Volunteer Drop-in Times

Sundays, Tuesdays, Wednesdays, and Thursdays

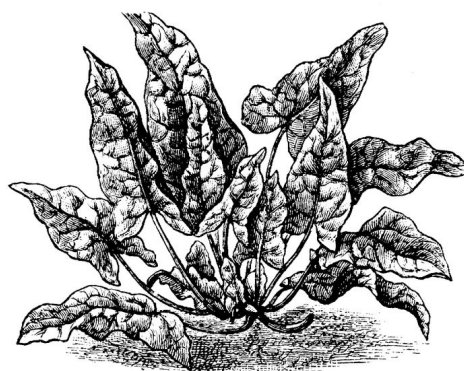
8:30 a.m. or 1:00 p.m.

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)

WALTHAM FARMERS' MARKET NEEDS CLOSER

The Market is looking for someone to help put away tent, tables, chairs and banners to close up the Market each Saturday around 2:15 pm from June 20 through October 23. The job takes 30-40 minutes and pays \$15. It's ok to miss occasional weeks if we know in advance. A good job for a teen, retired person, or anyone looking to supplement income. If you're interested please call Sue Burkart at 781-899-6230.



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