

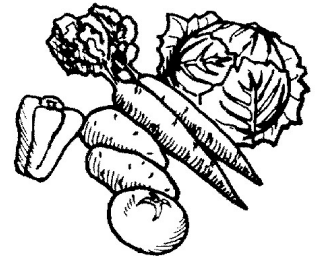
CSA Newsletter

WALTHAM FIELDS COMMUNITY FARM

CELEBRATING 10 YEARS OF SUSTAINABLE AGRICULTURE 1995–2005

A project of Community Farms Outreach

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



Help Wanted at Your Farm

Many of you have expressed interest in learning more about how to get involved in other ways at the farm next season. Here are some important roles that we'd like to fill for next season:

Farm Distribution Coordinators: Help farm staff with set-up and produce distribution on Sundays, Tuesdays and Thursdays from June through October. Hours: from 3–7 PM on the day of distribution; responsible for finding backup if you must miss a week.

Somerville Distribution Coordinator (shared): Help with driving and set-up of produce at the Somerville distribution site. Hours: from 3–7:30 PM every other week from June through October; responsible for coordinating with other distribution coordinator if you must miss a week.

Cambridge Distribution Coordinator: We are looking for a new site for our Cambridge distribution for next season. If you're interested in picking up produce and helping with the distribution at a site that's familiar to you and accessible to others, let us know! Hours: from 3–7:30 every week from June through October; responsible for finding backup if you must miss a week.

Group Volunteer Coordinator: Averages 5 hours/week from March through October. Works closely with staff to recruit and schedule volunteer groups for the farm. Responsible for scheduling and communicating with volunteer group leaders and creating a weekly updated group list for the farm staff. Hours are flexible.

Flower Garden Coordinator and Assistant Coordinator: Averages 5 hours/week from March through October, more in the busy planting season. Hours are flexible; knowledge of cut flowers and availability during at least some CSA distributions helpful.

If you're interested in any of the above positions, please email Amanda for more information at farmmanager@communityfarms.org.

September 25–29, 2005 (Distribution #16)

Help with the Spring Fling and Silent Auction

Help to plan this very important annual fundraising event. People have come to expect delicious food, fine acoustic music, and usually some family-friendly dancing. Last year we had hundreds of auction items—from gardening gloves to weekend escapes—to match every budget. This year we are aiming for at least 100 people and \$10,000 income. You can help!

You could become part of the 'core group' or lend a hand on a short-term project. There are many options, including publicity, communications, auction, decorations, music, food, etc. We value and respect your time—and your time constraints. If we start soon we can spread out the work. If you want to get to know an interesting group of people ... and give back to the farm that has given so much to so many, send an email to: laurierothstein@yahoo.com or call 617 576-2352.

Chard and Cheese Pie

Adapted from Laurel's Kitchen

1.5 bunches chard, about 3 lbs (this can vary)
1 tsp olive oil
2 cloves garlic, minced
1.5 cups low-fat cottage cheese
½ cup crumbled feta cheese
2 eggs, beaten
juice of 1 lemon
dill or some pesto
½ cup bread crumbs
paprika

Preheat oven to 350 degrees. Wash chard and chop, including much of stems if tender. Saute garlic briefly in oil in wide pan and add chard. You might want to add stems first and leaves later, but this isn't necessary. Stir until chard is wilted. Drain very well in a colander.

Mix together cheeses, eggs, lemon juice, and dill or pesto. Add chard and mix. Spread in a greased 8" x 8" or 7" x 11" pan. Sprinkle with bread crumbs and paprika. Bake for 30 minutes, or until set. Allow to stand several minutes before cutting into squares and serving.

Wild Plants Walk

by Marla Rhodes

Many thanks to Russell Cohen, author of *Wild Plants I Have Known . . . And Eaten*, who last month led a small group of members on a wild foods identification tour around the farm. In our hour-and-a-half walk, Russ found over 26 edible species with no difficulty (and we didn't even get to dandelion!).

Below is the rundown, in case you're interested. Now there's no excuse not to leave the farm with your grocery bag bulging. *Just kidding—please do NOT eat any of these unless you know for sure what you are doing, as several have poisonous parts, or have poisonous look-alike cousins. But we can point out the first few with no problem for you—they make a great wild greens spanakopita.*

purslane (no surprise there!)
red root pigweed (or amaranth)
white goosefoot pigweed (or lamb's quarters)
shepherd's purse
galinsoga
round lobe oak acorn
milkweed
wild mustard
evening primrose
curled dock
chicory
Queen Anne's lace
jewelweed
mulberry tree
wood sorrel
black raspberry
staghorn sumac
burdock
elderberry
butternut tree
stinging nettle
pokeweed
wild cherry
lady's thumb (or smartweed)
nutsedge
grapes!



Come to the **3rd Sunday Gathering** at 4:00 p.m. on October 16th to join in a discussion about the farm season. Give the farmers your feedback, get your questions answered, and get to know your fellow shareholders. Refreshments provided.

Fanny Farmer Pumpkin Bread

Shareholder Saskia Oosting says, "Here's what I've been doing with the pumpkin. I cook up the whole pumpkin (in the oven for 1 hr), then divide the puree into 1 or 1.5 cup portions for freezing. My guys just love these as muffins."

1.5 cups flour (half white, half whole wheat)
½ teaspoon salt
1 cup sugar (½ white, ½ brown)
1 teaspoon baking soda
1 cup pumpkin puree
½ cup vegetable oil (use half vegetable oil, half applesauce)
2 eggs
¼ teaspoon nutmeg
½ teaspoon cinnamon
¼ teaspoon allspice
¼ teaspoon ginger
¼ cup water
½ cup chopped nuts (optional)

Preheat the oven to 350 F. Sift together flour, salt, sugar, and baking soda. Mix pumpkin, oil, eggs, water, and spices. Then combine with the dry ingredients but do not mix too thoroughly. Stir in the nuts. Pour into a well-buttered loaf pan (9" x 5" x 3"). Bake 50–60 min until straw comes out clean. Turn out of pan and let cool on rack. For muffins, baking time is about 40–45 min.

To reach us:

Amanda Cather: farmmanager@communityfarms.org
Ellen, Matt, or Trina: asstgrowers@communityfarms.org
Marla Rhodes: developmentmanager@communityfarms.org
Volunteer Coordinators: volunteer@communityfarms.org
Newsletter Submissions: newsletter@communityfarms.org
CFO Board of Directors: board@communityfarms.org

**In October,
distributions will end
at 6:30 P.M.
because of darkness.**

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