

# 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](http://www.communityfarms.org)



### *Notes from the Field*

At the start of every season, when we seed the first onions in the greenhouse, when we talk to new CSA shareholders about sharing the risk and the bounty of the farming season, we think to ourselves: "What's the worst that could happen?" Well, now we know.

Not really, of course. Last week's break in the harvest, a result of the extremes of cold and heat this spring, was not, by a long shot, the worst that could happen. We could have a plague of locusts (or woodchucks); we could have a fire or a flood, a drought or a disastrous hailstorm. These are the radical, catastrophic risks that CSA shareholders take with their farmers when they sign up to support the farm for a season. Compared with these, the week of distribution that didn't happen was a hiccup, a tremor, barely worthy of a second thought.

And yet, it's a difficult thing for a farmer to say 'no harvest this week' to 250 shareholders who have paid up front, bought into the harvest, put their faith and funds in our hands. It can feel a bit like admitting defeat early in the match. But, we thought, facing the slim pickings in the field two Thursdays ago, better to wait a week for a decent harvest than to distribute a share that wasn't really a share. Better to count on our shareholders' awareness of the crazy, up-and-down weather patterns we've faced this season, their consciousness about the challenges of growing food locally, their willingness to be patient, their confidence in our ability to get the shares up and running again and more beautiful than ever.

And overall, despite the challenges, we're pleased with the beginning of the season—with the crops that we have harvested and the new distribution system. We're particularly happy to see our shareholders pulling together as a community. Weathering a mini-storm like this one makes me more aware than ever that our farm has many shareholders who really understand the small-scale miracle of planting a seed and reaping the harvest, and many more who are learning quickly. Despite the sense of defeat that I felt after last week, my heart lifted watching folks walk through the farm on Father's Day, looking at the crops, asking questions, planting cherry tomatoes, harvesting lettuce, and generally becoming acquainted with the contours and context of their food.

**June 26–30, 2005 (Distribution #3)**

*Coming soon:*

*carrots, beets, summer squash, fennel, turnips*

I am grateful every time I watch a shareholder walk down the dusty path to the potato field to see about those potato beetles, or see that a shareholder who has asked if she can harvest edible weeds is making sure that she chooses areas to 'weed' that really need it. Shareholders help us distribute 30% of our harvest to our hunger relief partners in Waltham, Cambridge and Somerville. They come out to help us harvest when we need it most. They prepare and eat the food that we grow, and they let us know how they feel about it. They are much more than simply consumers.

Our shareholders—you—are fundamentally connected to the simple, powerful rhythms of daylight and starlight, weather and insects and seasonal produce. We, your farmers, have systems and techniques and expertise that can guide us to farm wisely and well. What we don't have—what we never really have—is control. We learn this humbling lesson many times during the course of a growing season—sometimes several times a day. Rarely is it so obvious as it was last week. Thank you for your willingness to learn it with us.

*Amanda—Farm Manager*

*Matt and Ellen—Assistant Growers*

*Aviva, Alex, and Becky—Agricultural Interns*

### **Buy a Fruit Share!**

Fruit available the last week of August through October.

**Cost: \$60**

Sign up by July 15th at the Sunday or Thursday pickup.

**Correction:** In the last issue of this newsletter, the website for joining the CSA e-mail group was incorrect. Go to <http://groups.yahoo.com/group/cfocsa/> and click on "Join this Group."

# Farm Puzzle

## ACROSS

1. A river in Italy
3. Summer heat comparison
6. First garden
8. Pesto ingredient
10. Governmental watchdog
12. Noisy bird nesting in WFCF fields
13. Pre- Anno Domini
15. Southern \_\_\_\_
16. Portuguese soup ingredient
18. Still good enough to glean
20. Used as a cover crop
22. Breakfast bev.
24. Cheese that's good in Waldorf salad
26. Time-honored farm tool
28. Sushi wrapper
30. \_\_\_\_ of the Chaldees
31. Coriander leaf
35. Amtrack, e.g.
37. What CFO Administrator Marla enters into her computer
38. Surrealist painter
40. Past CFO board president
41. "Say what?"
42. A process that makes vegetables inedible

Access the solution on the newsletter page at [www.communityfarms.org](http://www.communityfarms.org).

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## DOWN

1. Lead
2. CFO's founder
3. Cultivate potatoes
4. Assistant grower
5. Oblong onion
6. Successful worm predator
7. Lessen
9. Storage vessel on large farm
11. Curvaceous fruit
14. A cucumber or squash
17. Cooked sushi topper
19. Give away free food
21. Rainbow vegetable
23. Farm boy
25. New political alignment "across the pond"
27. Bk. of Ecclesiastes
29. Numbered highway
32. Caller \_\_\_\_
33. "Doe, a Deer" syllable
34. Rowing tool
36. Concerning
39. Hi, med, \_\_\_\_

## Indian Vegetable Patties

Submitted by shareholder Jeanine Jenks Farley

- 1 1/4 cups corn kernels, fresh or frozen
- 1 medium carrot, grated
- 1 medium potato, grated
- 1 medium onion, finely chopped
- 1/2 cup (or more) spinach leaves, shredded
- 6 tablespoons flour
- 1/4 cup peas
- 1/4 cup finely chopped cilantro
- 1 jalapeno chili, seeded and minced
- 2 cloves garlic, minced
- 1 teaspoon ginger, minced
- 1 teaspoon ground cumin
- 1 large egg
- 1 tablespoon (or more) vegetable oil

Mix all ingredients, except egg and oil, in a large bowl. Season with salt and pepper. Mix in egg. Form patties, and cook in oil in a heavy skillet over medium heat until browned. Serve with yogurt or chutney if desired.

### To reach us:

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