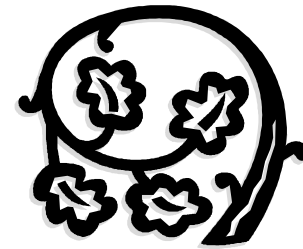




Waltham Fields Community Farm is a 501c3 organization that promotes local agriculture through growing and distribution practices that are socially, ecologically, and economically sustainable. We forge relationships between people, their food supply, and the land from which it grows.



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WALTHAM FIELDS COMMUNITY FARM, 240 Beaver Street,  
Waltham, MA 02452

781-899-2403 • [www.communityfarms.org](http://www.communityfarms.org)

# Volunteer Opportunities for Individuals

## Individual Drop-In Hours

March, Tuesday-Friday, 9a-12p

April-October, Tuesday-Saturday, 9a-12p

Stay for an hour or all the way until noon, but we do ask that all volunteers arrive promptly at 9am so we can all get started as a team! Volunteers of all ages are welcome, but children under 15 must be accompanied by an adult.

If you would like to learn a little bit about the farm before you come and volunteer, join us for...



## Drop-in Volunteer Orientation

These orientations are completely optional and open to anyone who would like to learn a little bit more about what we do here at Waltham Fields Community Farm. We are offering a number of options for dates and times so as to accommodate varied schedules, and they are as follows:

Wednesday, April 7th, 6:30-7:30pm

Saturday, April 10th, 9-10am

Wednesday, August 25th, 6:30-7:30pm

Thursday, August 26th, 6:30-7:30pm

## Group Volunteering and Farm Visits

### Group Volunteering\*

Late April-October, Tuesday-Saturday, 1:30-4p

Maximum Group Size: 15

\*Participants must be High School age or older

Whether you would like to contribute to hunger relief efforts in your community, foster great teamwork skills, get to know your co-workers, or simply get outside for an afternoon, Waltham Fields Community Farm is a great place to bring your group.

### Group Visits

April-October

Preschool-8th grade

Maximum Groups Size: 24

\$5/child

Bring your class, garden club, scout troop, etc. out to Waltham Fields Community Farm to explore the many wonders of farming and gardening, discover food's journey from farm to table, apply classroom concepts to what happens right here at WFCF, and much more!

For more information on group volunteering or farm visits, or to schedule a date and time please email [jericho@communityfarms.org](mailto:jericho@communityfarms.org) or call 781-899-2403.



## R.E.A.P Dinners

Raising funds for Education and food Access Programs was our motivation for starting this series of benefit dinners. Join us for this opportunity to support WFCF's mission and enjoy fresh, local foods prepared by fabulous local chefs!

### Kitchen On Common Dinners

Sunday, June 13th and

Sunday, November 7th

Each dinner is \$45/person plus tax and tip. Located at 442 Common St., Belmont. For reservations, call or email Kitchen On Common: 617-484-4328 or [kitchenoncommon@gmail.com](mailto:kitchenoncommon@gmail.com).

### Kitchen On Common Tasting Event

Sunday, August 1st, 2-4p

\$30/person plus tax and tip. Located at 442 Common St., Belmont. For reservations, call or email Kitchen On Common: 617-484-4328 or [kitchenoncommon@gmail.com](mailto:kitchenoncommon@gmail.com).

# Workshops

Learn new skills at WFCF this season! Pre-registration is required for all workshops and registration forms are available on our website. To inquire about our scholarship fund, contact [jericho@communityfarms.org](mailto:jericho@communityfarms.org).



## Organic Gardening Workshop

Tuesdays, March 9th and 16th, 6-7:30pm

Join seasoned farmer Amanda Cather for two evenings that will help you get your garden up and running for 2010.

Class limit: 15 people. Fee: \$25 members/\$30 non-members.

## Teen Carpentry Workshop

Saturdays, June 19th and 26th, 9a-1p

Age: 10-18 yrs

Join teacher/carpenter Mark Walter for a two-day workshop in which you will learn basic carpentry skills and safety, and then use those skills to build a fence right here at the farm!

Class limit: 8 people. Fee: \$45 members/\$50 non-members.

## Pickled Pink: Food Preservation Workshop

Sunday, July 25th, 9am-3pm

Learn new ways to preserve your harvest this year! Workshop will include water-bath canning and lacto-fermentation techniques. Each participant will go home with some preserved treats of their own!

Class limit: 10 people. Fee: \$40 members/\$45 non-members

## Public Events

All events take place at WFCF unless otherwise noted.

### Spring Into Gardening!

#### Festival and Seedling Sale

Saturday, April 17th, 1-5p

Come get inspired to start your own garden this season! Also, don't miss Russ Cohen as he leads an exploration of the world of edible wild plants! FREE event.

### Seedling Sale

Saturday, May 8th, 9a-12p

A variety of herb and vegetable seedlings will be available for purchase at the farm! Just in time for Mother's Day!

### Sprout 2010

#### Fundraiser and Silent Auction

Saturday, May 8th, 5:30-8:30p

Ages 21+

Silent auction, open bar, delicious food provided by Whole Foods Market, and live music by The Allspice Trio w/Valerie Walton and Tad Hitchcock! Charles River Museum of Industry  
154 Moody St., Waltham.  
Check out our website for ticket information.



### Breakfast on the Farm

Saturday, July 10th, 9:30a-12p

Get inspired to try some new ways to cook nutritious veggies as Kitchen on Common's Joh Kokubo presents farm fresh breakfast dishes at the Farm.

\$5/person or \$10/family. No reservations necessary.

### Night Sky Viewing

Tuesday, July 6th, 8:30-10p

Check out what's shining above the farm with BU astronomer Andrew West! Rain/Cloud date: July 7th. FREE event.

### Waltham Farm Day

Saturday, September 25th, 2-5p

Kick off MA Harvest for Students Week and celebrate farming in Waltham! There will be cider-pressing, family-friendly volunteering, and other farm activities. FREE event.

### Harvest Potluck and Annual Meeting

Saturday, October 30th, 12-2p

Our annual harvest celebration for volunteers, members, and other farm friends. Great food, great music, and great conversation. Bring a dish to share! FREE event.

# Waltham Fields Community Farm Children's Learning Garden Programs

Your child can experience the wonders of food and farming all season long in our Children's Learning Garden Programs for preschool through 5th grade. Sessions include educational farm activities, games, farm crafts, nature walks, gardening, preparation of farm-fresh snacks, and more! Pricing varies from program to program and scholarships are available. For more details and registration forms go to:  
[www.communityfarms.org](http://www.communityfarms.org) or email  
[jericho@communityfarms.org](mailto:jericho@communityfarms.org)

## Preschool Programs

Age: 4-5 yrs

Fee: \$50 members/\$55 non-members

WFCF Spring Preschool Program  
Tuesdays, May 4th-25th, 1:30-3pm

WFCF Fall Preschool Program  
Saturdays, October 2nd-23rd, 9:30-11am



## Entering Grades 1st-3rd

6-week Summer Session W2

Mondays and Wednesdays, 1:30-4pm

July 12th-August 18th

Fee: \$85 members/\$95 non-members

## Entering Grades 4th-6th

4-day Summer Sessions

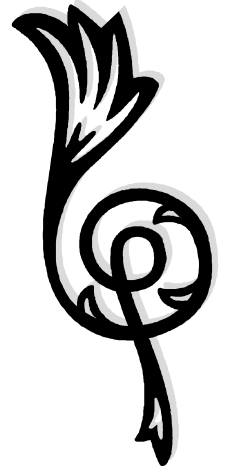
Monday-Thursday, 9am-12pm

Fee: \$50 members/\$60 non-members

Session W1: July 5th-8th

or

Session W3: August 9th-12th



### Looking for more options?

We also offer a number of programs through the Waltham Recreation Department and Cambridge Adventure Day Camp.

For details on Waltham Rec Department programs call 781-314-3475 or go to: [www.city.waltham.ma.us](http://www.city.waltham.ma.us)

Waltham Residents are given priority when registering for programs through WRD.

For more information on Cambridge Adventure Day Camp go to: [www.cambridgecamping.org](http://www.cambridgecamping.org).

# Family Programs

Fabulous farm educator Paula Jordan is back to lead another series of programs for children ages 0-4 and their caregivers! The fee for each program is \$ 10/child plus \$2 for each additional child. To register or find out about our scholarship fund email [jericho@communityfarms.org](mailto:jericho@communityfarms.org)



This year's Family Programs include:

## Crazy For Compost

Friday, July 16th, 9:30-11am

or

Friday, July 23rd, 9:30-11am

## Farm Critters

Friday, August 13th, 9:30-11am

or

Friday, August 20th, 9:30-11am

## Marvelous Harvest

Wednesday, October 13th, 9:30-11am

or

Wednesday, October 20th, 9:30-11am



You can also join us for two free programs hosted by the **Waltham Public Library, 735 Main Street** where we will present activities and stories for children ages 6-10 and their caregivers about...

## The Risky Life of A Seed

Tuesday, March 9th, 3:30-4:30pm

## Soil Habitat

Tuesday, March 16th, 3:30-4:30pm

