

MARCH

Friday, March 13
Drop-in Volunteer Hours Begin
 9am-12pm
 Join us in the fields this season! See below for details

Tuesday, March 17
Farm Program at the Waltham Public Library
 4-5pm, FREE
 Explore seeds and seed art w/ our farm educator Alex. For ages 6-10 & caregivers.



APRIL

Friday, April 10
Sprout Silent Auction & Spring Celebration!
 6:30-9:30pm, Ages 2+
 Charles River Museum of Industry & Innovation
 154 Moody St. Waltham
 Also mark your calendars for eSprout, our online auction leading up to the event - March 25-31.

Friday, April 17
Kids' Seed Exploration
 10am-12pm
 Boston Children's Museum
 308 Congress St.
 Join farm educator Alex for a special activity on seeds and spring plantings. Stay tuned for WFCF-led activities and veggie sales at the Museum this summer and fall.



MAY

Share Our Bounty - CSA Program
 Vegetable Shares: 20 wks. June-Oct
 Flower Shares: 10 wks. July-Sept
 Winter Shares: 3 Pick Ups in Nov. & Dec.
 1/2 price vegetable shares available for low-income households!

Saturday, May 9 & 16
Seedling Sales
 9am-4pm
 Organically grown vegetable and herb seedlings for your home and community garden plots!

Saturday, May 16
Learning Garden Open House
 10am-12pm, FREE
 Explore the Learning Garden. Learn about program offerings, engage in sample activities, and snack on spring sprouts.



Saturday, May 30
Managing Invasive Plants - Lyman Lecture and Training
 10:30am-12pm, FREE
 Lyman Estate
 185 Lyman St., Waltham
 Join Brandeis Ecology professor Dr. Eric Olsen for a lecture on invasive species in New England. Afterwards, join Farmer Miriam and the Waltham Land Trust on the borders of our Lyman fields to learn about invasive identification and removal. Co-presented by Historic New England and Waltham Land Trust.

Saturday, June 20
Operation CropMob, Part I
 9am-12pm
 Calling all friends of the farm and friends of friends, come on out and help us weed for a couple hours. Light refreshments to follow.



JUNE

Thursday, June 25
Fermentation 101
 5:30-7:30pm
 Interested in making your own fermented foods? This workshop will cover the basics of vegetable lacto-fermentation and get hands-on with fresh cabbage. Attendees will leave with recipes and a jar of sauerkraut ready for home fermentation. Co-Presented by Boston Ferments

JULY

Summer in the Learning Garden
 Farm Visits, week-long programs, and birthday parties available. Sign up today!
 Garden Explorers and Farmer for a Week sessions run Mon-Fri, July 13 - August 21

Thursday, July 9
Farm Tour & Pizza Night
 6-8pm
 Join us for a summer evening on the farm. Bring your own picnic dinner or order pizza from the Posto mobile pizza oven. Free tour starts at 7pm.

Saturday, July 25
Operation CropMob, Part II
 9am-12pm
 Calling all friends of the farm and friends of friends, come on out and help us weed the farm. Light refreshments to follow.

AUGUST

Saturday, August 8
Organic Pest Management & ID for Gardeners
 3-4:30pm
 Walk the fields with Sue Scheufele from the Extension Vegetable Team and Farmer Zannah to identify common vegetable pests and discuss organic controls. Co-presented by UMass Extension.

Thursday, August 13
Farm Tour & Movie Night
 6-10pm
 Join us for a summer evening on the farm. Free tour starts at 7pm. Family-friendly movie starts at 8pm.

Thursday, August 20
Farm2Table Family Cooking Workshop
 4-6pm
 Engage in field-to-fork recipe preparation, learning tips and techniques as you go. For ages 6-12 & caregivers. Co-sponsored by Whole Foods Fresh Pond



SEPTEMBER

Sunday, September 20
Ride for Food
 Join the Waltham Fields bike team and raise money to support our food access work! Riders choose from a 12, 25, or 50-mile ride. Organized by Three Squares New England

Saturday, September 26
Farm Day
 2-5pm, FREE
 Activities, games, and demos for all ages, celebrating local agriculture and kicking off Massachusetts Harvest for Students Week. Live music by Royer's One Man Band. Farm-fresh recipe sampling by our Youth Crew!



OCTOBER

Saturday, October 3rd
Pig Roast
 4-6pm
 Join Waltham Fields and Chestnut Farms for a local feast to support our charitable programs. Longtime farm partner Chestnut Farms is providing the pig and we'll have some great veggie sides as well. Rain Date 10/4



NOVEMBER

Thursday, November 12
Harvest Potluck & Annual Meeting
 5:30-7:30pm, FREE
 In the farm greenhouse
 Bring a dish to share. All are welcome!

DECEMBER

Saturday, December 12
Trivia Chow Down
 4-6pm
 Atwood's Tavern, Cambridge
 Pull your A-Team together and compete in our trivia fundraiser with farm-fresh bonus rounds! Prizes, yummy food, and stellar beer selection.

Help us on the Farm!

Drop-in volunteering
Adult-only Fridays, March 13 - August 21
 Starts promptly at 9am; stay until 12 noon if you can.

All-Ages Saturdays, April 18 - October 24
 Starts promptly at 9am; stay until 12 noon if you can.

Join us on June 20 and/or July 25 for CropMob Saturdays!
 Bring friends and family as we mob the fields and take on the weeds. 9am-noon

Steward Volunteers
 Help us tend specific crops or harvest on a regular basis. See website for application information.

Group volunteering
 Available April-October
See our website for more information and scheduling.

Food Access Programs

We aim to grow and distribute \$80,000 worth of organic produce to community members in need this year. Our Food Access programs include donations to emergency food and nutrition education programs, operation of our Waltham Fields Outreach Market, farm-to-school distributions to the Waltham Public Schools in the fall months, and half-price CSA shares for low-income households.

find us on facebook • check out our blog

www.communityfarms.org

Youth Learning Garden Programs

Little Sprouts For ages 2-4 with caregivers
 Multi-session programs in the spring and fall. Explore the sights, sounds and tastes of the farm.

Garden Explorers For rising 1st-4th graders
 Multi-session programs spring, summer and fall. Grow veggies, cook delicious food and learn about the natural environment.

Farmer for a Week For rising 5th-7th graders
 Week-long summer programs. Learn about the natural sciences from botany to the environment; develop agriculture and culinary skills.

Farm Corps: 4H at WFCF For ages 13-18
 6-week intensive 4H Club. Farm Corps will help care for WFCF's chickens and vegetable crops. Club members will cook up their harvests, work on their public speaking and leadership skills, and develop a project to focus on.

Youth Crew Jobs Initiative For ages 15-17
 Paid work from mid-July through mid-October. Youth Crew members will help maintain, harvest and market organic vegetables; they will learn about a variety of food and farming issues, while gaining valuable work experience and developing important job skills.

Program Registrations are posted seasonally on our website. Some sessions in partnership with Waltham Recreation.

Scholarship Assistance is offered for any program with a fee.

Get Involved! Become a Member!

We are a 501(c)(3) non-profit organization, incorporated as Community Farms Outreach.

Donations are tax-deductible and support our charitable programs.

240 Beaver Street, Waltham, MA 02452
 781-899-2403

Waltham Fields Community Farm (WFCF) promotes local agriculture and food access through our farming operations and educational programs, using practices that are socially, ecologically, and economically sustainable. We encourage healthy relationships between people, their food supply, and the land from which it grows.

