

# CSA Newsletter

## WALTHAM FIELDS COMMUNITY FARM

*a project of Community Farms Outreach*

240 Beaver Street, Waltham, MA 02452 781-899-2403 [www.communityfarms.org](http://www.communityfarms.org)



**DISTRIBUTION WEEK: 15**

*September 14-18, 2003*

### **Enjoy Fall on the Farm – Come work with us!**

**VOLUNTEERS NEEDED AT THE FARM**

*by Derek Christianson, Associate Director and Assistant Farm Manager*

If you are anything like me you will doubtlessly be mystified by the disappearance of your time. So I pass along a gentle reminder: if you would like to come out to the fields and volunteer this season, circle a date on your calendar, write us in your notebook, and **reserve some time for Waltham Fields.**

Much has been said about the summer that wasn't; it looks to be making a quick exit as fall weather has been upon us this past week. We will soon be changing our focus in the fields from planting and tending the crops to preparing for the winter: sowing cover crops, preparing for our fall garlic planting, and doing the all important "clean-up" that puts our farm to rest for the season.

Nevertheless, there is still plenty of time to come and volunteer in the fields (and now that Americorps has said their good-byes we are definitely in need of extra hands). **We can use help Sundays - Thursdays, 8 AM - 4:30 PM. Fall tasks will include harvesting, late season weeding, and general clean-up.**

Note: Monday and Wednesday mornings are when we do charity harvest.

**THIS WEEK'S  
PICK-YOUR-  
OWN  
INCLUDES:  
French beans  
Flowers**



**I have been absolutely amazed by the involvement of our CSA members this season,** and I would like to say Thank-You to all who have pitched in thus far. We would like to extend a warm welcome for you to join us in the fields; if you have any questions about volunteering please call Derek at 781-899-2403. No doubt fall is my favorite season, as the days grow shorter we can begin thinking about winter squash, potato-leek soup, and other heart warming meals.

I hope to see you in the fields before Halloween ushers us into dormancy.

*-Derek*

*(Please Note: I work in the office on Fridays and this is the best time to reach me.)*

### **E-MAIL US!**

Farm Manager: [JohnMitchell@communityfarms.org](mailto:JohnMitchell@communityfarms.org)

Associate Director: [DerekChristianson@communityfarms.org](mailto:DerekChristianson@communityfarms.org)

Newsletter submissions: [MLCreedon@yahoo.com](mailto:MLCreedon@yahoo.com)

Children's Learning Garden: [Education@communityfarms.org](mailto:Education@communityfarms.org)

Board of Directors: [Board@communityfarms.org](mailto:Board@communityfarms.org)

e-mail list: [CFO-WFCF-Chat-subscribe@topica.com](mailto:CFO-WFCF-Chat-subscribe@topica.com)

## French Apple Cobbler

*The apples in last week's apple share were quite sweet - no need to use as much sugar as recommended in the recipe. This was a real hit!*

### Filling:

- 5 cups tart apples — peeled, sliced
- 3/4 cup sugar
- 2 tablespoons flour
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 1/4 cup water
- 1 tablespoon margarine — softened

### Batter:

- 1/2 cup flour — sifted
- 1/2 cup sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 2 tablespoons soft margarine
- 1 egg — slightly beaten

**Filling:** In a medium bowl, combine apples, sugar, flour, cinnamon, salt, vanilla and water. Turn into a 9-inch square pan. Dot apples with margarine.

**Batter:** Combine all batter ingredients. Beat with wooden spoon until smooth. Drop batter in 9 portions on apples, spacing evenly. Batter will spread during baking. Bake 35 to 40 minutes at 375 degrees F or until apples are fork tender, and crust is golden brown. Serve warm with cream or ice cream. Makes 6 to 8 people very happy.



## Judy's Curried Butternut Squash Soup

2 onions	1 small butternut squash
3 cloves garlic	3-4 parsnips
1 sweet potato	olive oil, butter
3 carrots	2 T. curry paste
4 large potatoes	1 cup cider
2 apples	3 c. chicken (or vegetable) stock
salt and pepper to taste	

Saute onions and garlic in oil and butter. Add the rest and simmer until soft, then puree in a blender or something. Reheat.

### *Calendar of Events*

**Sept. 15**, Monday, CFO Board of Directors Meeting, 8pm at the farm.

**Sept. 21**, Sunday, 3<sup>rd</sup> Sunday Gathering at the farm, byo picnic and beverage, 12:30-1:30. Also, Sept. 21 is the new date for the first meeting of the Voluntary simplicity discussion group (see below for more details)

**Oct. 20**, Monday, 8pm Board Meeting

**Nov. 16**, Sunday, CFO Annual Meeting, election of 2004 Board of Directions, and dinner.

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### Voluntary Simplicity Discussion Group -- start date moved to Sept 21

Several CSA members will begin a Voluntary Simplicity discussion group on Sunday, Sept. 21. This peer-led discussion group will consist of 7 to 12 people who meet weekly to discuss readings from a reading packet. The reading packet contains a diverse collection of essays and articles, from authors who include Duane Elgin, Wendell Berry and Alan Durning. The group will meet from 7:00—8:30 pm at the Wainwright Bank, Watertown Square, 1 Church Street, Watertown. For more information, see [www.nwei.org](http://www.nwei.org). To sign up for the discussion group and get a reading packet (cost is \$20), contact Gretta Anderson, [GrettaAnderson@ISUAlum.com](mailto:GrettaAnderson@ISUAlum.com).