

# 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)



### CANNING WORKSHOP AT THE FARM

*By Judy Fallows*

*DISTRIBUTION WEEK: 17*

*September 28-October 2, 2003*

On Sunday, September 21, eight people joined me for the Canning Demonstration at the farm. The demonstration happened in the kitchen of the field station, right after the third Sunday Picnic. We all made dilly beans. Instructions were given on the boiling water bath method of canning, and questions answered. Some of us added extra garlic, some added hot peppers, all added dill seed and dill weed, and we had a great time!



**As we try to grow our educational programs along with the CSA and food donations, I hope we'll find time to do more of these workshops, and do more cooking and sharing recipes and food together.**

*Workshop participants canning at the farm*

Here's the basic recipe we followed:

#### **Dilly Beans:**

4 pounds of string beans, trimmed and washed  
6 cloves of garlic, peeled  
peppercorns  
dill seed or fresh dill heads

Brine: bring to a boil:

4 c. water  
4 c. white vinegar  
1/2 c. canning salt



Pack beans in hot pint jars with 1 clove of garlic, 12 peppercorns, and a dill head or 1 tsp dill seeds per jar. Ladle brine over beans, leaving 1/4" head space, seal and process 10 minutes in boiling water bath canner. Makes about 6 pints.

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**In the share**  
Your CSA share  
is changing with  
the new season.  
We'll enjoy  
winter squash,  
more greens and  
cool season  
selections  
including  
spinach and  
collards.  
.....

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

### *Calendar of Events*

**Oct. 19, Sunday, 3<sup>rd</sup> Sunday Gathering**  
at the farm, byo picnic and beverage,  
12:30-1:30.

**Oct. 20, Monday, 8pm Board Meeting**  
**Nov. 1-5, 7th Annual Community Food  
Security Conference** - in Boston this  
year! This year's CFSC conference is  
an excellent opportunity to connect with  
food activists and analysts to share  
experiences and learn from each other  
about building food systems that work  
for our communities.

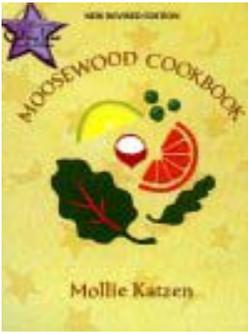
See [http://www.foodsecurity.org/  
events.html](http://www.foodsecurity.org/events.html)

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

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

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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)



## Vegetable stew

*From The Moosewood cookbook : recipes from Moosewood Restaurant, Ithaca, New York / compiled, edited, illustrated, and hand-lettered by Mollie Katzen. Berkeley, Calif. : Ten Speed Press, c1977.*

- 2 medium onions, sliced
- 3 cloves crushed garlic
- 2 medium potatoes - in small chunks
- 3 carrots, sliced
- 2 stalks celery, sliced
- 1 eggplant, diced
- 2 small zucchini, in chunks
- 1 stalk fresh broccoli, sliced
- 3 fresh tomatoes, diced
- 1/4 pound sliced mushrooms
- 3 Tbs. tomato paste
- 3 Tbs. molasses
- 1 tsp dill weed (dry is fine, fresh is best)
- 1/2 cup burgundy
- salt and pepper
- butter to sauté



In a stew pot, begin sautéing onions, garlic, potatoes and eggplant in butter. Salt and pepper lightly. When potatoes begin to get tender, add celery, broccoli and carrots, along with burgundy. Steam until all vegetables begin to be tender, then add zucchini, tomato paste, mushrooms, molasses and dill. Cover and simmer over low heat about 20 minutes. Correct seasoning. Serves 6.

Serve piping hot topped with sour cream and freshly chopped parsley.  
(Can be served over rice or noodles or millet or cous cous, whatever).

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## Gleaning crops for the CSA

*A reminder from John Mitchell, Farm Manager*

At this time of year, certain crops that have diminished in productivity to the point where we can no longer harvest for the entire CSA are opened for gleaning to CSA members. These items are usually specialty crops in which our charity clients often have little or no interest. They are also labor-intensive to pick, and the availability of labor around the farm is greatly diminished at this time of year as the students have all gone back to school, so we have to triage what we harvest with the labor that is available.

The crops for gleaning are:

- Basil***
- Cilantro***
- French Beans***
- Hot Peppers***
- Parsley***
- Tomatillos***