

CSA Newsletter

WALTHAM FIELDS COMMUNITY FARM

a project of Community Farms Outreach

240 Beaver Street, Waltham, MA 02452 781-899-2403 www.communityfarms.org



DISTRIBUTION WEEK: 20

October 19-23, 2003



Dear Waltham CSA members and farm supporters,

For two seasons, I have been your farmer. Now I have decided to leave Waltham this fall to begin a new community farm and CSA in Westborough.

I depart with many good memories: CSA members staying late on distribution nights to help me close up (before we had distribution coordinators), my daughter playing with CSA member children or walking with them in the fields, teaching and working with volunteers, getting to know AmeriCorps team members from around the country, and taking satisfaction from introducing many, many local people to the farm. I have developed new friends, as has my daughter, Josephina. I have put in many hours in night meetings working with the Friends of Cornelia Warren Farm group to advocate for the future of this site. I hope it turns out well.

I have acquired farm skill and knowledge as I worked to grow vegetables, both for you and for the hunger relief mission of the farm. My interest in, and commitment to, sustainable, organic farming remains strong, and my goal of becoming a CSA farmer is realized.

Thank you for giving me the opportunity to be your grower. I wish your new farm manager well as she/he faces the challenges ahead, and will offer whatever assistance or advice I can.

I will continue carrying out my farm manager duties here in Waltham until my last day, November 13th. Please stop by and say hi, or if you wish to contact me directly, my email is jmitc1014@aol.com. If you are curious about my new farm project, the web site will be online by October 27th at www.heirloomharvestcsa.com. Until December, my home phone is 781.891.3002, if you wish to call me and chat.

Thank you,
John Mitchell
Farmer

Next week is the final CSA distribution in 2003 (October 26-30)

Sunday apple share pickup reminder



For anyone who has purchased fruit share and picks it up on Sundays, the last Sunday apple share pickup is on **Sunday, November 2nd**, from 3:30 to 6:30 pm in the farm office. This is because the apple share distribution began on a different day in the weekly distribution cycle than the CSA share.

E-MAIL US!

Farm Manager: John.Mitchell@communityfarms.org
Associate Director: Derek.Christianson@communityfarms.org
Newsletter submissions: MLCreedon@yahoo.com

Children's Learning Garden: Education@communityfarms.org
Board of Directors: Board@communityfarms.org
e-mail list: CFO-WFCF-Chat-subscribe@topica.com

This is a taste of an article from a column printed in the Oct. 15 Daily Oklahoman editorial section and posted to the Food Security newsgroup nefood-l@listproc.tufts.edu by the author, Robert Waldrop, <http://www.oklahomafood.org>. See http://www.newsok.com/cgi-bin/show_article?ID=1097047&TP=getarticle for full article.

The Next Big Thing is Local Food

By Robert Waldrop

WE ARE BLESSED with fertile land, and our farmers are among the best in the world. Yet, when we go to the grocery store, most of the food we eat comes from somewhere else. We export raw farm commodities like cattle and wheat at generally low prices and then import processed, value-added foods at much higher prices to feed our families...

WE NEED customers who want good-tasting, high-quality foods and are willing to buy direct from farmers and local processors. We need farmers willing to grow for the local market. We need marketplaces where those rural producers can meet urban customers. We need sensible, science-based food regulations that protect the public health but that also respect the right of small farmers and small food processors to sell their products directly to the public.

WE NEED realistic bidding requirements so that local farms could supply local schools*. If the big national food service companies that contract with Oklahoma institutions won't buy locally, then we need to find vendors with more loyalty to the local community. Customers can tell restaurateurs and catering/event companies that they want Oklahoma foods and spend their dollars accordingly.

Ask any chef: The next big thing in food is local food. People are hungry for the authentic, rich and varied tastes of local foods... With vision, cooperation and smart work, we can build a secure foundation for a prosperous and sustainable future.

*On Oct. 8, the Boston Globe published an article about a bill that would require state institutions such as schools and prisons to buy food locally. "The bill's "buy local" provision would only apply if the locally purchased goods are no more than 10 percent more expensive than out-of-state supplies. Ten other states, including New York and New Jersey, have enacted similar policies."

Calendar of Events

Oct. 20, Monday, 8pm Board Meeting

Oct. 26, Sunday, 10am PEACE ABBEY BIKE FOR PEACE.

For more information, please call: Dot Walsh at the Peace Abbey, 508/655-2143 or visit 222.peaceabbey.org/bikeforpeace

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>

Nov. 16, Sunday, CFO Annual Meeting, election of 2004 Board of Directors, and dinner. Annual Meeting on Sunday, November 16 - Dinner starts at 6:00, business meeting to elect 2004 board directors is at 7, with guest speaker at 7:30. **Mark your calendars - this is always a fun get-together** for everyone associated with the farm!

Help needed at the Annual Meeting: We're looking for 6-8 shareholders, work sharers or volunteers to help with the Annual Meeting -- perhaps cooking some vegetables from our fields (Johns says he'll leave us some kale, carrots, and there may be other things we can use), helping with setting up and taking down the room, greeting people, etc. Anyone who is interested in helping should contact Gretta Anderson at GrettaAnderson@ISUAlum.com. *Thanks!*