

CSA Newsletter

WALTHAM FIELDS COMMUNITY FARM

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OUR FARM: COMMUNITY SUPPORTED AGRICULTURE *Henrietta Light, CSA shareholder since 2001*

My three hour volunteer stint at the farm every other Monday is a tiny way to do three things — to make a practical contribution as thanks, to be a part of this farm, and to gain a better understanding of the workings of it.

- I need to give thanks because I am grateful beyond expression for locally, cleanly grown produce, and for the efficient, energetic, and responsible management of the farm.
- I want to be a part of this farm (albeit in a very small way) because I have roots in the land and many many years of vegetable growing in my memory. It is a kind of coming home. I know well the hard work that is necessary, and the discouraging devastation that can be wrought by the elements, but even so the concept of a farm has for me a romantic fascination.
- I want to gain a better understanding of the way this farm works because I have such great respect for the way it is being managed, and the positive spirit that is conveyed to the members. I am exhilarated by excellence!

Afterword—Who would have thought that, after our cold, wet, wet spring there would be such bounty to be shared as at the first pick-up of the season! Beautiful greens and turnips and radishes!! African stew is a delicious dish. Thank you!



MORE SHAREHOLDER REFLECTIONS

In the Lap of Nature, by Sai Nagarajan, volunteer from Quincy

I am a software developer from India and have been working in the US for the past 8 years. I plan to go back to my home country this year to take care of my parents and to do something 'different' in life. Until recently I had pretty much accepted and followed the institutionalized copycat plan: "Go to school, get a good job, decent pay and you will be OK!" Cracks began to appear in this plan when the recent economic downturn forced me to reexamine the bigger picture and think about the foundational aspects of the system supporting our dreams. I began to question how satisfying my work



*It's not always possible to know in time for publication exactly what will be in the share each week, but your share is likely to contain at least some, if not all, of the vegetables in the list.

WHAT'S IN THE SHARE or COMING SOON*

Asian Greens
Lettuce
Mustard Greens
Yellow Straightneck and Crookneck squash
Zucchini
PICK-YOUR-OWN
Peas

ABOUT PICK-YOUR-OWN

Pick-your-own is available to all shareholders!

For those who pick up at the farm, the best time for picking-your-own is when you come to pick up your weekly share. Plan on a little extra time and take home some extra treats.

Pick-your-own for box shares

Box shareholders who want to come to the farm to gather the pick-your-own crops are encouraged to come on Thursday afternoons and evenings, or all day Sunday.

The reason Waltham Fields prefers designated time periods for box shareholders to gather their pick-your-owns is because occasionally people who are not members of the CSA or participants in any farm program try to take vegetables, which is not allowed.

When you get to the farm, please locate a staff person and say that you have come to pick your share. Staff will direct you to the appropriate area, and give you any special information or instructions you may need.

is and what kind of contribution I make to the society around me. Is life just supposed to be about embracing the perpetual growth philosophy of corporations and working tirelessly as a cog in that giant wheel, sweating for the dollars and hoping to get ahead in the rat race? Furthermore, I really did miss the sense of belonging to a community, something that I had enjoyed in Indian society. In the midst of all this questioning,
Continued...

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Sai's reflections continued...

the principles of simple and sustainable living emphasized by Gandhi started to appeal to me rather powerfully. I was drawn by his references to the need for development of self-sufficient farming communities for a sustainable future. It dawned on me that if we strip the complexity of what we call economics around us, which seems to be portrayed as a complex and bewildering array of financial institutions in whose service we seem to be engaged, the barebones of material existence are simply food, energy and shelter. So, now I have this dream of leaving the corporate life and going out into nature, setting up a farm to grow my own food, supported by renewable source of energy such as biogas and living in some sort of community where my neighbors will not be strangers. Though it seems a fantasy at present given my background, I decided that I had to start taking baby steps towards it.

This is what brought me to WFCF, where I am so glad to be working as a volunteer on Sundays, learning the fieldwork and playing a part in serving a small community. I feel indebted to the dedicated and wonderful farm staff at WFCF for providing me this valuable opportunity and getting me jumpstarted on my new found dream. In addition, I also became a member of a Non-Governmental Organization in India called 'Prakruti' (means Primeval Nature) that seeks to promote the objective of developing an environmentally viable society based on natural living or living within finite regional resources and sustainable agriculture and endeavors to promote such virtues among farmers and consumers in India.

My interest in the field of ecological economics led me to work on an organic farm rather than a conventional one. Today, in our enormously complex civilization, the production of food is heavily dependent on the availability of cheap fossil fuels such as oil and gas, for everything from producing fertilizers, pesticides, tractors, farm equipment to processing, packaging, transporting and distributing farm products. The industrial farm methods have degraded the land base through soil erosion and chemical pollution. I honestly feel a transition needs to be made to an older, less energy intensive, more labor intensive (thereby ensuring employment), pollutant minimizing style of farming, all of which is clearly represented by the



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Mess o' Greens Salad With Warm Pecan

Dressing from <http://www.seasonalchef.com>

6 cups fresh mustard, turnip, and/or collard greens (about 1 pound)

2 T balsamic vinegar

2 tsp. honey

1 T Dijon mustard

2 tsp. vegetable oil

½ cup pecans, roughly chopped or broken

Wash greens well, dry thoroughly, then remove and discard the long stems. Tear the greens into salad-size pieces and place in a large bowl.

In a small bowl, combine the vinegar, honey and mustard. Set aside.

Heat the oil in a small skillet until hot but not smoking. Add the vinegar mixture and pecans and cook, stirring regularly, for 2 to 3 minutes. Pour over the greens and serve at once.

Still too many greens? Blanch-and-freeze is the best way to preserve your share. Bring 5 quarts of water to a rolling boil. Trim greens and cut into 1-inch pieces or leave whole. Drop up to a pound at a time into the water and blanch for 3 minutes. Remove the greens from the water and drop them into an ice water bath until cooled. Remove, drain, and pack the greens in zip-closure freezer bags or freezer containers. Before sealing bags, squeeze out as much air as you can. Label and freeze – it's best to allow an inch of space around the container until it is frozen. You can keep it frozen for up to one year, but savoring these farm-fresh organic greens in the middle of next winter is more likely and more advisable -- a year from now you can hope to be swimming in greens once again!



FARM-RELATED HAPPENINGS

Wednesday, July 2, CRAFT at Appleton Farm, 3:00-5:30, potluck dinner on the beach afterwards. See <http://www.emasscraft.org/main/>
Sunday, July 20, 3rd Sunday Gathering at the farm, byo picnic and beverage, 12:30.

Monday, July 21, CFO Board of Directors Meeting, 8pm at the farm.

August 8-10, NOFA (Northeast Organic Farming Association) summer conference in Amherst. See <http://www.nofamass.org> for details.

• **Sundays, 10am and 1:30pm** • **Mondays, Tuesday and Thursdays 9am** • **Wednesdays, 10:30am** Brief Orientations to Fieldwork. Rain or shine.

• **Sunday and Thursday**, apple share sign-up!
Ask at the CSA tent for details.



organic method of farming.

In summary, my involvement in organic farming is the result of my recognition that we must transition into a simple and sustainable way of living for the sake of the future. -Sai