

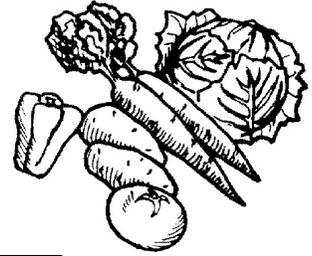
CSA Newsletter

WALTHAM FIELDS COMMUNITY FARM

CELEBRATING 10 YEARS OF SUSTAINABLE AGRICULTURE 1995–2005

A project of Community Farms Outreach

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



Notes from the Field

Autumn Sunlight

By Hal Borland

Autumn sunlight may be no different from spring sunlight, except that the days now are getting shorter instead of longer. But when a sunny day follows a day or two of autumn murk and rain with a touch of autumn chill, it is like a blessing and a promise fulfilled. The dire threats to the earth's atmosphere are no less real, but they have been postponed a little longer. The sun humankind has known all its generations still is there, and we survive in its radiance. This we know again when sunshine clarifies the day.

Spring sunlight is the awakener, rousing buds, opening leaves and flowers to clothe the earth again and bring life to the winter-dormant world. Summer sunlight is the ripener, the hot accompaniment of growth and maturity, of fertile egg and seed, the insurance of life in summers to come. Winter sunlight is a token of rest, of the long sleep, the short day; it is proof that blizzards blow themselves out, that ice eventually melts, that no winter lasts forever.

But autumn sunlight is simply perfection of the day, glory of the season, the year's high achievement, somehow. It summons one to the outdoors, where even the autumn leaves partake of it. The maples shimmer, the birches glow, and when they drop their leaves their splendor is sunlight at their feet. Roadside grasses ripen with sunlight heads of seed. The sky is clean, clear, and the sun itself is benevolent, the autumn sun making the autumn day a special moment in time.

CFO Annual Meeting November 20th

Join your fellow CFO members at the UMass Field Station on Sunday, November 20th, for a pot luck dinner, CFO's Annual Meeting, and a reflection on the past year. The pot luck dinner will begin at 6:00 pm and will be followed by the election of next year's board of directors.

Save the date!

October 16–20, 2005 (Distribution #19)

Winter Squash Risotto with Seared Radicchio

Submitted by Farm Manager Amanda Cather; from Local Flavors: Cooking and Eating from America's Farmers' Markets, by Deborah Madison

6 cups vegetable stock or chicken stock
1 cup cooked winter squash
1 head radicchio, cut into wedges 1–2" wide
olive oil
sea salt and freshly ground pepper
balsamic vinegar
3 tablespoons unsalted butter
1 yellow onion, finely diced
1 ½ cups Arborio rice
1 cup freshly grated Parmigiano-Reggiano

Mash the cooked squash with a fork to smooth the flesh. Brush the radicchio generously with olive oil and season with salt and pepper. Heat a skillet, add the radicchio, and cook on both sides until wilted and brown, about 5 minutes per side. Douse lightly with the vinegar, then transfer to a cutting board and chop coarsely.

When you're ready to begin cooking the risotto, have the stock simmering on a burner. Melt the butter in a wide soup pot. Add the onion and cook over medium heat until wilted and lightly colored but not browned, about 5 minutes. Add the rice, stir to coat, and cook for 1 minute. Turn the heat to high, add 2 cups of the simmering stock, and cook at a lively boil, stirring just a few times. When the first batch is fully absorbed, begin adding stock ½ cup at a time, stirring constantly. Once you've used 4 cups in all, stir the squash into the rice. Continue cooking, stirring, and adding liquid until the rice is tender, but still a little resistant, and the sauce is creamy.

When the rice is done, add the radicchio. Cook for a minute more to heat the radicchio, then turn off the heat and stir in the cheese. Taste for salt, season with pepper, and divide among heated plates.

Tuscan-Style Quinoa (with Chard)

Submitted by shareholder Saskia Oosting; recipe from Runner's World magazine

1.5 cups quinoa (Can find it at Trader Joe's)
3 cups water or broth
2 Tbsp olive oil
3 cloves garlic minced
1/2 medium onion, chopped
6 cups shredded Swiss Chard
1 large tomato, diced
1/2 tsp chili pepper flakes (I used thyme instead)
salt/pepper
1/3 cup parmesan cheese

Place one Tbsp olive oil in a saucepan, heat to medium high, and pour in the quinoa to toast for 4 minutes. Then cover with the water/broth, turn down to simmer, and cook for 15 minutes until tender. Heat non-stick skillet with remaining olive oil and saute garlic and onion until golden (5 min). Add chard and saute until wilted. Add tomato and heat through. Fold in cooked quinoa, season with salt/pepper and chili flakes (thyme) and top with parmesan cheese. Let stand for 3-5 minutes to blend flavors.

Late Harvest Potage

Submitted by shareholder Kathy Diamond

Use vegetables such as:

Purple-top turnip
Carrot
Parsnip
Cauliflower
Celeriac
Potato
Leek
Onion
Celery

Chicken or vegetable broth

Milk

Dried thyme, sage, cumin, and dill

Salt and pepper

White wine

Nutmeg

Chives or scallions

Peel (if appropriate) and dice vegetables. Put in soup pot and cover with a 1:1 mixture of broth and milk. Add herbs and salt and pepper. Bring to a boil and cook gently until vegetables are soft. Puree. Add a little white wine and nutmeg. Garnish with chives. Try it hot or cold.

Caleb's Chard Creation

Created by shareholder Caleb Shepherd

Extra Virgin Olive Oil

Kosher salt

Handful of washed chard (keep the entire leaf whole, stems on)*

*(Any green leaf will work, such as beet leaves, kale, etc.)

Preheat the oven to 400 degrees F. Using a kitchen brush, coat a cookie sheet with a thin layer of EVOO. Take each chard leaf and lay it

onto the cookie sheet flat. Try not to overlap, but it is okay if the leafs touch. Brush another thin layer of EVOO on the chard. Sprinkle with kosher salt. Bake for about 5 minutes (make sure you watch the chard, because it can easily burn). You know it is done when you have darkened, crisp chard leafs. They're basically like potato chips and are delicious!

To reach us:

Amanda Cather: farmmanager@communityfarms.org

Ellen, Matt, or Trina: asstgrowers@communityfarms.org

Marla Rhodes: developmentmanager@communityfarms.org

Volunteer Coordinators: volunteer@communityfarms.org

Newsletter Submissions: newsletter@communityfarms.org

CFO Board of Directors: board@communityfarms.org

**In October,
distributions will end
at 6:30 P.M.
because of darkness.**

Community Farms Outreach is a nonprofit organization dedicated to farmland preservation, hunger relief, and education.