

CSA Newsletter

WALTHAM FIELDS COMMUNITY FARM

CELEBRATING 10 YEARS OF SUSTAINABLE AGRICULTURE 1995–2005

A project of Community Farms Outreach

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July 10–14, 2005 (Distribution #5)

Notes from the Field

The following is a review of our CSA distribution policies and times (from our website and the April 2005 CSA newsletter). Even if you think you've got it down, please check these over for your own information.

Important Reminders:

- **CSA distributions** happen Sundays and Thursdays at the farm, 3:30 to 7:30 PM, Thursdays at Davis Square, 89 College Avenue, Somerville 5:00 to 7:00 PM, and Thursdays at Central Square, 25 A Kelly Road in Cambridge, 5:00 to 7:00 PM. **Please pick up your share during these hours only. Please pick up only at the location you chose when you signed up for a share.**
- **Pick-your-own hours** are 3:30 to 7:30 on Thursdays and from 9:00 AM to 7:30 PM on Sundays. Out of courtesy to our staff and volunteers, please plan to finish your PYO by 7:30 PM. **Please pick-your-own during these hours only.**
- **Our distribution weeks begin on Sunday.** If you pick up your share at the farm, you may come on Sunday or Thursday of any calendar week. **You may pick up your share only once in any calendar week.** See below for suggestions about what to do with your share if you need to miss a distribution week.
- **If you split a share,** we strongly encourage that you arrange to meet your share partner at the distribution site, or that you alternate weeks when you pick up. **You must pick up on the same day as your share partner.** See below for more information on split share distribution.
- **Volunteer drop-in hours for July–September** are Sundays, Tuesdays and Thursdays 8:30 and 1:30, Wednesdays 8:30 only. All ages are welcome. Pets must be leashed at all times.

How does Pick-Your-Own work at the farm?

- See the above box for PYO hours.
- When you arrive at the farm, check the PYO bulletin board under the distribution shelter for picking conditions, locations, and amounts available per share.
- Ask a farm staff person if you have any questions that aren't answered by the bulletin board.
- Please PYO only once a week.
- Please return scissors to the distribution shelter when you're finished with them. It's helpful if you bring your own scissors and pint containers for PYO if possible. Please return pint containers to the farm if you don't need them.

Can I switch my farm pick-up day?

If you pick your share up at the farm, you may choose to pick up your share either on Sunday or Thursday each week. You may only pick up your share once each calendar week. Our weeks begin on Sundays, so if you pick up on Sunday of one week, you can't pick up on the Thursday of that same week. You can pick up either Sunday or Thursday of the following week. *If you are splitting a share, you and your share partner must arrange to come on the same day. We can not accommodate split shares on different pick-up days.*

Davis and Central Square distributions happen on Thursday nights only.

Can I switch my pick-up location?

You must pick up your share at the same site (Davis, Central, or the farm) each week. Our farm cannot accommodate changes in pick-up location.

I'm splitting a share. How does that work?

In terms of our farm record-keeping, a share that is split between two households is considered a full share with two shareholders "attached" to it, not two half shares. That means that if you choose to split a share, it is your responsibility to pick up and distribute the veggies for that week between the two households. *Please note: our staff and distribution coordinators cannot keep track of who took what produce!* If you're splitting a share, it is your responsibility to coordinate with your share partner. Please do not split up bunches of produce and leave half on the stand. Please *don't* plan to have the distribution coordinator hold half a share for you in the distribution area, or to pick up your half on Sunday and have your share partner pick up on Thursday. *Split shares must pick up their shares on the same day at the same location. Our farm cannot accommodate changes in pick-up location.*

Please take only the volume of produce designated. Taking too much will result in shortages for other shareholders.

Is share distribution ever cancelled due to weather?

The CSA distribution site at the farm will remain open during rain or snow, but will be cancelled during electrical storms for reasons of safety.

What if I'm late to the distribution site? What happens to my share if I forget to pick it up?

Because our distribution sites are staffed by volunteers, we close them promptly. If you arrive late, we will do our best to accommodate you, but we can't make any promises! Any food that is not picked up at the end of the day that is still in prime condition is donated to our hunger relief partners.

What happens if the distribution is on a holiday?

Vegetables don't take a vacation! Our distribution schedule will be the same each week throughout the season, barring unforeseen circumstances or a severe weather emergency.

SPLIT SHARES: The watermelon example Some items (like watermelons, or items in short supply) are harvested and distributed "by the each." This means that we harvest one, two or three items per share, and we'll put a limit on how much each share can take. On days when we harvest one watermelon (or carrot bunch, or zucchini, or cabbage, for example) per share, you will need to coordinate with your share partner to figure out who gets the watermelon. We won't know when you check in at the distribution if your share partner took the watermelon - **you** need to know. Remember, if both of you take watermelons, there won't be enough to go around. So what are your choices if you're splitting a share?

You can:

- Coordinate pick-up with your share partner so you come at the same time to pick up your produce and cut your watermelon in half then
- Alternate pick-ups every other week with your share partner
- Talk to your share partner before you come (or while you're standing in front of the black board) to decide who will take home what produce this week if items are harvested by the each

You can't:

- Expect our staff or distribution coordinators to keep track of who took what produce in your share
- Cut a watermelon in half and leave half for your share partner

What happens to my share if I go on vacation or need to miss a distribution week?

We encourage you to share the harvest and make arrangements with friends to pick up your share while you are gone. You do not need to let the distribution coordinator or farm staff know that someone else will be picking up your share; just make sure that whoever will pick up your share checks in with the distribution coordinator under your name.

Can another person pick up my share?

Yes. We don't need to know that someone else will pick up your share! Just make sure that your friend checks in with our distribution coordinator under your name. If they are not familiar with our CSA, please share these pick-up instructions with them.

Can I come volunteer in the fields or visit the farm when I'm not picking up my share?

If you'd like to work on the farm, volunteer drop-in hours for farm work vary by the season (see below). Children of any age are welcome with adult supervision. Dogs are welcome *on leashes*.

Please be aware that while you are welcome to visit the site at other times, we can't promise that we'll be available to incorporate you into the work on the farm except at the hours listed below!

Volunteer Drop-In Hours

- April - May: Sun and Tues 8:30 or 1:30
- June - Sept: Sun, Tues, Thurs 8:30 or 1:30, Wed 8:30 only
- Oct - Nov: Sun and Tues 8:30 or 1:30

How can I subscribe to the CFOCSA yahoo email list?

To join our CSA email list, you must be a WFCF CSA shareholder. Go to <http://groups.yahoo.com/group/cfocsa/> and click on 'join this group'. The list manager will respond to your request within a week.

VOLUNTEER DROP-IN HOURS

Sunday: 8:30 AM or 1:30 PM

Tuesday: 8:30 AM or 1:30 PM

Wednesday: 8:30 AM

Thursday: 8:30 AM or 1:30 PM

Please be aware that, while you're welcome to visit the farm at other times, we can't promise that we'll be available to incorporate you into that day's work except at the above hours.

Emeritus

by Oakes Plimpton, Founder of
Community Farms Outreach

I have been very busy of late with non-CFO farming endeavors. I am managing the Farmers' Market at Arlington Center, which opened June 15th, and am almost finished writing a book entitled *The Nine Farms and Farmers of the Arlington Farmer's Market*, for which I interviewed all the farmers and photographed their farms. I plan to self-publish it.

Last season, I was thinking about the gleaning operations (harvesting for charity) we used to do before WFCF got started and, partially out of curiosity, called up some farmers. They all had produce in the fields that they felt was not worth their while to harvest. Apple Field Farm in Stow had overly large beets, and too much collards and kale. Verrill Farm in Concord also had too many beets, and extra winter squash and pumpkins. Drumlin Farm let us pick green beans, also tomatoes and eggplant and Asian greens. Steve Parker let us dig up 12 boxes of carrots and some other produce. Later Steve Violette of Dick's Market Garden left some 600 slightly frost damaged cabbages in his fields for us to take.

Visiting the Hmong Farms (one sells at the Arlington Farmer's Market) with the dairy farmer who rents them her fields, I noticed winter squash plowed under, but many undamaged. It seems these Laotian and Cambodian farmers only use the leaves and tendrils. They fed the squash to their pigs "back home." Could we glean? "Sure." That came to 28 boxes of Hubbard, Acorn and Delicata! I transported all the produce to Food For Free, or to Bread & Justice at Porter Square, one of the food pantries they serve. Now I'm starting an informal outfit called the "Boston Area Farm Gleaning Project."

This is not all, for I was called into a meeting with Fran and Dennis Busa of Busa Farm just across the Arlington line in Lexington about starting a CSA program there. Having so much WFCF CSA experience, I offered to coordinate it. Our motive is to support a

local farm economically (winter income, for one) so that there is a greater likelihood of saving the beauty and utility of the farm (no government preservation dollars these days). We got great publicity and support—now we have 88 small shareholders, 4 large shareholders, and 52 people who bought coupon books (\$250 Busa bucks) at a discount to use at their farmstand. We CSA volunteers harvest the produce and have also planted and weeded.

With all my projects, I find I have a little less freedom to climb hills and go birding than I might want, but it is fulfilling!

Cole Slaw

Submitted by shareholder Stephanie Thurrott

4 cups cabbage, shredded
1 cup carrot, shredded
1 cup radish, shredded (or to taste)
1 teaspoon salt
1 tablespoon vinegar
1 cup mayonnaise, or enough to coat

Sprinkle cabbage with salt, let sit for 1 hour so water is drawn out. (Mix it around a couple of times.) Then drain the water and mix in the remaining ingredients.

Kale Crunch

*From **One United Harvest** cookbook, copies of which will be for sale at WFCF later in the season*

A little bit of olive oil spray for the baking tray
Big bunch of kale, roughly cut into 2" X 2" pieces
3 Tablespoons of grated parmesan cheese

Preheat the oven to 350 degrees. Line a cookie tray with foil. Spray the tray with olive oil spray or spread a thin layer of olive oil across the pan with fingers. Spread kale across pan. Bake 10 minutes, mixing once or twice. Sprinkle Parmesan over kale, and bake for a few more minutes, to taste. Cool on another plate or tray. The kale should be crisp and crunchy. Store in a container in the refrigerator and sprinkle over salad all week.

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