

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



An Introduction to our Hunger Relief Programming, or Why We Grow So Much Lettuce

As many of you are probably aware, Waltham Fields Community Farm is a project of a larger organization, Community Farms Outreach. The \$25 membership fee each shareholding household pays when you become part of our CSA makes you a voting member in this larger organization, whose mission has been broadly defined over the past ten years as “Hunger Relief, Education, and Farmland Preservation.” The hunger relief component of CFO’s mission was the original foundation of our agricultural work, envisioned by our founder as a garden that would supply food pantries, homeless shelters and low-income families with fresh, local produce that would complement his ongoing gleaning activities at local farmers’ markets and grocery stores.

Over the years, our relationships with our hunger relief partners have evolved to the point where they are able to tell us what crops they use most frequently. During our crop planning season in November and December, we compare their needs with the crops that we grow effectively and efficiently to create a list of crops that we grow in bulk specifically for donation – in 2005, lettuce, carrots, cucumbers, watermelons, green beans, cherry tomatoes, and slicing tomatoes. We combine this produce, which we harvest on Sundays and Tuesdays, with any leftovers from our CSA distributions that are still in very good condition and that are familiar to the clients of our partner organizations. An incredibly organized CSA shareholder, Constance Moore, coordinates other volunteer shareholders to deliver the boxed, labelled produce to our partner organizations on Mondays and Wednesdays for distribution to their clients. Our hunger relief produce rarely travels more than 15 miles to the people who eat it, and is almost never more than two days old when it is distributed.

Currently, our farm is on track to donate about 30% of the value of our harvest to our hunger relief partners. They include the Waltham Salvation Army,

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which runs a meal program and food pantry, the Waltham Red Cross food pantry, Sandra’s Lodge, a Waltham shelter for homeless women and children, Food for Free, which supplies food pantries and meal programs in Cambridge and Boston, and the Joseph M. Smith Community Health Center, which recently opened a new center on Main Street in Waltham. The JMSCHC runs a small “fresh food” pantry for income-eligible Waltham resident women participating in the Massachusetts Women’s Health Network at their site. Through the help of a nutrition intern at the JMSCHC, these women receive information about our farm and the food that we donate each week.

Contributing to the hunger relief work that we do is one of the most satisfying aspects of being part of Community Farms Outreach and Waltham Fields Community Farm. If you’re interested in helping out with our hunger relief driving or harvest, please email volunteer@communityfarms.org for more information.

As always, thanks for your ongoing support!

Your farmer, Amanda (for the crew)

Come to a Board Meeting

CFO is its community. While the CFO board is comprised of elected decision makers who meet on a regular basis, we welcome other community members to participate in discussions about where this organization should go and how we, as a community, should get it there. All CFO members are invited to visit a CFO board meeting in action: 8:00–9:45 the second Tuesday of every month, in the classroom of the grey building adjacent to the greenhouse. We hope you can join us!

Our next board meeting is August 9th.

Greek-Style One-Dish Meal

Submitted by shareholder Jeanine Jenks Farley

- 1 pound ground beef
 - 1 onion, diced
 - 1 clove garlic, minced
 - 2 cups beef broth
 - 1.5 cups whole wheat penne pasta (or similar)
 - 2 diced tomatoes
 - 2 cups cut green beans
 - 2 tablespoons tomato paste
 - 2 teaspoons oregano
 - 1/2 teaspoon ground cinnamon
 - 1 cup feta cheese
1. Brown beef with onion and garlic.
 2. Add broth. Bring to a boil. Add pasta. Return to a boil.
 3. Stir in all ingredients except feta cheese. Return to a boil. Add 1/2 cup feta cheese. Simmer until sauce thickens (7 to 10 minutes). Sprinkle with remaining cheese.

Summer Squash, Red Onion, and Sunflower Seeds

Submitted by newsletter editor Kathy Diamond

- Any amount diced yellow summer squash (all kinds, including pattypan, are good)
- A large amount of diced red onion—use a third or a half as much onion as squash
- Lots of roasted sunflower seeds, salted or not salted—use less seeds than onion
- 1 Tbsp oil

Put oil in a large pot or saucepan and add all three ingredients. Cover and cook at a low enough heat that they soften rather than scorching. Do not add any water other than the wash water clinging to the squash. Once they get juicy, you could turn it up a little. Cook 45 minutes or so until very soft.

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Persian Sabzi Polo

(Herb Rice with Fava Beans)

Submitted by shareholder Judy Fallows

(You can get delicious canned fava beans, called *ful*, at the Armenian food shops in Watertown.)

- 6 cups water
- 4 cups uncooked long-grain white rice
- 3 tablespoons vegetable oil
- 1 bunch fresh dill, chopped
- 1 bunch fresh parsley, chopped
- 1 bunch fresh cilantro, chopped
- 2 cups fava beans
- ground turmeric to taste
- ground cinnamon to taste
- 1 teaspoon salt
- 1 teaspoon pepper

In a large saucepan bring water to a boil. Rinse rice; stir into boiling water. Reduce heat and simmer for 5 minutes. Stir in dill, parsley, cilantro, fava beans, turmeric, cinnamon, salt and pepper. Cover and simmer on lowest heat for 40 to 45 minutes. *Note:* It's normal to end up with crispy rice (called *Tadig*) on the bottom of the pot after cooking; it's delicious.

Ginger Beets

Submitted by newsletter editor Kathy Diamond

(This is so easy, I end up doing all my beets from the farm this way.)

Beets

A little finely diced red onion

Nonfat raspberry vinaigrette salad dressing

Ginger preserves (British jam, e.g., Chivers brand)

Boil beets in their jackets around 45 minutes until soft. Drain and peel. Slice or dice and mix with onion and healthy doses of vinaigrette and ginger preserves. The jam melts nicely when it comes in contact with the hot beets. Refrigerate and eat cold.

***Keep those recipes and
reminiscences coming!
Send submissions to the
newsletter to***



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