

From the Farm Office

Dear friends –

Maybe you've heard: farming is a tricky business, with high costs, small margins, and a vast array of ever-changing risks. Farmland gets scarcer and more expensive every year, especially close to cities. Increasing numbers of extreme weather events and potent pests in turn increase uncertainty and expense. Good growing doesn't always mean a true surplus or financial success, but helping to feed others and tending the land sure bring farmers a lot of pride.

Food produced in the way that we know to be best – for consumers, for workers, and for the land – remains largely inaccessible to all but a small group of consumers. As the enormous costs of our country's broken food system become increasingly clear in rising rates of hunger, obesity, and disease, the work of building viable models for making fresh food accessible to everyone becomes ever more imperative.



At Waltham Fields, we are designing one such model. We mobilize skilled leadership, strong community, and a culture of innovation to build a production system that can reliably provide for a diverse population. From our modest beginnings in the mid-90s, we have grown into a highly productive 15-acre organic vegetable operation feeding 1,000 families a week at the height of the growing season, and providing hands-on educational opportunities to over 1,500 people each year. It's challenging, inspiring work.

Our biggest season

Last season was our biggest ever. We grew over 200,000 pounds of mixed vegetables, giving CSA shareholders strong value and exceeding the most ambitious food access/hunger relief goal of the Farm's history by a full 50%. Our Learning Garden engaged 500 youths, our fields welcomed 900 volunteers, and two farmers in-training gained increased skills to manage their own farms someday. We aimed high, and conditions mostly cooperated with our plans. But more importantly, our farmers and educators did what they do best: planned smart, managed risk, and seized opportunity, yielding an inspiring vision of how a farm can grow enough to go around and improve people's lives.

Our growth from here

This coming year, we plan to maintain our high level of production while advancing our land's capacity to generate abundantly for many years to come. We'll refine our education agenda for maximum impact and sustainability. We are especially excited about piloting two new Learning Garden programs to serve community needs, one on MCAS science prep, and the other on farmers' market entrepreneurship with a paid six-member youth crew. We'll move into our second season of fiscal agency for the Waltham Farmers' Market and our fifth

season of bringing farm-fresh produce into the Waltham Public Schools. We'll continue to consult and partner with towns near and far seeking to establish their own community farms, and we'll uphold regional leadership in facilitating a robust farmer training network. We'll grow as much food as we can for people in need, offer scholarship assistance for programs, and welcome the public to the Farm for our annual Farm Day event on October 5th to celebrate the harvest and the Farm as an important resource.

Our mission at Waltham Fields Community Farm is much larger than the food we grow: it's about the role of farms in society, and about forging healthy relationships between people, their food, and the land from which it grows. As we head into another ambitious season, we are grateful most of all for those relationships: for the vibrant network of enthusiastic eaters, dedicated volunteers, and generous supporters of all kinds that make it possible to nurture a diverse community. Thank you for joining with us to build a local food system that works for everyone.

Here's to another year of good growing, of food and community both.

Janet Yeracaris, Board President
Claire Kozower, Executive Director



Next Generation Farmers

Zannah Porter was born to farm. Of her childhood in Virginia, she says, "I was always really interested in the natural environment around me, in the relationship between soil and plants and animals and how people fit into that. I'd dabbled in farming my whole life, but I didn't realize it could be my livelihood until I moved to Massachusetts." Sutton Kiplinger arrived at farming later, after spending the first eight years of her career confronting the consequences of a misguided food system in public health work. "I came to farming first as a way to intervene further upstream on issues of health and poverty, and then I just fell in love with it."

Waltham Fields is delighted to welcome back Zannah and Sutton as second-year Assistant Growers in our Farmer Training program. In 2013, they will take on responsibilities that leverage their considerable talents and allow them to do structured learning in their own areas of interest. Each will independently manage a portion of the farm's leased acreage – Sutton at the Lyman Estate, and Zannah at the Gateways property – with mentorship from Farm Manager Amanda Cather, entering her 10th season!

Zannah's vision for Gateways includes Waltham Fields' first-ever animal enterprise: a few heritage breed pastured pigs. Zannah feels that "integrating livestock into vegetable production is a natural progression, in terms of being self-sustaining, creating our own compost and fertilizer." Sutton will undertake an efficiency analysis on key crops, which she describes as, "an exciting opportunity to better understand the true costs of production and where we can introduce new practices that help keep our food affordable." Both Zannah and Sutton cite the farm's unique culture of rigor, innovation, and support as key to their experiences so far.



(left to right) Farm Manager Amanda Cather with Farmer Trainees Sutton Kiplinger and Zannah Porter.



Sprout 2013

Friday, April 26th

6:30-9:30pm
Charles River Museum
of Industry, Waltham

www.communityfarms.org/sprout

eSprout Online Auction

Friday, April 12
– Sunday, April 21

leading up to the event!



Sprout 2013 Highlights

– Please Join Us!

- Top-notch silent auction & raffle, and eSprout online auction too
- Fantastic food from JJ Gonson and her crew at Cuisine en Locale
- Live jazz by guitarist Tom Pendergast
- Open bar, beer and wine
- New – Gift card grab bags
- New – FeinSTEIN Challenge – donate anytime in April or while you're at the event and we will receive matching funds from The FeinSTEIN Foundation's Million Dollar Challenge!

We were sad to say goodbye to professor Paige Haringa and her students at Newbury College (the farm-to-table culinary class has been moved to the fall), but we are thrilled to have this year's Sprout feast prepared by JJ Gonson and Cuisine en Locale. Cuisine en Locale is deeply committed to using locally produced ingredients and these folks also have a passion for throwing great parties!

For more information and tickets for Sprout, see www.communityfarms.org/sprout

Event volunteers needed. Contact sprout@communityfarms.org

Waltham Fields Community Farm

Waltham Fields Community Farm is the business name of Community Farms Outreach, a 501(c)(3) nonprofit charitable organization.



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Amanda Cather, Farm Manager
Dan Roberts, Field Manager
Erinn Roberts, Field Manager
Andy Scherer, Farmer
Marla Rhodes, Development Coordinator
Deb Guttormsen, Bookkeeper & Tech Coordinator
Sutton Kiplinger, Assistant Grower
Zannah Porter, Assistant Grower

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Waltham Fields Calendar 2013 Events & Programs

MARCH

Tuesday, March 12
Drop-in Volunteer Hours Begin
9am–12pm
Join us in the fields this season!
See below for details

Wednesdays, March 13 & 20
Farm Programs at the Waltham Public Library
3:30–4:30pm, FREE
Explore plants and pollinators
For ages 6–10 & caregivers



MAY

All Month Rhubarb Tasting Menu at Tempo Bistro

474 Moody St., Waltham
Proceeds to benefit WFCF's education programs.

Tuesday, May 7 Herbal Remedies Workshop, 1 of 3

5:30–7:30pm
Join WFCF Member Katherine Gekas for a series of three hands-on workshops on the Farm. Other dates include June 4 and July 9.

Saturday, May 11 Sat-Sun, May 18 & 19 Seedling Sales at the Farm

9am–4pm
Organically grown vegetable seedlings for your home and community garden plots!

Saturday, May 11 Container Garden Workshop

10am–12pm
with Dede Dussault, creator and tender of WFCF's own food-focused container garden.

Saturday, May 18 Learning Garden Open House

10am–12pm
Visit our outdoor classroom/ solar kitchen and garden space.
Kids welcome, activities offered for ages 0–17.



APRIL

Friday, April 26 Sprout Silent Auction & Spring Celebration!

6:30–9:30pm
Charles River Museum of Industry
154 Moody St. Waltham
Also mark your calendars for **eSprout**, our online auction leading up to the event – Friday, April 12 through Sunday, April 21.



JUNE

Tuesday, June 18 Wild Foraging Walk with Russ Cohen

At the Lyman Estate
5:30–7:30pm
Co-sponsored by Historic New England. Tour the Lyman Estate property, including the farmland leased by WFCF.



SEPTEMBER

JULY & AUGUST

Farm Visits in the Learning Garden

Schedule your group.
Available for birthday parties.

Summer Camps Begin

Enroll today!

Help us in the fields!

Volunteer as a drop-in or with a group.



Saturday, September 21 Waltham Fields Day at Artefact Home/Garden

10am–6pm
1000 Pleasant St., Belmont
Store-wide discounts all day. Sales benefit the Farm!

Sunday, September 22 Pepper Variety & Cooking Workshop

2–4pm
w/ Chef Joh Kokubo of Kitchen on Common and WFCF's own Farmer Dan.
Explore the growth and uses of bell and hot peppers, with chef demos and recipe tasting.

OCTOBER

All Month Elephant Walk Restaurant Fundraiser

Waltham location
Eat in or take out all month. Lunch & Dinner sales benefit the Farm!
And join us at the restaurant for dinner on Thursday, October 24th to celebrate **Food Day!**

Saturday, October 5 Waltham Farm Day

2–5pm
Farm activities, games, and demos! Music by Royer's One Man Band. Co-led by Healthy Waltham.
FREE event. All are welcome!

Saturday, October 12 Make Your Own Baby Food Workshop

10am–12pm
Join WFCF Educator Kim Hunter in field-to-freezer preparation of organic vegetable purees.



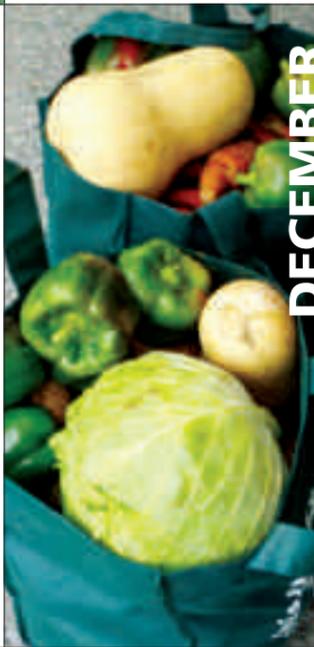
NOVEMBER

Saturday, November 2 The Crusha

1–4pm
Bike-powered cider-pressing fundraiser on the Farm.

Thursday, November 7 Harvest Potluck & Annual Meeting

5:30–7:30pm
Bring a dish to share
FREE event. All are welcome!
Location TBA.



DECEMBER

Tuesday, December 10 (tentative) Flatbread Pizza Fundraiser

Davis Sq., Somerville
Lunch and dinner
A portion of pizza sales benefits the farm!



Help us on the Farm!

Drop-in volunteering

High school students and adults:
Tuesday–Friday, March 12–May 31,
Summer/fall schedule TBA
Starts promptly at 9am – stay until 12pm if you can

All ages:
Saturdays, April 13–October 26
Starts promptly at 9am – stay until 12pm if you can

Teen Tuesdays (NEW):
Tuesdays, May 7–June 25, 3–5pm

Steward and Harvest programs (NEW):
Help us tend specific crops or harvest on a regular basis.
Apply through our website.

Group volunteering

Available April–October

See our website for more information and scheduling:
www.communityfarms.org

Food Access Programs

We aim to distribute \$70,000 worth of organic produce to community members in need this year. Our Food Access programs include donations to emergency food and nutrition education programs, operation of our Waltham Fields Outreach Market, farm-to-school distributions to the Waltham Public Schools in the fall months, and half-price CSA shares for low-income households.



Find us on Facebook

Youth Learning Garden Programs!

Science Boot Camp

For 5th graders
Tuesday, April 16–Thursday, April 18
9am–2pm, school vacation week

Little Sprouts

For Pre-K and caregivers
Multi-session programs spring, summer, and fall
Some sessions in partnership with Waltham Recreation

Garden Explorers

For K–2nd graders
Multi-session programs spring, summer, and fall
Some sessions in partnership with Waltham Recreation

Farmer for a Week

For 4th–6th graders
Week-long summer program

Farmers' Market Crew – Jobs for Youth

For ages 15–17
2–3 days per week throughout August
Paid jobs for youth to tend crops and market their harvests

Registrations and applications are available through our website:
www.communityfarms.org

Get Involved! Become a Member!

We are a 501(c)(3) non-profit organization, incorporated as Community Farms Outreach. Donations are tax-deductible and support our charitable programs.

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

Waltham Fields Community Farm (WFCF) promotes local agriculture and food access through our farming operations and educational programs, using practices that are socially, ecologically, and economically sustainable. We encourage healthy relationships between people, their food supply, and the land from which it grows.

