



## WFCF Farm Friends Newsletter May 2024

*A sneak peek at the growing "the sea of green" inside our greenhouse*



### Support Our Walk for Hunger Walkers

The Walk for Hunger is today, Sunday, May 5. You can still join us in Boston to walk, or you can support our team walkers all month long and help fight local hunger! Please [donate](#) to WFCF's Team at the Walk For Hunger and help struggling families in the Commonwealth and in our neighborhoods!

*WFCF's own intrepid Marla Rhodes (pictured) is heading to Boston once again to represent WFCF at the Walk for Hunger. Thank you and go get it Marla!*

**START PLANNING YOUR GARDENS!**

SATURDAY, MAY 18, 2024  
9AM - 3PM

SUNDAY, MAY 19, 2024  
9AM - 1PM

**HERBS, FLOWERS & PLENTY OF VEGETABLE VARIETIES!**

**WFCF ANNUAL SEEDLING SALE!**

## HERB, FLOWER & VEGETABLE SEEDLINGS SATURDAY 5/18 9AM-3PM & SUNDAY 5/19 9AM-1 PM



## Seedling Sale Smarts: Bring Your Own Wagon and Plan to Park & Walk

We'll have a few wagons and carts available for your use at the seedling sale, but if you already have your own wagon, small cart, or other wheeled tote, or can borrow one from a neighbor, we highly encourage you to bring it to make your seedling shopping a breeze!

Due to the terms of our new license agreement, we're no longer able to park cars on the grass around the community gardens at the farm, limiting our direct parking capacity at 240 Beaver St. **Thanks to the generosity of our kind neighbors, including the Girl Scouts of Eastern Massachusetts, Waltham Recreation Department (which runs Cornelia Warren Park) the American Legion, and Duffy Properties, we have four additional parking lots that you can park in within easy walking distance of WFCF! If you are able to, please plan ahead to park and walk from one of these sites. Thanks in advance for your cooperation.**



## Sign Up Today for a CSA Share

Shares are selling quickly, don't miss out!  
[Read more and sign up here](#)

- 20-Week Summer CSA Share \$850
- ~~Subsidized 20-Week Summer Share \$425~~ (sold out)
- ~~SNAP 20-Week Summer Share \$425~~ (sold out)
- ~~New! 20-Week Lil Share~~ (sold out)
- 10-Week Summer Share \$550
- 10-Week Mushroom Share | Early Season \$178
- 10-Week Mushroom Share | Late Season \$178
- 20-Week Mushroom Share | Full Season \$355
- 8-Week Fruit Share \$108



# CSA Shares at Waltham Fields Community Farm

Fresh Vegetables Fruit Mushrooms Flowers

Half price & SNAP shares available



June - October

Wednesdays 2:30 - 6:30pm  
Thursdays 2:30 - 6:30pm  
Fridays 2:30 - 6:30pm  
Saturdays 9:30am - 2:30pm

Waltham Fields  
Community Farm  
240 Beaver St  
Waltham, MA 02452



communityfarms.org  
ana@communityfarms.org



**10-Week Flower Share \$115 (sold out)**

**Extended Season Share \$250**

**Subsidized, SNAP/HIP CSA Extended shares  
available**

While our 20-week subsidized and SNAP shares are sold out, please reach out if you need food assistance. To register for extended season SNAP and subsidized CSA shares, email [ana@communityfarms.org](mailto:ana@communityfarms.org)



## Our Farm Stand Is Opening May 18

### Grand Opening during Our Seedling Sale

Saturday, May 18 & Sunday May 19

#### Saturdays

Saturday, May 25 10am-2pm

Saturday, June 1 10am-2pm

#### Regular farm Store Hours begin Wednesday June 5

Wednesdays 2:30-6:30pm

Thursdays 2:30-6:30pm

Fridays 2:30-6:30pm

Saturdays 9:30am-2:30pm



## Share Your CSA Wisdom with Us

YOU, our CSA shareholders, both new and old, hold a wealth of knowledge and hard-earned wisdom that will greatly help other members if you share it. Please send your favorite recipes, storage, preserving, and meal planning tips or anything else that comes to mind when you think about using your CSA.

**[Send your ideas here](#)**

#### **Tip from CSA Member Trish**

*"For us, LLBean canvas totes are essential CSA kit. They are strong, durable, and machine washable. LL Bean sells totebag "seconds"--ones with small manufacturing flaws, or that they've mis-monogrammed--for a fraction of the original cost at their factory outlets. We're still using two bags that we purchased over 20 years ago for \$5 apiece."*

## Save Cabbage with WFCF Farm Bucks

When you purchase produce at our farm stand with farm bucks, you'll receive 10-15% of your money back on a physical card to use in the Farm Stand in the 2024 season.



Use Farm Bucks to purchase produce in the Farm Stand - think fruit, veggies, corn! Farm Bucks make terrific gifts. [Purchase online here.](#)



### Thursday and Friday CSA Work Shares Needed

We are looking for two work shares on Thursdays and Fridays to round out our team and help with our CSA Distributions this season. Our CSA work shares are the face of the farm as they welcome everyone to our Farm Stand for CSA pick up or Farm Stand shopping. This is a great position for someone looking for a one-day a week commitment in exchange for a FULL VEGETABLE SHARE. [Full job description & hours](#)  
email [ana@communityfarms.org](mailto:ana@communityfarms.org) to apply



### Three Harvester Work Shares Needed

Harvest produce one morning a week alongside our farm team for the CSA in exchange for a half-priced CSA share from the first week of June through the last week of October--20 consecutive weeks. This is an amazing learning/ job training opportunity, and a chance to get to know the farm on another level, and to experience the seasonality of our growing season.

[Read the full Harvester work share description.](#)

Email [andy@communityfarms.org](mailto:andy@communityfarms.org) to apply



### Stop & Shop Watertown Give Backs to WFCF

We're bugging out over being chosen again for Stop & Shop's Give Back Reusable Bag program! For the month of May, if you purchase a bag at the Watertown Stop & Shop at 171 Watertown St, WFCF will receive \$1.

We love this collaboration, which has brought in hundreds of dollars for us. Thank you Stop & Shop Watertown!



### We're Back in Our Learning Garden



Have you heard the news? While we continue to maintain and use the new Ed Shed and MicroField, we have returned to the Learning Garden for education programs on the farm!


Our spring program participants are already welcoming this new growing season by turning beds, seeding, planting, and tending to the sour cherry tree, raspberries, rhubarb and mint.

### Drop Ins Welcome for Spring Programs




Did you miss registration for spring sessions? Don't worry, we have your back! Register for a drop-in session for [After School, Little Sprouts or Teen Leadership Corps](#) throughout May, and join us to welcome this new growing season and celebrate our return to this space where we explore and make discoveries about the natural world together.

### Join Us for Our Next Workshop



**Wild Edibles Walk**  
w/ Russ Cohen



Tuesday,  
June 11  
6-8 p.m.  
\$35.00 per person

communityfarms.org

#### Wild Edibles Walk with Russ Cohen

Tuesday, June 11 6 - 8 p.m.  
\$35/person

Led by wild edibles expert, Russ Cohen This annual program with Russ will fill quickly; please get your tickets early

[Register online](#)

### Thank You Bentley Interns



Each semester, students from Bentley University support our education programs at WFCF through community based volunteer opportunities in partnership with the Bentley University Service-Learning and Civic Engagement Center. Twelve students dedicated their time to assist with winter education programs, updating our new online Perennial Garden Resource, and helped restructure our self-guided walking tour. A big thank you to our dedicated student community interns this semester: Javier Wu, Liam McDonough, Jake Steves, Katherine Nguyen, Kate Rose, Izzy Ackels, Colby Radzom, Daniel Mauricio, Lee Rayner, Juliette Ho, Martina Lucianetti, Jie (Jessie) Fang, and Olivia Sheng.



## WFCF Ice Cream Social June 21

Save the date for this year's Ice Cream Social and ice cream eating contest. Partnering with Rancatore's for another fabulous year, our education growing spaces are already sprouting this year's mint and rhubarb for Ranc's Farm Fresh flavor favorites, Rhubarb Sorbet and Fresh Mint Ice Cream, to be enjoyed by all in celebration of summer on the farm!

Find updates on our info page [HERE](#).



## Partnership Spotlight

Vote for Waltham Schools and amplify the impact of farm-to-school programs! One of Waltham School Nutrition's amazing 'Creative Farm Collab' lunch options at Waltham High School has been featured by **Terrific Tray**, and is in the running for the Terrific Tray of the Year for 2023 from the MA Department of Elementary & Secondary Education, and MA Farm to School. We are honored that our

WFCF summer squashes were part of that meal. Please take a moment and Vote for WALTHAM--the November tray-- to win "Terrific Tray of the Year" before May 10 to express your support of these vital farm to school partnerships nourishing our students. [Vote here](#)

*Farm Collab Partners in the Terrific Tray winning meal: Fat Moon Farm - Assorted Mushrooms, Boston Food Hub - Farm Fresh Lettuce, Waltham Fields Community Farm - Zucchini & squash*



## A Shout Out for Our Sprout Supporters

We enjoyed a fabulous evening April 26 at the Lyman Estate with delicious local food, wonderful music, and terrific community. Sprout is our largest fundraising event of the year and, thanks to you, it generated vital support our food access and education programs in 2024 and beyond.

**You can still get in on the Sprout fun of this year by purchasing a large or small Grab Bag!** Each bag contains a selection of local items plus a \$25 gift card to a local restaurant. Large bags contain a bottle of wine. Five bags contain a golden ticket with a special prize! [Purchase here](#).

## Community Events



**Waltham Steampunk  
Festival May 11**



**Waltham Farmers Market  
Opening Day June 1**



**Waltham Pride  
June 16**

## **Waltham Fields Community Farm**

Operations address 240 Beaver Street, Waltham, MA  
02452 | (781) 899-2403 | [www.communityfarms.org](http://www.communityfarms.org)

**NEW Mailing address**  
P.O. Box 540370 Waltham, MA 02454

Andy Andrews, **Farm Manager**  
Stacey Daley, **Executive Director**  
Nadine Dyskant-Miller, **Assistant Farm Manager**  
Marina Veragara, **Community Outreach Farmer**  
Jessica Herwick, **Director of Education & Community  
Engagement**  
Amanda Smith **Supervisory Educator**  
Marla Rhodes, **Volunteer Coordinator**  
Ana Strayton, **Distribution Manager**  
Trish Wesley Umbrell, **Associate Director**



local food for **everyone**

## **Connect with WFCF**



Waltham Fields Community Farm | 240 Beaver Street, Waltham, MA 02452 781-899-2403

[Unsubscribe walthamfields@communityfarms.org](mailto:unsubscribe@walthamfields@communityfarms.org)

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