**Notes from the Field:**

**September’s Beauty**

I think that someone forgot to send an e-mail to the farmers letting us know that September was coming. Because here it is and suddenly I’m realizing what precious little time we have left of the 2004 farm season. Just as the time seems to be moving at an exponentially faster rate than it did in the spring time, the beauty of this farm, this place and the people who share it, are all becoming more and more visible to me.

My growing fascination in the beauty of this land hit a high point the other night at one of the CSA pick-ups when one member took a deep breath, smiled at me and said that this was, by far, her favorite hour of the week. Thank you, she said, taking another deep breath in, as if storing the energy of the farm in her lungs for the ride home, and turned and left, arms full of veggies and Linda’s beautiful flowers.

Earlier in that same week the farm crew was hosting a volunteer group of faculty members from our neighboring high school, the Gann Academy. One of the teachers, seemingly an expert on the lay of the land here in Waltham, described the view of the farm as seen via an aerial photograph: “A stunningly green island,” he professed. And I thought, how true, and how fortunate we are to be on this island where people can come to breathe in the smells, sounds, and sensations even if only for an hour.

As for myself, one of the folks who spends quite a bit more than one hour here each week, I am more and more often noticing the expansive sky here, how open it feels to be standing in the middle of the fields, more than most places that I know of in the city. I love the way the new brassica plantings look, all dewy in the morning, and the way in which the sunflowers have created a perfect border between the beauty of our purple cabbage and the collage of colors in the flower garden.

So here we are—it’s September, one of those crazy transitions months. The days are getting shorter and we’re harvesting incredible amounts of melons, tomatoes, carrots, and new fall greens. Our harvests are long, and wouldn’t you know it—it’s suddenly hot and humid—perfect weather for hauling hundreds of pounds of heavy produce. For you, our members, school is starting up again and new routines are on the horizon, creeping in and making the summer ones fade. We’re all busy, but let’s try to take the time to notice this place and the people we share it with. It’s beautiful here.

— The Farm Crew: Amanda, Meryl, and Ryan, with many dedicated volunteers

### September 5–9, 2004

(Distribution Week #14)

**New crop: collards**

According to *Vegetables from Amaranth to Zucchini* by Elizabeth Schneider, collards are a form of kale, an ancient plant of Eurasian origin that represents the oldest cultivated form of cabbage—and is still much the same as it has been for two millennia. Unlike other cabbages, kale and collards grow in a loose bouquet form, not a tight head, and therefore are grouped by taxonomy as Acephala—“headless.” Slaves introduced collards to this country but it is not known whether they came directly from Africa or via Haiti.

### Collards with Brown Rice Vinegar and Tamari

from *The Kripalu Cookbook*

1 cup water
8 cups washed, dried, and sliced fresh collard greens, approx. 10 ounces (discard midribs)
1 Tablespoon tamari
2 ¼ teaspoons brown rice vinegar
1/3 cup roasted sunflower seeds

In a large, deep skillet, heat the water and sauté the greens for about 20 minutes or until tender. Turn off heat. Add the tamari, vinegar, and seeds and mix together well. Serve hot or cold.
Help Support Local Agriculture in Massachusetts

"Savor the Seasonings: A Fall Dinner to Benefit Farmers’ Markets"

Please join the Federation of Massachusetts Farmers’ Markets for a 5-course meal featuring fresh local ingredients, organic as available.

**Monday, October 18th, 2004, 6:30 p.m.**

**Date:** Sunday, September 12  
**Time:** 6:30pm–8:00pm  
**Location:**  
Community Farms Outreach  
Waltham Fields Community Farm  
UMass Field Station (gray building)  
240 Beaver Street, Waltham, MA

All ticket sales benefit the Federation’s work connecting farms, families, and communities.  

$125 per plate  
Purchase tickets at (781) 893-8222 or e-mail michelle@massfarmersmarkets.org.

**Tentative Menu:**
- Cauliflower-Leek Soup
- Butter Poached Lobster
- Chive Fondue
- Seared Sea Scallops
- Wild Mushrooms
- Fingerling Potatoes
- Garlic Confit
- Thyme Jus
- Slow Roasted Humanely Raised Veal
- Fall Fruit Chutney
- Celery Root & Parsnip Puree
- Sage Jus
- Assorted Massachusetts Cheeses
- Heirloom Apple Tart
- Cider Sauce
- Spiced Crème Fraîche

Simplify Your Life!  
Connect with your Environment!

Are you concerned about quality of life, the environment, and the health of our community? Would you like to meet people in the community who also care about these issues?

Come to an **introductory presentation** to explore these ideas.

**Date:**  
**Time:**  
**Location:**

We will discuss how you can join an 8-session discussion group to explore issues of voluntary simplicity or deep ecology. Through readings and discussions, we will examine the connection between our own lifestyles and our environment, and consider what it would mean to live more sustainably and harmoniously with our environment.

Study guides for these two groups have been developed by the Northwest Earth Institute (NWEI). For more information about the discussion groups visit www.nwei.org or contact Gretta Anderson at GrettaAnderson@ISUAlum.com or Bridget Spann at (781) 259-4052, bspann@care2.com.

To reach us:

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- **Newsletter Submissions:** newsletter@communityfarms.org  
- **CFO Board of Directors:** board@communityfarms.org

We welcome your recipes, farm experiences, ideas! Please send newsletter submissions to newsletter@communityfarms.org.

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