Notes from the Field

Each week as we stand at the distribution shelter, we hear the inevitable question from our shareholders: how are the crops coming along? That is a question we love to answer, so here goes:

**Arugula:** Where is it, anyway? Our first planting went in very early and was ready a few weeks before our distributions began. The second should be in your shares by the time you read this.

**Beans:** The first planting is flowering now. We should see them next week in the pick-your-own shares.

**Beets:** Growing slowly, but so tasty and plentiful. We have two more plantings coming along well and hope to be able to provide these throughout the season.

**Broccoli:** The first planting was attacked by pests early in its life and has produced only a limited crop. We covered the second with reemay to hide it from the pests and the weeds took it over, so we’re hoping that it will come out of the weeds to make some heads relatively soon. The third planting is about to go into the ground.

**Carrots:** Our first planting is being harvested now. The variety, Mokum, is a sweet, juicy early carrot that we hope you’re enjoying. Our second planting was washed away by the heavy rains, so we’re pinning our hopes on a third large planting that we are trying to keep away from the weeds. We’ll put in one more planting in July that will see us through the October harvests.

**Corn:** Growing over at the Lyman Estate, where the weeds are threatening. It’s definitely knee high and we’re hoping that the corn borers won’t find it….

**Cucumbers:** Had a hard time getting these to germinate because of the cold weather right around Memorial Day, but they’re on their way. We should see them in the next week or so.

**Eggplant:** Our lack of a heated greenhouse was hard on the eggplant. It’s very small, but coming along nicely now. We have every reason to expect it in August.

**Garlic:** By now the bountiful harvest of scapes is starting to wane. We hope you’ve enjoyed this “freebie” and are getting ready for the real thing.

**Leeks:** Were so weedy we couldn’t see them until about a week ago, but are now uncovered for the moment and growing away.

**Melons:** Again, the cold temps in late May slowed down the first planting, but they’re on their way now and growing strong.

---

<table>
<thead>
<tr>
<th>July 4 – 8, 2004 (Distribution Week #5)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>This week’s share may contain:</strong></td>
</tr>
<tr>
<td>Beets</td>
</tr>
<tr>
<td>Lettuce</td>
</tr>
<tr>
<td>Spinach</td>
</tr>
<tr>
<td>Summer Squash</td>
</tr>
</tbody>
</table>

**Pick your own:**

Snap peas  Snow peas  Shelling peas  Basil  Cilantro  Dill  Flowers  Perennial herbs

**Onions:** Onion maggot in early May did some damage to our onion crop, but we replanted about 75% of the crop and are now struggling to keep them from the weeds.

**Peppers:** Some great bells and Italia style peppers are waiting in the wings. We are keeping them weeded and checking on the first flowers.

**Potatoes:** Despite our heavy potato beetle pressure (thank you to the Hausman family for your fearless work on the potato beetles) the crop is flowering and very healthy. If we can continue to keep ahead of the beetles it should be a good crop.

**Summer Squash and Zucchini:** See cucumbers.

**Tomatoes:** Growing well after a bit of a shaky start. We have some green tomatoes on our earliest planting and are hoping to ward off some of the soil borne diseases that we’ve seen signs of in the early going. Cherry tomatoes have been hard hit by potato beetles, but we’re working on keeping them under control.

Also in the fields: tomatillos, parsnips, rutabaga, sweet potatoes, fennel, winter squash, and yes, more lettuce.

Hey, wait a second… I thought they were planting strawberries?! Yes, we did plant strawberries this year. Because strawberries are a perennial crop, we don’t harvest them the first year they’re in the ground. We should have a bountiful harvest in 2005.

We hope you enjoy the harvest this week. In next week’s newsletter: the farm comes alive! Welcome AmeriCorps and Cambridge Adventure Day Camp!

**The Farm Crew:** Amanda, Ryan, Meryl, and many dedicated volunteers
Instead of using frozen peas, last week I blanched snow peas in boiling water for less than two minutes and then plunged them into cold water. I cut them into bite-sized pieces and added them to the finished dish, stirring them in just enough to get warm.

**Curried Tofu (or Chicken or Fish) in Coconut Milk**

16 oz firm tofu (or chicken breast or non-flaking fish—tilapia is good)
1 Tbsp oil
1 onion, thinly sliced
3 garlic cloves, chopped
(I like to throw in some sliced mushrooms)
1 heaping Tbsp minced fresh ginger or sushi ginger
1 15-oz can light coconut milk
1 Tbsp hot curry paste (Patak brand is good)
1/2 tsp salt
3 Tbsp chopped cilantro stems
1 cup frozen peas—make that fresh!
juice of 1 lime
chopped cilantro leaves (garnish)
2 Tbsp peanuts or cashews (optional garnish)

Saute onion in large frying pan. Stir in garlic and ginger (and mushrooms). Add coconut milk, curry paste, salt, and cilantro stems. Simmer for 10 minutes. Add tofu (or chicken or fish). Raise heat to medium and cook through (5 minutes). Add peas and cook until they’re hot. Add lime juice. Serve over rice and garnish with cilantro leaves and nuts.

**Romanian Carrots with Sour Cream**

(from Sundays at Moosewood Restaurant)

8–10 medium carrots, peeled and cut into ½” rounds
¼ cup butter
1 Tbsp flour
1 cup sour cream or plain yogurt
¼ cup chopped fresh parsley
2 Tbsp chopped chives
1 Tbsp chopped fresh dill
(3/4 tsp dried)
¼ tsp ground fennel seeds
salt and pepper to taste

Cook the carrots in boiling water to cover until tender, about 5 to 7 minutes; drain and set aside. Keep them covered if you plan to serve them warm or plunge them into cold water for several minutes and then drain them if you prefer them chilled.

In a medium saucepan, melt the butter and stir in the flour. Cook for a few minutes on medium heat, stirring regularly. Whisk in the sour cream or yogurt until smooth and blended. Add the remaining ingredients and gently simmer for several more minutes, until heated through.

Pour the sauce over the carrots and serve them hot or cold. If serving them cold, chill for at least 2 hours.

---

**To reach us:**

Amanda Cather: farmmanager@communityfarms.org
Marla Rhodes: walthamfields@communityfarms.org
Volunteer Coordinators: volunteer@communityfarms.org
Newsletter Submissions: newsletter@communityfarms.org
CFO Board of Directors: board@communityfarms.org

**3rd Sunday Picnic**

The next 3rd Sunday Picnic will be on July 18th at noon at the farm. Bring a picnic lunch and something to drink. The Outreach Committee will provide dessert.