Notes from the Field:
The All-Star Break

As many farmers have noticed, the farming season in New England roughly coincides with the season of America’s other favorite pastime, baseball. Like the farming season, the baseball season begins with cold days and lots of rain in April and takes us, if we’re lucky, through the glorious days of October. I am a baseball fan, as many of you know, (OK, I’m a Red Sox fan, which is something oh-so-slightly different) and I would like to take this opportunity to compare our progress thus far this season with that of the Olde Towne Team, who entered the All-Star Break this past week with a record of 48 and 38 and a winning percentage of .558. That sounds about right to me. I think that some of the headlines for the first half of our season here at Waltham Fields might read as follows:

Waltham Fields Assembles Crack Team for 2004 Farming Season

Cabbage Maggot 7, Waltham Fields 1 in Early Brassica Classic

Lettuce Early Star of Season

Cucurbits and Nightshades Have Slow Start Due to Cold Greenhouse

Catcher Marina Mountraki on DL with Strained Rib Cage; Out for 5 Games

WFCF’s Early Lead Over Weeds Diminishing

Strawberries Fall to Weeds, 6-0, in Extra Innings

Left-Fielder La Tronica Expert at Tractor Maintenance

Shortstop Maher is Getting Bugged by WFCF’s Insect Opponents

This week’s share may contain:

Beets Carrots Spinach
Lettuce Chard Summer Squash
Cucumbers Arugula Green garlic

Pick your own:
Basil Cilantro Dill Parsley Beans Flowers

Bullpen Has Perfect Record of Produce Delivery to Hunger Relief Organizations

Potato Beetles Strike Early; Dogged Pitching by Cather Keeps WFCF in the Game

Weeds Take Over Division; Lead WFCF by 7 Games at All-Star Break

Up From the Minors, AmeriCorps Team Excited to Take a Turn at the Bat

One of the big differences, of course, between our team and the Boston Red Sox is that you have a chance to play in the big leagues here. We have half the season still to come, the weeds really do have a 7-game lead on us, this is the big crunch time for fall planting, and the big harvests of tomatoes, eggplant, peppers, squash and melons are right around the corner. We know how busy your lives already are, and we so appreciate seeing your faces each week at the CSA distributions… but we could use your help on the field—er, in the fields—now. What am I trying to say? Come out and work with us if you get a spare morning or afternoon. Get connected with your good food and the people who grow it. Check the website for our volunteer hours and please bring your children. It’s a long way to October and there’s no All-Star Break for us. We look forward to seeing you!

The Farm Crew—Amanda, Meryl, Ryan and many dedicated volunteers
**Food Facts**

Almost every state in the U.S. buys 85-90% of its food from somewhere else. In Massachusetts, for example, this food import imbalance translates to a $4 billion leak in the state economy on an annual basis. UMass studies have determined that Massachusetts could produce closer to 35% of its food supply. This 20% increase would contribute $1 billion annually to the Commonwealth.

It has been estimated that in the US the average item of food has traveled 1500 to 2500 miles to reach your dinner table. This long-distance, large-scale transportation of food consumes large quantities of fossil fuels. It is estimated that we currently put almost 10 kcal of fossil fuel energy into our food system for every 1 kcal of energy we get as food.

For more information, go to www.foodroutes.org.

Steam **string beans** and when they’re hot pour a vinaigrette over them made from a little bit of each of the following:
- olive oil
- lemon juice
- soy sauce
- garlic powder
- sesame oil
- sugar

Make an **arugula** salad with:
- sliced pear
- toasted pecans
- crumbled blue cheese
- vinaigrette dressing

Boil 3 medium **beets** in their jackets until easily pierced with a fork. Remove the skins under cold water, cut up the beets, add the following, and chill.
- 3 Tbsp (or more) sour cream or plain yogurt
- 1 ½ – 2 Tbsp prepared horseradish or horseradish sauce
- ¼ tsp salt
- ¼ tsp sugar
- fresh dill
- sliced red onion
- dash of freshly ground black pepper

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