Notes from the Field

As we are well aware, the worst tragedy and devastation can create fertile ground for growth, renewal, and the power of unity and cooperation to rebuild shattered lives and communities. This week, we reprint CFO Vice President Martha Creedon’s message to our CSA shareholders to encourage folks to mark the anniversary of the September 11 attacks by supporting those in great need in our society today.

Fellow CSA members:

In thinking about our personal financial response to the devastation in the Gulf Coast, my husband Leo and I are focusing on hunger relief. For those of you who might choose hunger relief organizations for your financial support, America’s Second Harvest and the Boston Food Bank (a member of America’s Second Harvest) are two outstanding and reputable organizations.

From their websites:

**America's Second Harvest**
(http://www.secondharvest.org/)
The mission of America’s Second Harvest is to create a hunger-free America. We distribute food and grocery products through a nationwide network of certified affiliates, increase public awareness of domestic hunger, and advocate for policies that benefit America’s hungry. America’s Second Harvest pledges that 100% of your gift will go directly to support Hurricane ‘Katrina’ disaster relief efforts.

**The Greater Boston Food Bank**
(http://www.gbfb.org)
The Greater Boston Food Bank is assisting in the nationwide relief effort for the victims of Hurricane Katrina. We are working with other members of America’s Second Harvest—The Nation’s Food Bank Network—to provide much-needed food and other resources to devastated regions of Florida, Louisiana, Alabama, and Mississippi. We will provide support to the communities affected by Hurricane Katrina without compromising our support for eastern Massachusetts.

*Martha Creedon, Waltham, MA*

---

**Spring Fling Volunteers Needed**

Although we are in the midst of Heat and Tomatoes, try to imagine next spring. By then, Amanda and her crew (and the earth!) will be rested up, the green-house will be full of seedlings, and there will be crops growing in the fields. In April, we’ll throw a big celebration for members and friends called the Spring Fling and Silent Auction.

The ‘Spring Fling’ helps support our nonprofit mission—especially to help feed needy families. Last summer I helped drive bulging boxes of our produce to relief agencies in Waltham. It was needed—and loved! The Salvation Army incorporated it into daily meals for 50–75 families. The Red Cross gave it out weekly to a couple hundred of their thousands of client families. Our produce was more than calories. It said, simply and clearly: good, healthy food shouldn’t be a “luxury” for anyone.

I’m writing to you now to invite your help to plan this very important annual fundraising event. People have come to expect delicious food, fine acoustic music, and usually some family-friendly dancing. Last year we had hundreds of auction items—from gardening gloves to weekend escapes—to match every budget. This year we are aiming for at least 100 people and $10,000 income. You can help!

You could become part of the ‘core group’ or lend a hand on a short-term project. I’d be happy to discuss the options, including publicity, communications, auction, decorations, music, food, etc. We value and respect your time—and your time constraints. If we start soon we can spread out the work.

If you want to get to know an interesting group of people . . . and give back to the farm that has given so much to so many, please call me at home: 617-576-2352, or email me: laurierothstein@yahoo.com. I look forward to hearing from you.

*Laurie Rothstein*

**PS:** Even if you are really busy—but want to help—give me a call!
Pickled Purslane
Submitted by shareholder Amanda Korane (from Joy of Pickling, by Linda Ziedrich)

Purslane is an edible weed available in infinite quantities at the farm. It was discussed in the August 28th newsletter.

1/2 lb. purslane stalks, cut to fit vertically in a pint jar
1 dill head
1 small fresh or dried chile pepper, split lengthwise (optional)
10 Tbsp. white wine vinegar
10 Tbsp. water
1 1/2 tsp. pickling salt
1 garlic clove, sliced
4 black peppercorns

Pack the purslane stalks vertically in a pint jar, slipping the dill head and chile pepper down the side. In a nonreactive saucepan, bring to a boil the vinegar, water, salt, garlic, and peppercorns, stirring to dissolve the salt. Pour the hot liquid over the purslane. Cover the jar with a nonreactive cap.

Store the jar in the refrigerator for 1 week before eating the purslane. It will keep, refrigerated, for several months or longer. Yields 1 pint.

Arabian Squash-Cheese Casserole
From the first Moosewood Cookbook

2 medium-large butternut squash
1 heaping cup chopped onion
2-3 cloves crushed garlic
1 heaping cup mixed green and red peppers, chopped
3 Tbsp butter (or oil) for saute
2 beaten eggs
1 cup buttermilk or yogurt
1/2 cup crumbled feta cheese
1 tsp salt
black and red pepper to taste
1/4 cup sunflower seeds or chopped nuts, for the top, optional

Cut squash down the middle lengthwise, scoop out seeds, and place face-down on oiled tray. Bake at 375 degrees about 35 minutes or until soft. Cool until handle-able; scoop out and mash.

Saute onion and garlic. When translucent add chopped peppers. Saute until peppers are just under-done.

Beat eggs with buttermilk or yogurt. Crumble in the feta cheese. Combine everything and mix well. Add salt, black and red pepper or hot sauce to taste. Put in greased casserole or baking pan. (Top with seeds.) Bake at 375 degrees, covered for 25 minutes and uncovered for 10 minutes.

Kale with Anchovies and Raisins

a big bunch kale
2 cloves garlic
1-2 Tbsp olive oil
1/4 cup raisins
3 or 4 anchovies, chopped

Plump raisins by covering them with boiling water in a small bowl.

The kale will cook down to nothing, so start with a big bunch. Any variety of kale is fine. Wash kale; cut or tear leaves off ribs and discard ribs. In several batches, put piles of kale on cutting board and chop coarsely. Collect it all in a big bowl.

Saute a couple cloves chopped garlic in olive oil at medium high heat in big fry pan or dutch oven. Before garlic starts to burn, add kale. If it’s a fry pan, add a bit at a time and stir til it wilts down and there’s room for more. In either pot, stir it around so all can get wilted. Once it’s all getting darker green, add raisins, chopped anchovies, and a splash of water (use raisin water). Cover and cook at more moderate heat for no more than about 10 minutes; you don’t want kale to change from bright dark green to brown. Test a piece to make sure it goes from too crispy to more tender. Green and tender = done.

To reach us:
Amanda Cather: farmmanager@communityfarms.org
Ellen, Matt, or Trina: asstgrowers@communityfarms.org
Marla Rhodes: developmentmanager@communityfarms.org
Volunteer Coordinators: volunteer@communityfarms.org
Newsletter Submissions: newsletter@communityfarms.org
CFO Board of Directors: board@communityfarms.org

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