Notes from the Field

A few weather and crop notes:

All our winter squash is now in the greenhouse curing. You’ll see more of several different varieties over the coming weeks, including Sweet Dumpling, Delicata, Acorn, Red Kuri, and Green Hokkaido. The ‘single serving’ size butternuts that you’ve been seeing at the distributions are a variety called ‘Burpee’s Butterbush’—if you get a chance, compare its flavor to the larger Waltham Butternut and let us know what you think. We’d also love to know your thoughts about the ‘Winter Luxury’ pie pumpkins (with the netted skins) versus the ‘New England’ pie pumpkins (which have smooth orange skin).

There’s no frost in the forecast, so we’ll probably see our light harvests of peppers and eggplant continue for several more weeks, most likely into October. The long pointed peppers at the distributions are called ‘Italia’ and are sweet red roasting peppers. They are pretty buggy, but the ones I have eaten more than make up for it with their incredible sweetness and flavor. Our melons and tomatoes are done for the season. Fall crops of broccoli and cauliflower, along with more lettuce, cabbage, and other roots and greens, are on their way. All could do with more rain. As I write this on Monday the 12th, we’ve had .03 inches of rain in September and only about half an inch throughout the entire last half of August. This drought has caused many crops to be smaller or less plentiful than usual, caused others to grow slowly, and caused some premature bolting in our summer lettuce crops. While we’ve been irrigating steadily at the Field Station, there’s not much we could have done for the crops at the Lyman Estate fields, where we have no irrigation.

We currently believe that our final distribution for the season will be Thursday, November 3. As always, feel free to ask us questions at the distributions or in the fields. While there’s no substitute for face-to-face discussions, email works as well!

— Amanda and the farm crew

Board Candidates Needed

Community Farms Outreach is run by a Board of Directors made up of volunteers, most of whom are members of this CSA. We need your help in nominating candidates for next year’s Board (serving Dec ’05–Nov ’06). Board Directors need to be able to contribute 10 hours a month to Board work. We are especially seeking candidates who have one or more of the following qualities:

• previous experience on a nonprofit board
• financial expertise
• personnel expertise
• fund-raising expertise
• legal expertise
• interest and/or experience in farming, farmland preservation, community food security, and/or education about sustainable agriculture
• lives in Waltham

If someone you know fits one or more of these criteria, please contact them to ask them if they are interested. To apply, or for more information, ask them to email Gretta Anderson at board@communityfarms.org. Information about the CFO Board of Directors and general information about nonprofit boards has been posted on the CFOCSA yahoo web site (http://groups.yahoo.com/group/cfocsa).

The CFO Board of Directors will nominate a slate of Board Directors and officers during our October 11 board meeting. This slate will be presented for a vote at the 2005 Annual Meeting on Sunday, November 20.

Thank you in advance for your participation. If you have any questions, please email board@communityfarms.org or leave a message at the farm 781-899-2403 in the CFO voice mailbox.
**Kohlrabi Fries**
(You can prepare turnips, and of course potatoes, the same way.)
Submitted by shareholder Steph Thurrott

Cut kohlrabi into half-inch by half-inch lengths. Toss with olive oil and salt to coat. Spread on baking sheet and bake at 400 degrees for 10–15 minutes. Turn and bake another 10–15 minutes. They will be tender and golden brown when done.

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**Calzone Stuffed with Kale**
(from The Victory Garden Cookbook, by Marian Morash)
Submitted by shareholder Judy Fallows

Filling:
4 cups blanched kale (or kale with other greens, kale and potatoes, or omit the kale and use your favorite substitute. Portobello mushrooms are good, for instance).
2 cloves garlic
6 Tbsp. olive oil
1 Tbsp. butter
1/2 tsp rosemary
salt and pepper

Crust:
1 pkg. active dry yeast
1/2 c. tepid water
pinch of sugar
4 c. all-purpose flour
1/2 cup lukewarm water
1/2 cup lukewarm milk

6 slices mozzarella cheese
1/4 lb. Genoa salami, diced
1 egg

Chop kale and garlic. Saute kale in 3 Tbs. olive oil over high heat until moisture is evaporated, stirring frequently. Reduce heat, stir in garlic, butter and rosemary. Cover and simmer for five minutes. Season with salt and pepper and set aside to cool.

Dissolve the yeast in 1/2 cup tepid water; add a pinch of sugar, and let stand for 10 minutes or until the yeast is foamy. Sift the flour and 1 tsp. salt together in a large bowl; pour in the yeast. Combine water and milk. Work flour into yeast, gradually adding liquids until dough is smooth and soft. (You can put dough ingredients in food processor and process until mixture forms a soft mass on blade.) Place on a floured board, knead for 1 minute, form into a ball, and place in a floured bowl. Cover with plastic wrap and let rise in a warm place until doubled in bulk (1 ½–2 hours). Knead for 2–3 minutes; divide into 6 portions and roll each portion into 8-inch-diameter rounds, 1/2 inch thick. Brush with olive oil. On each dough circle, place 1/2 slice mozzarella cheese on the lower half; top with 1/2 c. kale, spreading the kale to within 1 inch of the edge. Sprinkle with diced salami, then top with 1/2 slice of cheese. Moisten the edges of the dough with water, then fold the top half over the stuffing, making a turnover shape. Press the edges securely together and crimp the outer rims with a dull knife edge. Place calzones on baking sheets, cover and let rise for 1 hour. Beat egg with 1 tsp water and glaze calzones. Bake in a preheated 375 degree oven for 25 minutes.

Judy adds: “I use canned pizza crust for the calzone dough, and don’t let it rise at all. It’s kind of flat, and not my favorite dough, but it’s MUCH quicker, and the kids do like it, so they are eating kale, and after all, what was the goal here?”

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**To reach us:**

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

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**Come to the 3rd Sunday Gathering at 4:00 p.m. on October 16th to join in a discussion about the farm season. Give the farmers your feedback, get your questions answered, and get to know your fellow shareholders. Refreshments provided.**