

September 2012



The Newton Farmer

e-newsletter

Dear Farm Friends,

It's harvest season, and I'm sure you are aware of the bounty of ripe produce that we're getting in our CSA shares and seeing in the farmers' markets. I am slicing and dicing tomatoes to freeze and drying herbs to use in winter. It's canning time for those who practice this skill, and you can read below an engrossing account of a canning session. I wish you the joys of the season.

Susan Tornheim
Newsletter Editor
sftornheim@gmail.com

From the Farmers



Fattening leeks, chilly nights (extra blanket?), rumors that someone's friend saw a tree that has already begun to change—fall whispers all around us. Every week at the farm we take more beds out of production and tuck them into their cover crop, where they'll wait under autumn leaves and winter snows until next year's first spring vegetables are planted.

This is one of the best times on the farm—summer's bounty alongside the hearty roots, chill-loving greens, and sweet gourds of fall. It's dinner party season: perfect, balmy September evenings and the rich palette of colors and flavors from the

farm in abundance cry out to be shared.

It's always hard to believe when we find ourselves planting the last crops of the year. Of course there are weeks of fat autumn ripeness left to go, but it's a marker for us that the end is nigh. This is the harvest season, nature's last raucous celebration of colors and flavors before succumbing to winter's icy grip. The beginning of the school season has left us bereft of some of the most spectacular high school and college volunteers that we have ever had the opportunity to work with. They've left a hole in our hearts and in our harvest schedule, and anyone who has been considering coming out and volunteering with us is heartily encouraged to do so (Wednesdays, Thursdays, and Saturdays 9 to 12, if you're wondering). It's a great time to be in the garden, and we hope you'll join us for it.

Megan Talley & Joshua Faller

Fall Festival – Sunday, September 23

Mark your calendars! Just because summer is drawing to a close does not mean that the fun stops! Join us for our annual Fall Festival on Sunday, September 23, 11 to 3 p.m., and celebrate our seventh successful growing season. Food, fun, pumpkins, and more—we have a great day planned for the entire family. View the day's full event schedule [here](#).

VOLUNTEER!

We are looking for enthusiastic volunteers to sign up to help. For CSA members, volunteer hours will count toward your work requirement. We have various shifts still available: 8 a.m.–11 a.m., 11 a.m.–2 p.m., and 2 p.m.–5 p.m. Can't volunteer your time but still want to participate? We can also use donated baked goods. Thanks to your baked contributions, each year we are able to raise hundreds of dollars at our bake sale. Every dollar earned supports our educational programming! We welcome fresh baked goods such as vegetable breads, muffins, cookies, and cakes. Your donation would need to be dropped off at the farm on Sunday, September 23, anytime before 10 a.m. We cannot take cakes that need refrigeration such as cheesecakes. Please include a list of ingredients.



Spread the Word!

Invite your friends, neighbors, and coworkers to come to the festival for a great day of family fun. Parking and admission are FREE, and this year we are adding several new activities, including professional cooking

Budding Chefs, 2 Wednesdays, 9/12 & 9/19, 3:30–5 p.m.

Fall Farm Sprouts, Tuesdays, 9/18–10/23, 10–11 a.m.

Make Your Own Cheese, Tuesday, 10/2, 7–9:00 p.m.

Early-Release Fun, Thursday, 10/4, 1– 3 p.m.

Season Extension and More, Saturday, 10/13, 9–noon

Make Your Own Bread, Wednesday, 10/17, 7:30–9 p.m.

Lumière Dinner

Please join us for a dinner to benefit educational programs and site improvements at Newton Community Farm. This special event will be held at Lumière Restaurant in West Newton on Tuesday, October 16, at 7 p.m. Chef Michael Leviton, owner of Lumière and director of the Board of Overseers of the Chefs Collaborative, will prepare a four-course dinner with wine pairings that features our vegetables. Tickets are \$150 per person. Sponsor tickets are also available. For more information and to R.S.V.P., contact Rochelle Rosen, [617-694-5682](tel:617-694-5682) or admin@NewtonCommunityFarm.org. Learn more about Chef Leviton and Lumière at the [restaurant's Web site](#).

NCF in the News

Newton Community Farm made national news last month when it was featured by CNN Money Magazine as part of its segment "100 Best Places to Live." The camera crew spent the better part of a gorgeous summer day capturing Alison Wilson and our Farm Sprouts in action as well as interviewing Megan about the farm's history and importance to the community. View the segment by clicking [here](#).

Newton Patch

Newton Community Farm has been voted Best Place to Volunteer in the annual 2012 Newton Patch Readers' Poll. We are honored to have this distinction and truly appreciate all of our volunteers. We couldn't do it without you! You can view the list of winners with a [click](#).

Seasonal Eating: Rediscovering Canning

Having a farm share and shopping at the farmers' market are two big steps toward a commitment to local and seasonal eating. But let's face it: New England is a tough place to forage for local food in winter. When the end of summer brings an embarrassment of produce riches, it's time to



rediscover canning as a way to put by the season for winter.

I learned to can from various old college friends and roommates more than 20 years ago and, with a brief hiatus when my kids were small, have been canning ever since. It's one of those skills that gets lost and found again over the years. For the canning-curious, it's far easier than it may seem, and despite the fear of doing something wrong, if you understand the basic principles, it's quite safe. This is a story of helping some of my in-laws' friends and neighbors discover the slow-food joy of canning tomatoes. Read it on my [blog](#).

Lisa Janice Cohen

Recipes

My farm shares have recently included radishes, carrots, and beets. I still have some scallions, and we will be seeing turnips this month. Looking through Shared Harvest, the farm's shared list of recipes, I found [Shredded Root Vegetable Salad](#), which uses radishes, carrots, beets, scallions or fresh herbs, and possibly turnips. I plan to try it. I highly recommend looking through [Shared Harvest](#) for recipes and ideas for using the bounty we are getting from the farm.



Susan Tornheim

Volunteer Hours

Wednesday, Thursday, and Saturday from 9 to 12 every week

Wish List

- Wheel barrows
- Garden carts
- Hand tools
- Leaves when they drop

Please contact us if you have any questions about this newsletter or ideas for future issues, or if you want to be added to our mailing list. Just e-mail Susan Tornheim at sftornheim@gmail.com. For more information about the farm, e-mail our farm managers,

