



NEEDHAM COMMUNITY FARM

LEARN • GROW • GIVE

October 2021 Newsletter

Notes From the Field



Fall is here on the farm, and with shorter days and colder nights we are experiencing the season's change quickly. We've finished planting all our outdoor

crops, and have just a few last things to plant in the high tunnel. Fall leafy greens like lettuce, kale, mustards, bok choy, and cabbages are still going strong, in fact they prefer this cool weather and are growing much better than a few months ago! This past month we harvested our last tomatoes and peppers - next we remove the old plants and seed cover crops. Cover crops are plants we grow to condition the soil. They can help with nutrient cycling, adding more organic matter to the soil, and keeping soil fluffy rather than compacted.

Even though the plants are winding down, we still have plenty of visitors on the farm. I want to thank all of you who came to our open house a few weeks ago. It was such a pleasure seeing new and familiar faces enjoying and exploring the farm. A big thanks to everyone who helped run the event too! We still have volunteer days on Tuesday, Friday, and Saturday mornings through the end of October. Come help us with final harvests and putting the farm to bed for the winter.

See you on the Farm,
Liz

Video: CSA Unboxing With Ceilidh



We are in the second to last week of this season's CSA. Please click on the image above to watch Ceilidh, Assistant Farm Manager, unbox produce from this week's CSA. In 2021, we sold 40 shares. Look for opportunities to enroll in our CSA program in late winter.

Open House Was a Huge Success

We wanted to thank everyone that was able to attend the Open House. It was a beautiful day to share the farm with the community!

We met our goal of hosting over 60 families at the farm, and most for the very first time. We hope you enjoyed the environmentally-friendly activities and produce tastings. It was such a success that we plan to make the Open House an annual event. Thank you to everyone that participated!

Plenty of Opportunities to Volunteer on the Farm!

Thank you to the
incredible



Happy fall!
There are still
plenty of
opportunities

to volunteer on the farm through the end of
October.

As always, bring water, dress for the weather,
and fill out a waiver before your first session.

Please sign up here to volunteer.

Don't forget to fill out a 2021 waiver AND a
COVID waiver if you haven't already for 2021.
Please complete the waivers here to volunteer.

NEW Off the Farm Volunteer Opportunity



Needham
Community
Farm has a
wonderful
opportunity to
support
Carter
Memorial
United

Methodist Church's Pumpkins with a Purpose
project. Beginning Saturday, October 9th, the
mission team at the church will begin selling
pumpkins through the end of October. The team
needs help filling volunteer shifts during the week
and on the weekends.

Why might you be interested in volunteering?

1. Needham Community Farm will be a beneficiary of the proceeds.
2. The Pumpkins with a Purpose project obtains the pumpkins from a Navajo reservation in New Mexico. The purchase of the pumpkins provides financial support for this Navajo community. 60% of the profits is returned to the Navajo people.
3. The remaining 40% of the proceeds are donated to other non-profit organizations

Event Sponsors

DUNKIN'



Tripadvisor



FASTSIGNS
More than fast. More than signs!



Louise Condon Realty, Inc.
Representing buyers and sellers since 1985

PEX

sponsors of our
Open House! We
are very fortunate
to have strong
supporters in our
community!



including Needham Community Council, Rosie's Place, and Walk for Hunger. Zero profits are given back to Carter Memorial UMC.

Shift responsibilities: Welcoming visitors to the patch, unloading pumpkins from boxes to the lawn (if able), rotating pumpkins on the lawn to prevent potential soft spots, and selling the pumpkins.

If you are interested in this volunteer opportunity or have any questions, please email mhmccollister@needhamfarm.org.



Call to Action: Please Complete the Community Health Needs Assessment

Beth Israel Deaconess Hospital-Needham is conducting a Community Health Needs Assessment to understand the unmet health needs in the community. Please take a few minutes to complete this survey to tell us more about your experiences living in your community. For every 200 completed surveys, one name will be drawn to receive a \$100 virtual Visa gift card. Complete the survey online: jsi.com/BILHsurvey2021.



Please consider donating to Needham Community Farm. Our Annual Appeal begins this month. Donations of any amount are greatly appreciated!

Mobile Market at Linden/Chambers Community

Needham Community Farm offers a bi-weekly free Mobile Market, bringing sustainably grown, culturally sensitive, fresh produce directly to Needham Housing Authority residents. Pictures from this week's market at the Linden/Chambers community.



Sweet peppers



Tomatoes and Daikon Radishes



Leeks, Bok Choi, Kale, & Herbs

2021 Food Donation Program Sponsors

- Beth Israel Deaconess Hospital, Needham
- Brookline Bank
- Cambridge Trust
- Copley Motorcars
- Dedham Savings
- Direct Federal
- Eastern Bank
- Fidelity Bank
- Middlesex Savings Bank
- Needham Bank
- Needham Women's Club
- Noanett Garden Club
- Roche Brothers
- Salem Five Bank
- The Village Bank
- Volante Farms
- Whole Foods Market

Needham Community Farm



Visit our website