



NEEDHAM COMMUNITY FARM

LEARN • GROW • GIVE

November 2021 Newsletter

Notes From the Field



Even though this past week was stormy and ended with our first frost, the past month has been incredibly beautiful. So many warm, dry days, perfect for cleaning up the farm and getting ready to put it to bed for the winter. Cover crops, late season produce, and farmers are all thriving with

this glorious sun! We are almost done harvesting, with just a few more weeks of roots and hardy greens from the field and tender baby greens from the high tunnel for the Needham Community Council Food Pantry. As the season winds down, another big task for Ceilidh and I is reviewing what went well or less well and starting to think about plans for next year.

See you on the Farm,
Liz



Sign Up For The Virtual Pea Shoots Class With Assistant Farm Manager, Ceilidh!

**Saturday, November 13th
11:00AM on Zoom**

Want to learn how to grow your own greens in the middle of winter? Looking for a fun activity with your kids? Pea shoots are quick and easy to grow indoors, and so tasty! Simple for folks with little growing experience, but satisfying for more experienced growers.

This class is designed for all ages, but kids under 10 should be joined by a parent. Printed instructions and all supplies will be provided, available for pick-up the week before the class.

The class is \$20 for one kit, each additional kit is \$10. Each kit will grow about a sandwich bag of greens. Scholarships are available.

[Please register here to attend the class and reserve your supplies.](#)

If you would like to request a scholarship, [please register here.](#)

Contact Ceilidh at
cpedenspear@needhamfarm.org with any questions.

Many Hands Make Light Work...Volunteers Needed on the Farm!

There are still
plenty of
opportunities



to volunteer on the farm through the end of November.

Now our tasks on the farm are mostly repairs, maintenance, and organizing, but we could still use your help! We have lots of compost to move around, wooden beds to fix, tools to repair, and sheds to clean out.

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.

Biology Class From Simmons University Collaboration

This fall we had a visit from a plant biology class from Simmons University. During their visit they took some samples of weeds to identify. By combining these samples with pictures we took throughout the summer, these students are working to create a weed identifying guide for the farm. The guide will help us and future visitors to the farm figure out information about each plant, such as which weeds are edible, which ones are native, and which ones are beneficial for the soil. We love working with students on these sorts of learning opportunities!

If you know any students or groups (high school or college) who might be interested in doing a plant-related project, reach out to us!

2021 Annual Appeal Campaign!

DONATE NOW

Families and individuals in our community urgently need your support as they face dual public health crises of food insecurity and the COVID-19 pandemic.

Please consider making a generous gift because people in our community cannot afford to put healthy food on their table without us.

Donations can be made on our website at needhamfarm.org/donate or send a check made payable to the Needham Community Farm and mail to P.O. Box 920877, Needham, MA 02492.

Take the Beth Israel Deaconess Hospital–Needham Community Health Needs Assessment Survey for a chance to win a \$100 Visa gift card!

BID Needham and its member hospitals are conducting a Community Health Needs Assessment to better understand the most pressing health-related issues impacting the people living and working in the communities we serve. This anonymous, 15-minute survey will allow us to develop a deeper understanding of issues that relate to our community member's thoughts on quality of life, availability of services, and physical and mental health to improve patient and community services.

Complete the survey online at <https://survey.jsi.com/s3/BILHsurvey2021> for a chance at winning a \$100 Visa gift card.



2021 Food Donation Program Sponsors

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

Needham Community Farm



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