



# NEEDHAM COMMUNITY FARM

## LEARN • GROW • GIVE

## July 2021 Newsletter

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### Notes from the Farm

Now that summer is in full swing on the farm, crops shift from lots of leafy greens to classic summer crops - cucumbers, summer squash, peppers, and, coming soon, tomatoes, eggplants, and green beans. Things are humming along on this little farm, and with all major plantings done we have time to turn our attention to other farm projects like turning the compost, pruning and trellising vining crops, organizing storage spaces, and weeding, weeding, weeding.

See you on the Farm,  
Liz

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### Welcoming New Interns

We are excited to announce that we have three interns that have joined the Farm for the summer. This month, we welcome 2021 intern Elizabeth Mitas.



Hello! My name is Elizabeth (she/her) and I am one of the interns working at Needham Community Farm this summer. I grew up in Westport, CT and completed my undergraduate education at Bentley University here in Massachusetts. Currently, I am a graduate student at Tufts University pursuing a Master of

### Environmental Advocacy News

On the farm, we have experienced two heat waves in the month of June. While the plants are doing just fine for now, the heat is difficult on the farmers, interns, and volunteers, and our heatwave in the Northeast is nothing compared with the extreme temperatures this summer in the Southwest and Pacific Northwest. While the heat feels out of our control, here are a couple of actions you can take:

1. Learn about, and consider advocating for, federal heat safety standards for workers - <https://act.seiu.org/a/heat2021?ms=w>. Extreme heat isn't going away, let's legislate ways to keep vulnerable workers safe.
  2. Start or continue asking your elected officials at the local, state, and federal level to make reducing carbon emissions and planning for extreme heat events a legislative priority.
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### How to Harvest Basil with Ceilidh

Science in Sustainability. I'm so excited to have the opportunity to work at the farm, as it will help me connect the sustainability concepts I've learned in the classroom thus far with real world experience in a community setting. For as long as I can remember, my passions and hobbies have revolved around the environment. I played soccer for a long time in my life, but today, I enjoy hiking, skiing, camping, and exercising (in addition to eating great food and watching movies). In my time interning so far, I've been grateful to be a part of this wonderful Needham community and learn about agriculture from Liz and Ceilidh. I can't wait to see what's next!

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## Farm Volunteers Needed



Volunteer opportunities on Tuesday mornings for experienced volunteers and Thursday afternoons/Friday mornings for everyone.

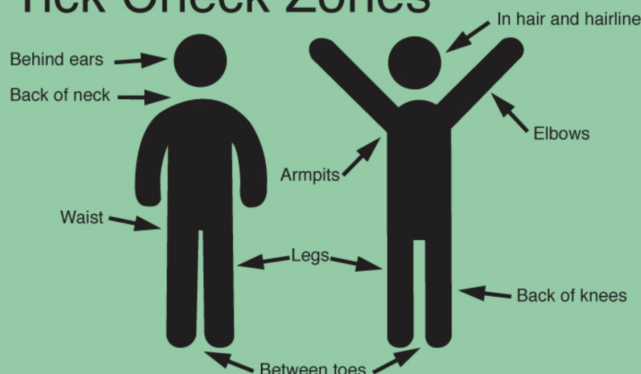
**Please sign up here to volunteer.**

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.**

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## Visiting the Farm? Please Check for Ticks

### Tick Check Zones



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## Updated Farm Mask Policy



Click on image above to watch NCF Farmer, Ceilidh, demonstrate how to pick basil to maximize regrowth.

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## Free Farm Fresh Veggies In Exchange For Your Help!

We need a volunteer to help clean up the Tuesday evening CSA pick up at Hearth Pizzeria. In exchange for this help, we will gift you some veggies each week.

You would need to:

1. Visit Hearth around 7:15-7:30PM.
2. Collect left over shares, empty boxes, clipboard, and any signage.
3. Sweep up pick up area and throw out any trash.
4. Return empty boxes, clipboard, signage to NCF (can be the next day, doesn't have to be that night).

If interested or if you have any questions, please email Liz at [lperkus@needhamfarm.org](mailto:lperkus@needhamfarm.org).

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## Vegetables Delivered to the Needham Food Pantry



We continue to follow current Massachusetts and CDC guidelines for mask usage and social distancing at the farm.

Here is our updated mask policy:

- If you are fully vaccinated you do not need to wear a mask, but you are welcome to wear one if you prefer.
  - If you are not fully vaccinated, please continue to wear a mask when others from outside your household are within 6 feet of you (i.e. working in a bed next to you).
  - Children 5 years of age and younger do not need a mask.
  - When gathering in groups to receive instructions, we will continue to stay 6 feet apart from people not in our households, masked or not.
  - Please respect everyone's individual comfort level and bring a mask with you to the farm.
  - If you are feeling any Covid-19 symptoms please stay home, regardless of vaccination status.
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## New Corn Field



In June, we made a little corn field! We solarized this field with a silage tarp and then tilled. We'll plant squash between the corn rows too.

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## 2021 Food Donation Program Sponsors

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Needham Community Farm



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