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Kettle Pond Farm CSA

Week 11

"No act of kindness, no matter how small, is ever wasted.."

~Aesop~

Volunteers Unite!

It's week 13 of our CSA here at Kettle Pond Farm. August has come to a close and September is off and running. Summer will be ending soon and those fall crops will be showing up soon! I'm writing this newsletter just hours after Jamie, our seasoned intern, has left. Her leaving means the need for volunteers has increased, so this edition is specifically geared towards volunteerism! Get Ready, here it comes...

Sue and Brian Smith Share their experience....

Hi! Let me introduce myself. My name is Susan and most of the "Monday people" recognize me as the person who helps them when they pick up their shares. I have never participated in anything like a CSA before, but felt that I wanted to be more involved than just getting my veggies once a week. So I decided to see if I could volunteer some time at Kettle Pond Farm. Helping at distribution time seemed right for me. In spending a small amount of time in the barn, I feel that I have made it possible for the real farmers to get more work accomplished in the fields. I know that Kelly and Steve have missed some of the interaction with the share members, but a lot of you have found them hard at work in the fields and have been able to speak to them.

Steve and Kelly hate to ask for help even though I know that they can always use some. I've had a great time getting to know people and lending a hand on Mondays. You don't have to know farming to donate even a couple of hours a week to Kettle Pond Farm. There's always something to do that one of the farmers can explain to you so that you can help them out. If you have the time and the inclination to volunteer, I know that you will find it as rewarding as I have. And you have a little more pride in feeling that in some small way, you helped to put those fantastic veggies on your table each week!

Hello. I'm Brian and I have volunteered at Kettle Pond Farm on Monday mornings this summer. I decided to volunteer because I believe, as do more and more folks today, that organic, locally grown food is the healthiest choice we can make. Volunteering is one way that I can help sustain local farms like Kettle Pond. Distribution days are the busiest for Kelly and Steve and so I try to show up every Monday morning to help harvest and wash that day's distribution. On occasion, I will help with any other chores they may have that day, but I'm always done by noon.

What a feeling it is to walk onto the farm on a summer's morning and drink in the peaceful beauty that encompasses the well tended fields, then filling baskets with the wonderful vegetables that nature and these hard working farmers have produced. Just as everyone else, my days are very busy, but by finding just a few hours a week to slow down and do some basic farm work is a welcome respite from a full schedule.

There is only one way to ensure that wonderful local farms like Kettle Pond can continue, and that is for as many people as possible to get involved, no matter how much or how little. Volunteer however you can and get to know how your food is grown and get to know the farmers who grow it. Steve, Kelly, and this year Jamie, work hard to provide the healthiest food possible for you, and they can use your help from field work to web design. Ask them how you can be part of Kettle Pond. They will appreciate it more than you know.



In Your
Share:

- Peppers-
- Eggplant?-
- Basil-
- Cukes-
- Squash-
- Garlic-
- Tomatoes-
- Greens-
- Onions-
- Scallions-
- Potatoes-

Volunteering at KPF

We here at KPF hope that volunteering will become an ever greater part of our operation. Sue and Brian are one example of how a little bit of time can go a long way! It is great to see both of them every Monday, knowing that they are not only helping us, they are also enjoying themselves.

Volunteering at KPF can mean many things. It ranges from helping us harvest on pick-up days to helping us build a better website. Maybe you have a skill, like carpentry and would like to help us build a table. Or maybe you have a great recipe and want to share it! This year we have had members help us weed, plant and harvest. We would love to have more individuals join our community by spending a few extra hours with us!

If you just don't have the time maybe you can help by donating some needed goods! Are you upgrading your fridge, do you have usable wood or maybe you have some old usable tools. We are always looking for more fridge space, extra wood is always handy and we can always use an extra rake or two.

We look forward to spending more time with all of you in the future. Eat well, feel well, live well. Thanks from the KPF team.

Zucchini Bread IV (from allrecipes.com)

“~ Never doubt that a small group of committed people can change the world. Indeed, it is the only thing that ever has. ~”

INGREDIENTS

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| * 3 eggs | * 1 cup vegetable oil |
| * 2 cups white sugar | * 2 cups grated zucchini |
| * 2 teaspoons vanilla extract | * 3 cups all-purpose flour |
| * 3 teaspoons ground cinnamon | * 1 teaspoon baking soda |
| * 1/4 teaspoon baking powder | * 1 teaspoon salt |
| * 1/2 cup chopped walnuts | |

- Margaret Mead

DIRECTIONS

1. Preheat oven to 325 degrees F (165 degrees C). Grease and flour two 8x4 inch loaf pans.
2. In a large bowl, beat eggs until light and frothy. Mix in oil and sugar. Stir in zucchini and vanilla. Combine flour, cinnamon, soda, baking powder, salt and nuts; stir into the egg mixture. Divide batter into prepared pans.
3. Bake for 60 to 70 minutes, or until done.
4. Share and Enjoy!