

BROOKFIELD FARM SHOP TALK

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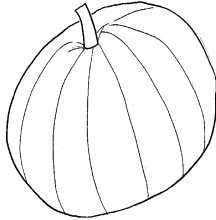
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October 17, 2009
Distribution Week #20

WHAT'S NEW THIS WEEK

Fall Color

Pie Pumpkins: Good for Halloween decorating, making into a delicious pie (see below), roasting the seeds, or baking and using like any winter squash.



Where's my cauliflower?

This has been the "problem child" of the year. Every week, we think the next crop is coming in for sure, but then something else turns it sour. We still have hopes for the last two crops, but can't be sure yet - we'll keep praying and keep you posted

WHAT'S HAPPENING ON THE FARM

First Frost. Second Season.

After covering the peppers over the weekend, we had consigned ourselves to the inevitable - New England would turn cold once again. It was true, but a little more true than we had planned.

This is late for a first real frost - when we first started growing here (in 1994) the average first frost date was September 25. But for the past few years, we've gotten used to mid-October, so it seemed to be coming right on time this year. And after a year of trials and travails, this frost was like a welcome reminder that the end is near, the winter of re-grouping is soon to come, rest is imminent.

WHAT'S ON THE WAY

SWEET POTATOES
RUTABAGAS
RED KALE
RED CABBAGE

BULK PRODUCE

TOSCANO KALE, GREEN KALE, COLLARDS: \$2/LB
BEETS, CARROTS: \$1 / LB
LEEKs: \$1 EACH
CELERY, GN CABBAGE: \$2 EACH

The winner's have now been determined from our

Guess-the-Giant Pumpkin-Weight-Contest

Dahlia &
the team of Hattie, Ruth, & Liam
all correctly guessed 80lbs.

*Please come to the Farm Shop
to claim your prize....*

So, on Monday morning, when the crew gathered as usual, they did so in full winter regalia - long johns, hoodie sweatshirts, wool hats - and looked cold but prepared. Instead of going out and harvesting right away, we start the day by popping garlic seed (preparing it for planting in a couple of weeks). That's good work you can do in the greenhouse where it's warm to keep the squash and sweet potatoes happy. Then it was out to the field by 10am, where we still found plenty of hearty leeks, celery, cabbages, roots, and greens of all stripes.

We harvested to remainder of our non-storage potatoes on Monday, and stripped all of the green peppers off of the ready-to-die plants on Tuesday. And then it was clean-up time. With the first wave of crops done, it's time to remove the row covers

hanging in the remains of summer crops, rip up a few pieces of plastic mulch from the canteloupes, bring out the harrow to scuff up the fields, throw some rye seed down, and get ready for the cold rain to germinate the seeds and put the fields to sleep.

Harvest season over? No way! With summer crops fully gone, we now turn our attention to the thousands of pounds of carrots, leeks, beets, cabbage, storage potatoes, rutabagas and brussels sprouts that await our gloved hands. The snow on Friday seemed gratuitous, but we were ready for it.

We hope you enjoy the harvest,

Farmer Dan
(for Karen, Abbe, Adan, Kerry, and Lisa)

Pumpkin Pie

Basic Pie Dough (9-inch shell) Preheat the oven to 450 F. In a large bowl, 1/4 cup brown sugar beat together the pumpkin puree and eggs. 2 cups pumpkin puree Add the evaporated milk and sugar then the salt, cinnamon, ginger, nutmeg, cloves, and allspice. Beat until the mixture is smooth. Pour into the pie shell and bake for 10 minutes. Reduce heat to 300 F and continue baking for 30 to 40 minutes, until the filling is almost set; a sharp knife will come out almost clean. The center of the pie should not be completely firm. 1/2 teaspoon salt 3 eggs 1 1/2 teaspoon cinnamon 1 1/2 cups evaporated milk or heavy cream 1 teaspoon powdered ginger 1/2 teaspoon nutmeg 1/4 teaspoon ground cloves 1/4 teaspoon ground allspice

Potato Dig & Cookout

Saturday, October 24, 2 - 5pm

Come lend a hand with our potato harvest!

Help in the field at Grays' Farm (just off Southeast St - there will be a map at the Farm Shop). Wear clothes that can get completely dirty and come anytime during the afternoon to help. After the harvest we'll roast potatoes and have a potluck dinner back at the barn - bring some food that goes well with baked potatoes, and come to have fun! This work is suitable for all ages. Feel free to bring your friends and neighbors.



BRING US YOUR LEAVES

Help us make great compost

Bring your leaves to the farm (bagged or loose) and follow signs to the right of the barn, down the field, to the compost area. They will help create beautiful fertilizer for the farm.

And from our neighbors.....

Pioneer Valley Heritage Grains CSA

has some new openings for our 2009 shares!

There are now about 25 shares available. Please visit www.localgrain.org for more information. Ben and Adrie can also be reached by email at wheatberryma@gmail.com. Full shares will be about 115lbs for \$300 and half shares about 55lbs for \$175. The share will include a mix of wheat, oats, barley, emmer (farro), rye, spelt, dry beans, and grain corn. Distribution will happen sometime this November.

Eat local all winter long!

Please send or drop off checks at Wheatberry: 321 Main st. Amherst, ma 01002 and sign up soon. We expect these new shares to fill up quickly!



When Can I Renew My Share for 2010?

Now!

Look for your renewal form in the mail or go to our website, get the form, and renew online. Your renewal form and deposit need to be received by November 24 to save your share. We will begin selling all remaining shares for the 2010 season starting at the beginning of January to our waiting list.

If you are currently splitting a share and want one of your very own, now is the time to make the change.

When Does Distribution End?

We'll keep our regular distribution schedule until Thanksgiving.

*Our final delivery to the Boston area will be on Thursday, Nov 19th.
(it will be a large pre-Thanksgiving box!)*

Our final distribution at the Farm Shop is Tuesday Nov 24th, 1:30 - 6:30pm.

Harvest Dinner & Trust Annual Meeting

Saturday November 14, 5pm

South Amherst Congregational Church

Potluck Farm Dinner ❖ Farm slideshow
News from the Trust ❖
Community Celebration!...and more.....

A Rollicking Good Time!

Celebrate our farm, food, and community!

Please note - due to changes in policy at the church, this is an ALCOHOL-FREE Event!