

BROOKFIELD FARM SHOPTALK

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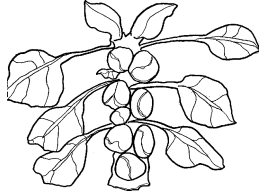
October 31, 2009
Distribution Week #22

WHAT'S NEW THIS WEEK

New England Fall Classics

Brussels Sprouts:

This one brings out the fans and the hecklers as well. We leave them on the stalk (to make harvesting faster), so you have to strip them off (and then use the stalk to play wiffle ball). After removing the sprouts, score the bottom, and steam them up. The sprouts are a bit small this year, but very clean and tasty. After two years of crop failures we'll take it!



Kabocha Squash: This winter squash family (buttercup, hubbard, sunshine, red kuri) is most prized by some. The nutty flavor (almost like a chestnut) and the dry texture make for the most sophisticated of all of our winter squash. Still, cut it, bake it, eat it. It's just squash! We'll have it just for this week.

Where's my red cabbage?

We kept thinking it would be ready this week, but it's taking awhile to head up. It's out there, just still small - hopefully good for next week!



WHAT'S HAPPENING ON THE FARM

The Great Wind Down - Farm Style

When I run into people on the street these days they are always asking me whether we're all done for the season. It's getting cold. Cucumbers are a distant memory. Winter's coming. Surely you must be ready to hunker down?

"Yeah," I reply, "we're winding down." They look relieved. "Just four weeks to go." Their face looks concerned. Farm time is different from real time. When we say "winding down" we mean hard labor for another month. "Really? What's left to harvest?" they say, genuinely surprised and interested. Then I start the list...

"Well we've got about 6000 lbs of carrots left in the field. 3000 lbs of potatoes. 6000 leeks. 5000 lbs of parsnips." They start to look sorry that they asked. "4000 cabbages, 2000 lbs of celery." Now they look vaguely annoyed, but I'm on a roll. I barely notice and just keep going. "Oh, then there's the brussels' sprouts - a few thousand of those and 2000 celery and 2000 lbs of rutabagas and turnips. Oh, and 3000 lbs of beets." They've stopped listening, but I'm over the edge and can't stop. "And then there's the kale and collards - a few thousand lbs of each of those. That's about it." Now I see regret (that they asked) mixed with admiration mixed with pity mixed with relief (that it's not them grubbing about in the dirt in November). In these moments I sometimes think I live in a very alternate reality from my fellow man.

The great wind-down is a two-month process that we start in early October and finish just before Thanksgiving. That's farm time. Everything takes a while. It's the end, but it's the end for a long time. So, we just keep our nose to the soil and pull the roots and trim the tops and pull the roots some more. All that matters to us these days is getting this done before it snows. So if you want to help us, come grub in the dirt any day (no need to call ahead!), or just pray that we don't see white stuff stick to the ground until December. That'd be swell.

We hope you enjoy the harvest,

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

WHAT'S ON THE WAY
GILFEATHER TURNIPS
YELLOW ONIONS
YELLOW POTATOES

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

Hollie's "Blackies" - Black Bean Brownies

- 1 1/2 c cooked black beans, rinsed and drained
- 2 eggs (allergic to eggs? Use: 3/4 c of applesauce & 1 1/2 tspn baking powder)
- 2 tbsp olive oil
- 1/3 c cocoa powder
- 1 tsp baking powder
- 1 pinch sea salt
- 1 tbsp vanilla extract
- 1/3 c brown sugar or sucanat + 1 tbsp molasses
- 1/2 a banana
- 1/3 c. chopped walnuts (opt.)

- Mint extract to taste (optional, for taste)
- 1/4 cup chocolate chips (optional for taste).

Blend everything in blender, then pour it all into a greased 8" x 8" pan. Bake 350F apprx. 30 min. until the top is dry, the center mostly set, and the edges pull away from the sides. Optional Frosting: after they are out of the oven, drop a few more chocolate chips on the top and spread when melted for a thin frosting.

Farm shareholder Rosie Pearson got these from her nutritionist friend Hollie and says, "You won't believe how delicious these are. These contain no flour, very little oil, and are high in fibre. A great way to use Adan's black beans!"

New Date!

Potato (& Carrot) Dig & Cookout

Saturday, November 7, 2 - 5pm

Come lend a hand with our root harvest!

Help pick up potatoes in the field at Grays' Farm (just off South-east St - there will be a map at the Farm Shop). Wear clothes that can get completely dirty and come anytime during the early afternoon to help. We'll probably get done with the potatoes early (3:30pm) and then move to the field behind the Hulst Rd barn and dig some carrots.

After the harvest we'll roast potatoes and have a big pot of home-made chili back at the barn. Feel free to bring some food or dessert that goes well with baked potatoes & chili, and come to have fun! This work is suitable for all ages. Feel free to bring your friends and neighbors.



Harvest Dinner & Trust Annual Meeting

Saturday November 14, 5pm

South Amherst Congregational Church

Potluck Farm Dinner

Bring a dish that feeds 12 and uses as much farm food as possible

We'll have our yearly review, slides, awards and a look ahead to 2010....
....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!*



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.***

Time To Renew Your Share for 2010

You should have received your renewal form in the mail. If not, 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.

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.

A Big Thanks To Our Fall Volunteers!

Valerie Vaughan for handweeding next years strawberries and caring for the perennial garden

Meg Holladay for helping with general farm tasks on Monday & Wednesday afternoons

Pete Aronson for washing loads of vegetables and caring for the chickens

Larry Manire for bringing more light to the root cellar!