

BROOKFIELD FARM SHOP TALK

P.O. Box 227
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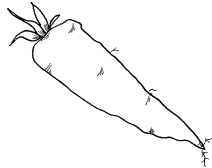
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November 7, 2009
Distribution Week #23

WHAT'S NEW THIS WEEK

More Roots!

Parsnips: These white roots, with their distinctive taste are a late-fall treat. Wash, peel, and slice like a carrot and then you can fry them up, or steam them, or add them to a soup or a roast (see below).



Yellow Potatoes: We grow a variety called "Keuka Gold" which has been a big improvement in yield, and no loss in taste from "Yukon Gold" These spuds taste like they already had the butter added! The blight got the tops, so they are a little smaller than usual, but they are still delicious and make great mashed, roasted, or boiled potatoes.

Yellow Onions: Our storage onions were a general success this year with good size, density, and flavor. You can eat them raw, but they will make you cry a little! They will store in the paper bag for months if you don't eat them all this week.

Time to Renew Your Share!

It's not too late yet!!

Send us your renewal form or go to our website and click "Renew Your Share." Simple

Sweet-and-Sour Glazed Parsnips

- 4 medium parsnips
- 1/4 c butter
- 1 tsp sugar
- 3 tbsp orange marmalade
- salt
- black pepper
- lemon juice
- grated nutmeg

Cut the parsnips diagonally into 1/4" slices and put them into a large skillet along with enough water to cover by 1". Add 2 tbsp of the butter and the sugar; set over medium-high heat. Bring to a simmer; cook, uncovered, until the parsnips are tender; 10-12 min. Add the marmalade and remaining 2 tbsp of butter. Increase the heat to medium high and continue cooking, stirring constantly, until all the liquid has evaporated and the parsnips are coated with a shiny glaze, about 6 min. Remove from heat. Season with salt, pepper, and fresh lemon juice to taste. Top each serving with a dash of nutmeg.

This recipe came from "Farmer John's Cookbook" a great resource for local food from a terrific CSA in Illinois. Available at the Farm Shop.

WHAT'S HAPPENING ON THE FARM

Winter 's Coming?

I wasn't sure what was eating at me. The season was winding down, mostly as usual. We're down one apprentice with Brigitte leaving at the end of September, but Marc and Karen have been filling in admirably. But, something was still eating at me. Then, I'm just sitting enjoying a perfectly swell dinner with a bunch of people on Sunday night and I turn to Carol, the animal lady (maybe you remember the skunk?) and just ask, for no reason at all, if she thinks it's gonna be a snowy winter. Without missing a beat, she says, "Oh yes, Daniel, we're gonna get pounded." So sure. Really? "Pounded." Before Thanksgiving? "Definitely. Lots of it." So much for the relaxing dinner. She put the words to it, and it

just seemed to click. It's not that we don't have the labor to pull the food out of the ground before Thanksgiving. It's just that if it snows before then, we could be caught with our proverbial vegetables down.

With that as a backdrop, this week was a real blessing for our cause (bringing in the harvest before being buried), as the weather, machines, and people all cooperated. With cool temps, no rain, and the Yankees rolling over the Phils (sorry Tober), we finished our garlic planting by Tuesday and set sights towards the crops in the field. Carrots were the main focus this week as they have sweetened up considerably with the cold nights (the starches turn to sugars with temps below freezing) and they are our most beloved crop for the winter (always bring in the favorites first).

On Wednesday we were pleasantly surprised by our neighbor Chris Zobel who took the day off work to help us in the field. He was joined by Scotti, Marc, Karen, Andrea (volunteer), and Tobin (visitor) who made a very productive vegetable squadron. We pulled in 1000 leeks, 3500 lbs of cabbage, 1200 lbs of carrots, and 1200 lbs of brussels, kale, and celery. Many people always make for light work. So, besides the regular harvest and Farm Shop, we spent Thursday and Friday preparing for the big potato and carrot dig this Saturday. With any luck a few people will show up and we'll get them all out of the ground. Maybe we'll beat that snow after all.

We hope you enjoy the harvest,

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

BLOW OUR OWN HORN

Farmer Karen Honored

Congratulations to our very own Karen Romanowski for being recognized with a *Stavros Center Access Award* for her work making the accessible garden. Karen was honored on October 21 at a Stavros Center luncheon for being the driving force behind creating and caring for our beautiful wheelchair-accessible perennial garden at the front of the farm. Karen is always doing so much "behind the scenes" here at the farm, so it's nice to see her in the lime-light for a change!



A Big Thanks To More Volunteers!

Andrea Olkin for harvesting with us on Monday and Wednesday mornings this fall

Chris Zobel for harvesting with us this week

Ariel Berman for building a wheelchair friendly access to our Farm Shop and a new accessible picnic table earlier this summer

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!*



FRIENDS AND NEIGHBORS

Northeast Organic Farmers Association

Join NOFA/Mass and unite with a community of people who respect the earth and strive to use the most environmentally sound growing methods available. NOFA/Mass membership is for anyone who eats, farms and cares about where their food comes from. NOFA/Mass has been a pioneer in organic growing since 1982 and remains a leader today. As a member of the Massachusetts Chapter of the Northeast Organic Farming Association you will be an essential part of their work and vision to advocate for and educate about organic and sustainable farming, gardening, landscaping and living in Massachusetts. Membership fees are reasonable - You can get more information and join at <http://www.nofamass.org/about/application.php>.

UMassFive College Federal Credit Union

The Credit Union, as a supporter of CISA and local CSAs, is offering its members a no-interest/no-fee six month loan to their members to cover their CSA yearly membership fee. Call (413 256-5500) or email (info@umassfive.org) for more information

When Does Distribution End?

*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.*