

BROOKFIELD FARM SHOPTALK

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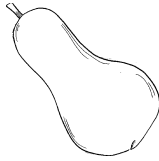
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November 14, 2009
Distribution Week #24

WHAT'S NEW THIS WEEK

Some Final Treats

Butternut Squash: Here it is - the classic New England squash. This one made our valley lots of money back in the old days. Now it is mythic in importance (even if no longer valuable enough to support entire farm families). After careful curing in the greenhouse it is sweet, vibrant orange, and full of seeds that are also good for roasting. We didn't have as much as usual, but what we do have is delicious.



Gilfeather Turnips: This one tastes like no other turnip - really. Crunchy and a bit sweet, this was developed in Vermont and can be used like any turnip!

WHAT'S HAPPENING ON THE FARM

Giving Thanks

Saturday was just the icing on an incredible week of delicious harvest cake. We have been blessed with incredible fall harvest weather - not much rain, not too cold, not too warm, and no snow - and we really made the most of it.

While we were in the harvest shed Saturday morning, washing the celery, Adan speculated that maybe four people would show up for our potato & carrot dig. Then we got to the field, in the afternoon, after Kerry and I had spent the late morning with the digger, bringing lots of beautiful potatoes to the surface of the earth. There we were, with about 80 white buckets, clear blue skies, and not another soul in sight. "What if you through a CSA and nobody showed up?" Kerry wondered aloud. I had been through this before, so I figured a few

people would show up, but if not, we'd just pick up the spuds and eat an incredible amount of delicious chili. We kind of milled around, trying not to do too much of the work, just in case people came to the field to help.

Then a car came down the farm road. And out popped Jeff and Alex with Ethan, Noah, and Jacob. Adan said kids only counted as 3/5ths, so we weren't there yet. Then came Chris Zobel, and then Zach, Eden, and Henry. Then more cars started coming. And coming. Before too long we had a picking crew, a bagging crew, and a tying crew. Before too long it was time to throw the spuds in the truck and move along. Just as we planned. To the carrots!

IF YOU GET THIS BEFORE THE FINAL DISTRIBUTION (VIA EMAIL) HERE'S THE LIST FOR THE FINAL BULK PRODUCE AVAILABLE FOR THE SEASON

BULK PRODUCE

GREEN KALE, COLLARDS:
\$2/LB

PARSNIPS, CARROTS:
\$1 / LB

LEEKS: \$1 EACH

CELERY, GN CABBAGE:
\$2 EACH

HAPPY THANKSGIVING!

THIS IS OUR LAST NEWSLETTER FOR THE SEASON.
THANK YOU FOR ANOTHER GREAT YEAR.
WE LOOK FORWARD TO
SEEING YOU AGAIN NEXT SPRING!

Time to Renew Your Share

Send us your renewal form by Nov 24 or go to our website and click "Renew Your Share."

Moroccan-Style Chicken and Root Vegetable Stew

- 1 tbsn olive oil
- 12oz chicken breast cut into 1" pcs
- 1 1/2 c chopped onion
- 2 garlic cloves, minced
- 1 tablespoon curry powder
- 1 tablespoon ground cumin
- 1 cinnamon stick
- 2 c 1/2" pieces peeled squash
- 2 c 1/2" pieces peeled parsnips
- 2 c 1/2" pieces peeled turnips
- 1 c 1/2" pieces peeled rutabaga
- 2 c canned low-salt chicken broth
- 1/4 c dried currants or raisins
- 1 c drained canned diced tomatoes
- Chopped cilantro

Heat oil in large pot over med-high heat. Sprinkle chicken with salt and pepper. Add chicken to pot and sauté until light golden but not cooked through, ~1 min. Transfer chicken to bowl. Add onion to pot and sauté until golden, ~4 min. Add garlic and stir 1 min. Add curry powder, cumin and cinnamon stick and stir 30 sec. Add veggies, broth and currants. Cover and simmer until vegetables are tender, ~20 min. Add tomatoes and chicken to pot. Simmer until meat is cooked through and flavors blend, ~5 min. Sprinkle with cilantro and serve. Goes very well with couscous.

- From our Newton Site Coordinator Jen Hyde who says it's delicious!

After the great migration to the carrot field, we set about to work. More people showed up. Tops were ripped. The under-cutter bar loosened the roots. The carrots were pulled and put into buckets. Karen had the fire going behind the barn and spuds were cleaned, wrapped, and now roasting. More people showed up. We kept digging and digging carrots out of the ground.

Finally it was getting dark and we loaded it all up into the trucks and drove them towards the barn, brought the pallets over to receive the stacked bags. One bucket of carrots weigh 20 lbs. Two buckets are poured in each bag. 5 bags on a layer

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farm happenings, con't

on the pallet. 5 layers = 1000 lbs of carrots. For potatoes it's 25 lbs to a bucket so we only need 4 layers to make a thousand. In the end we had 2850 lbs of potatoes and 2240 lbs of carrots. Not bad for a days work.

So after a season that seemed to go on for ever. One that started with warm weather which only gave way to more cold and wet than we had ever seen in June and July. Where we had our best spring spinach crop in years. Where we went through a very dark period which saw us lose our field tomatoes, many of our yellow watermelons, and about a third of our winter squash. And where we turned the corner in the fall into a bounty of roots and leeks and greens that has felt as if it would never end. It finally felt like it was time to head for home.

It was like another blessing to be able to have this final harvest push come with the help of our community which has been the real theme of this year for us. Through everything this year, we have been, and remain thankful for the support that you have all given us during this season. It's nice to bask in the warm glow of success. That always feels good. But it is deeply gratifying to go through difficulty and feel like you didn't go through it alone; To go through the gauntlet and turn around and find out that there are 600 families cheering us on. That is a truly amazing part of our working lives here at Brookfield Farm. And one that we do not take for granted. We are deeply grateful just to be able to do this work. We feel doubly blessed to have your support both in the good times and in the less than good times. So, that's how we'll remember this year as we head towards a good winters' rest (just after we get the remaining, pesky cabbage, leeks, and parsnips out of the ground next week). And after that winters' rest is done, we look forward to getting back at it next year. And we hope you'll be back as well, to go through this journey again, together. To see what it brings for all of us.

We hope you enjoy the harvest,

Farmer Dan

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

Winter Shares Available

Tell Your Friends

We have a excellent supply of storage crops (potatoes, carrots, cabbage, etc) and have more shares available

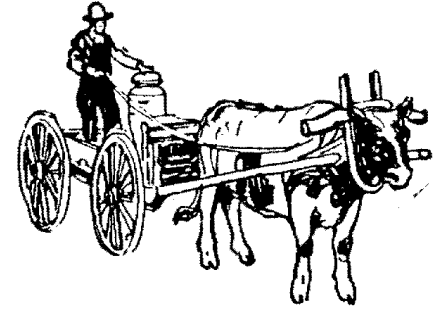
To purchase a share, or get more information, pick up a form at the farm shop, or go to our website and click on "buying a winter share."

We hope you join us for a great winter of local delicious eating from the root cellar. If you have any other questions, please let us know.

HOW WE FARM

Farm Gold

I get high on compost. There's no two ways about it. As we prepared to make piles down near the North Field the excitement was building! Load after load of leaves were delivered, the horse and cow manure had been delivered earlier in the summer. And now it was just about time to hop on the tractor and take the reins of the loader and the spreader and set off to build this year's brew. Soon, load after load of cow manure, horse manure, and leaves will be piled into the spreader. We'll work for a couple of days and made about 120 tons of the stuff. Everything will smell like earth - even our hair. Rich earth.



Oh compost! Cleaner of soil. Creator of good tilth. Humus bearer. Transformer of matter. All-around multi-purpose right on stuff. The Rodale Institute put out a 1000+ page book on the wonders of compost. I loved its girth, but always thought it was ridiculous as they kept saying the same thing over and over again. *Compost is really good.*

It's just rotten stuff, literally. Rotten manure, leaves, hay, and whatever else we've got. Put in the right proportion of dry (carbon) to wet (nitrogen), make sure there's plenty of air, add the biodynamic compost preparations if you want to get fancy, and then left to rot.

The end result is manna for farmers. If your soil is sandy it will help it hold water and retain nutrients better. If your soil is clayey, it will help it drain water and release nutrients better. The humus it contains holds nutrients tight enough that water won't drain them away, but loose enough that plants can take them up when needed. Add the properties claimed by Rudolf Steiner (mediating cosmic and earthly influences and making your farm act as a whole being) and you've got the real thing.

This week we began to spin straw into gold.

Curried Potato Soup

- | 1 tsp olive oil
- | 1 c coarsely chopped onions
- | 1 tsp cumin seed
- | 8 c water
- | 4 1/2 c unpeeled potatoes cut into 1/2" cubes
- | 1 c coarsely chopped carrots
- | 1 cinnamon stick
- | 1 tbsp dried nettles
- | 1 tsp turmeric
- | 1/4 tsp cardamom
- | 2 tsp curry powder
- | 1 c green beans, cut into 1" pieces
- | 2 tsp salt
- | 1/2 c coarsely chopped scallions

Heat the oil in a 6 qt stockpot over med heat. Add the onions and cumin, and saute, for 5 min. Add the water, potatoes, carrots, cinnamon, nettles, and turmeric. Bring the ingredients to a boil, then reduce to med-low. Simmer covered for 30 min. Add the beans, cardamom, curry powder, and salt. Simmer covered for 5 min. Garnish with scallions and serve

- From Goin Wild In the Kitchen - a new cookbook by our own shareholder Leslie Cerier - available in the Farm Shop.