

BROOKFIELD FARM SHOP TALK

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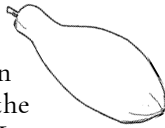
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June 27, 2009
Distribution Week #4

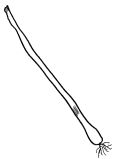
WHAT'S NEW THIS WEEK

A Little Summer (just a little!)

Summer Squash: We grow our first squash on a bio-degradable plastic mulch which warms the soil and speeds our harvest up to the end of June (used to be mid-July). We grow four types - yellow straightneck 'Multipik', yellow squash with green ends ('Zephyr'), and the flying saucer-type "patty pan," and green Zucchini. We'll have limited amounts this week but expect many more in the weeks to come. These are tender, delicious, and very sweet when cooked (see below). Try grilling them with a small drizzle of olive oil. Yum.



Scallions: Spring Onions, Green Onions, Bunching Onions, or whatever you want to call them. They are a good substitute for onions and leeks (which can't be harvested until September). Use the entire plant (green & white) to spice up a stir fry or dress a salad. Very mild. We should have a good supply of these through mid- August.



WHAT'S HAPPENING ON THE FARM

Seattle

I remember the sun. Yellow orb in the sky. I saw it on Thursday. It was really very nice and warm. It brought back memories of days gone by. Summer days. I remember summer days, when the temperature would be over 80F. That happened on Thursday as well. Thursday was a great day. A real throw-back to earlier times. Warmer times. Drier times.

The rest of this week, it was our new reality. Seattle. I've never lived there, but from what I hear it's very nice. Nice and cloudy. With a chance of showers or mist. That's what we did this week. Cloudy with a chance of showers. 6 out of 7 days. And just when it seemed like the winds of change were sweeping in on Wednesday, the long-term forecast was changed to 7 more coming down the pike. We enjoyed Thursday, and then said goodbye almost as soon as we said hello.

WHAT'S ON THE WAY

CARROTS
FENNEL
RADICCHIO

BULK PRODUCE

SWISS CHARD,
KOMATSUNA: \$2/LB
LETTUCE: \$1.50 / HD.
CHINESE CABBAGE: \$2/HD

On the bright side of things, we definitely received less rain this week than last, and that made the puddles in the North Field at Small One's Farm reduce from lake-size back down to 10' wide "wet holes." That relative drying was able to give us an opportunity to get in most of our fields and plant corn, lettuce, beans, basil, cukes, and summer squash that we were all almost two weeks late. We were also able to get our raspberry pathways mowed. And we weren't battling against bolting lettuce (the usual late-June situation). I also saw some absolutely beautiful strawberries being picked during our summer day on

Thursday.

Our concern now is for the summer crops that need to put on some growth in order to give us big harvests in the coming months. Eggplants, tomatoes, peppers, melons, squash, and cukes all need heat and sun to get growing. In addition, those crops simply don't like to be wet for days upon days, as they become easy targets for opportunistic little beasties (bacteria, etc) that love to spread in moist environments. So we continue to plug along and make the most of our opportunities. And hope that we can leave Seattle after a nice visit that's just going on a little too long.

We hope you enjoy the harvest,
Farmer Dan
(for Karen, Abbe, Adan, Kerry, Lisa, and Brigitte)

July 4th Schedule:

We will keep our same distribution schedule and be open our regular Farm Shop hours (8am - 1pm) on Saturday July 4th.

Zucchini & Summer Squash w Crispy Cornmeal Coating

- 1 c corn meal
- salt
- pepper
- 4 small or 2 med squash or zucchini, halved crosswise, each half sliced lengthwise into 1/4" thick strips
- 1 c all-purpose flour
- 1 egg, beaten
- olive oil

Mix the cornmeal with salt and pepper to taste in a shallow bowl. Coat each piece of squash lightly in flour, dip in the beaten egg, then dip into cornmeal so it coats well. Set aside and repeat with remaining squash. Line a plate with a paper towel. Pour enough oil into a large skillet to thoroughly cover the bottom and heat over medium heat. Cook squash until brown - about 5 minutes per side. Transfer cooked squash to paper towel to drain and cool. Serve slightly warm or at room temperature.

From "Farmer John's Cookbook" a great reference for all CSA shareholders, available at our Farm Shop.