

BROOKFIELD FARM SHOP TALK

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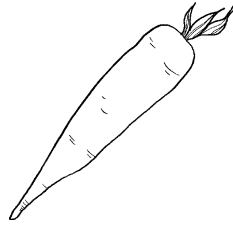
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September 26, 2009
Distribution Week #17

WHAT'S NEW THIS WEEK

Fall Harvest Bounty

Daikon Radish: This white cylindrical root is a staple of Asian cooking. It is excellent pickled or prepared with vinegar and can be eaten raw or cooked (see below for recipe). We should have it through Thanksgiving.



Red Potatoes: We have two varieties this year - Dark Red Norland & Red Pontiac. Both have very thin skin and make excellent roasted or boiled potatoes. We should have them through October.

Green Kale: Our fall crop is ready. The flavor is good now and as the season moves on it will only get sweeter. Steam or lightly fry and you will love this with almost any meal. We'll have kale forever this season.

New Fall Farm Shop Hours

Beginning Tuesday, October 6th
Tuesday & Thursday 1:30 - 6:30pm
Saturday (stays the same) 8am - 1pm

Share Renewal Begins Next Week

Look for share renewal information
starting next Saturday!

Ginger Miso Soup

- 2 c water
- 1/4 c white miso
- 1 tbsp lemon juice (optional)
- 1 1/2 tsp finely grated ginger
- 2 packed cups finely chopped kale
- 1 c diced daikon
- 1 c diced carrots

Put 1/2 c of water and the miso in a medium pot. Mix the miso with the water until it is diluted to a thin paste. Stir in the remaining 1 1/2 c water, lemon juice, and ginger. Place over medium low heat and bring to a very light simmer, reducing the heat as necessary to prevent boiling. Add the kale, continue to simmer, stirring occasionally, until the kale is nearly tender (about 10 min.) Stir in the daikon and carrots and cook until the vegetables are just tender - 5-7 minutes more. Serve immediately.

This came from "Farmer John's Cookbook" a great seasonal eating guide available at the Farm Shop.

WHAT'S HAPPENING ON THE FARM

Spud Town

With the winter squash and onions safely in the greenhouse and the first frost warning set for Saturday night, we slept like babies (after covering the sweet peppers in the West Field) last weekend. What better way to start our week of potato digging.

We still have lots of carrots, beets, leeks, celery, onions, greens, broccoli, and cabbage filling the fields, but those don't take that long to harvest. So with the uncertainty surrounding the effect of the Late Blight on the potatoes, we spent every bit of the rest of our time this week, digging, picking, bagging, and storing our spuds. By Thursday we had sent over 6000 lbs to the cellar where they will now safely spend the next couple of months out

of the heat and cold of the fall days and nights.

The news from the field is that the quality and quantity of the crop both look good. Not a bumper and not a bummer. We should have plenty of potatoes for our shares this fall and winter, but not extra for bulk, etc. We wish we had more, but are thankful that we have a decent crop!

We were also thankful this week to have Kerry's father, Larry, come to the farm and help us finish our field house construction. The final job (two years in the making) was to bring electricity to each field house so that we could blow air between the layers of plastic. This will not only increase the life-span of the plastic (by making it tighter), but it will also keep the houses warmer in the winter (by using the insulation of air). Thanks Larry!

And this week we also saw our apprentice, Brigitte, hang up her harvest knife for the season and head for home. We hope and expect to hear from her as she makes her way in the wider world. We will miss her and are very thankful for all of the work she has put into the farm this season.

We hope you enjoy the harvest,

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