



BROOKFIELD FARM SHOPTALK

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September 17, 2016
Distribution Week #15

WHAT'S NEW THIS WEEK

Greens Come On Strong!

Bok Choy: Crunchy ribs and mild leaves make for the BEST stir-fry green available. Chop up the entire bunch, fry with meat or tofu, add tamari, and you have a delectable dish. We have some beautiful plantings which should last a few weeks.



Porcelain Garlic: Mild and delicious with a silvery white skin - this garlic is delicious. It is cured so if you don't use it this week, leave it in a cool dry place and it will last for months.

WHAT'S ON THE WAY
BROCCOLI?
WATERMELON RADISH
BULK PRODUCE
BEETS: \$1/LB
SWEET PEPPERS,
ARUGULA, TOSCANO
KALE: \$2 / LB

WHAT'S HAPPENING ON THE FARM

Can Lightning Strike Twice?

A storm rolled through our valley last Sunday morning and dropped a solid 1/3" on our parched ground. We didn't "count" it as rain, but we enjoyed how it sounded, and how the soil felt, even on Monday morning, between our toes, almost like mud. Great memories. Mud. By Tuesday, it was only that, as the temps again soared into the mid-80s and we were left in sand again.

The temps did cool off by mid-week, when a cold front came through (without bothering to spit on us at all this time). So we did what we always do in mid-September; Put on our sweatshirts in the 45F morning fog and eventually got to harvesting winter squash for real. The ethereal, yellow skinned, oval-shaped Delicata was the main event of this week, and it was a nice change of pace, as our yield kept getting bigger and bigger, until we finally brought in about 7500 lbs (now curing for 1 week in the greenhouse). Last year we managed about 4000 lbs, so it was a real boost to find such a bumper in the middle of a stretch of downers. We plan to use some of this surplus to make up for some deficits that are looking quite real now.

The most immediate concern now is our fall brassica field, all the way at the back of Small One's Farm. Home to our broccoli, cauliflower, cabbages, and Brussels sprouts, it is totally un-irrigatable and on a typical year gives us over 20,000 lbs of fall staples that we have apparently come to take for granted. While somehow looking good all the way through the August, this last stretch of dry weather has taken its toll. The napa cabbage is wilting

hard every afternoon. The broccoli is not making florettes. The cauliflower is half-size and headless. Still, the plants are so nice, that if we could catch just a rogue inch or two of rain in the next couple of weeks, I think it could bounce back. That's the position our squash field was in at the end of July, when the big plants started wilting and having a hard time setting fruit without rain. One inch on July 31 came just at the right time to give us 4 tons of delicata. Will we get lucky again? Stay tuned!!

We hope you enjoy the harvest.

Your Farmer,
Dan
(for Karen, Abbe, Zoe, John, Rebecca, and Sunny)



Bok Choy Soup

- 1 tsp butter
- 1/2 cup minced leek or onion
- 4 garlic cloves, minced
- 4 baby bok choy, thinly sliced
- 8 cups chicken/vegetable stock
- 2 large potatoes, peeled and diced
- 2 tsp dried chervil (optional)
- 2 tsp dried marjoram
- 1 carrot (or kohlrabi), peeled and grated
- 3 oz. Dry vermicelli
- salt & pepper

Place butter and 1/4 cup water in soup pot, add leeks and garlic and cook slowly until beginning to brown. Add bok choy, broth, and 2 cups water; bring to boil. Add potatoes, chervil, marjoram, and carrot. Simmer for 25 minutes. Add vermicelli; cook 10 minutes. Add salt and pepper to taste. 8 servings.

From: *The good-for-You Garlic Cookbook*

Brookfield Farm Winter Shares Now Available

Join us this winter for more of the same delicious, nutritious, homegrown, naturally grown vegetables straight from our farm to you - ALL WINTER LONG!

Pick up the signup sheet at the Farm Shop, go to <http://www.brookfieldfarm.org/wintershare>, or check your email (we will send you one this week) for information and how to join us

Brookfield Farm Fall FAQs

When Does Regular Distribution End?

We should have beautiful crops and continue the same schedule thru Thanksgiving

When Can I Renew My Regular Share?

At the end of September!

Look for more info soon right here

When Will Brookfield Farm Beef & Pork be Available?

Our **Pork Sale** is planned for Saturday November 12.

Our **Beef Sale** is *available now* in the Farm Shop during regular distribution hours while supplies last.



SECOND ANNUAL FEAST IN THE FIELDS

Brookfield Farm and Wheelhouse are thrilled to host our second annual On Farm Dinner: an afternoon of community, celebration & food.

Join us for a field walk and multi-course dinner, featuring Brookfield's own food, served in the very fields where it was grown.

Sunday, October 9th at 3:30 PM

Tickets: \$50 for CSA members (\$55 non-members)

Questions & tickets:

info@wheelhousefarm.com

www.wheelhousefarm.com/feastinthefields



Pumpkin Harvest Party!!

Saturday, September 24, 10:30 am

Help us harvest all of our pumpkins from the patch from starting at 10:30 (don't be late, this goes very quickly with lots of people!)

then pick out your pumpkin and take a wagon ride around the farm (til noon)

A fun time for all ages , especially little ones