

BROOKFIELD FARM SHOPTALK

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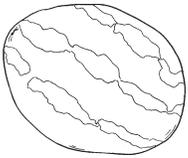
August 18, 2017
Distribution Week #12

What's new this week

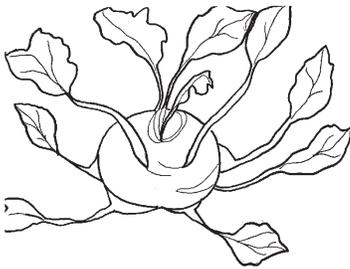
Melons, Melons, Melons and More!

Cantaloupes & Watermelons:

One of our favorite things about late summer is a sweet melon patch. We will start with cantaloupes (orange flesh) and then move to watermelons (yellow & red flesh) for the next 2-3 weeks. The crop looks good and tastes good too!! We try to pick only perfectly ripe melons - they are ready to eat now. If you want keep them, put it in the fridge and they will last for a while. Most often, nobody needs advice about how to enjoy a melon, but if you're looking to get creative:



try going savory with salads and salsas!



Kohlrabi: This crop is in the brassica family along with it's cousins broccoli, cabbage, cauliflower, brussels sprouts, kale, etc. To use it, peel the purple skin and cut it up and eat fresh or cooked - tastes sort of like a broccoli-carrot.

Tomato Corn Chowder

- 3 scallions
- 1 tsp oregano and thyme
- 4 tomatoes, diced
- 1/4 cup flour
- 1 cup cream
- 2 cups fresh corn kernels
- 1/4 cup parsley

Fresh Brookfield sweet corn and tomatoes will make for an especially tasty soup!! Saute scallions with oregano and thyme over medium heat until browned. Add tomatoes, then 4 cups of water. Lower the heat and simmer 30 minutes covered. Mix flour and cream (watch for lumps!) and add to soup. Simmer and add corn kernels, pepper and parsley. Simmer 15 minutes uncovered and enjoy!

This recipe was found in the Brookfield Archives and is great even when you might think it too hot for soup. Original source unknown!

WHAT'S HAPPENING ON THE FARM

Down the River

The cucumber waterfall started at the end of last week. Our steady harvests of 200 lbs swelled to 400 each pick, totalling 1200 lbs for the week. On Monday there was another big harvest of them ripe and ready, so out we went. And then we turned to the tomatoes and found another unstoppable fountain: we could fill buckets standing in just one spot. That many. Once all 1700 lbs were in the farm shop and the harvest was all washed and packed, we grabbed some overflowing cukes and tomatoes for ourselves, packed some bread and cheese to supplement, and all 20 of us drove up to the Deerfield River for Crew Appreciation Day.

On the Deerfield, the flow varies depending when they release the dam upstream. We call the Waterline to check the "flowcast" before we go. Given all the rushing rivers of incoming crops at the farm, it might seem like a funny time to take a whole afternoon for a river trip. But the weeders will head to school at the end of the month, and we'll miss them! And truthfully, we've crested the plant-growing peak of the season. Now we're riding the swelling wave of the harvest. And that will continue on into the fall. Time to take a moment for appreciation of it all. It's also glorious out there (everywhere) right now - the yellows and purples of goldenrod, loosertrife, and Joe Pye weed pop against the greenery. Add the rush of the river, and we're swept away. Ahhh. We jumped in the deep spots. We

splashed and paddled. We mostly just went with the flow had big smiles at the end.

Monday was an extra-great day to tube because we caught the last lull before the big rush of melons. And then the dam burst and they were ready on Wednesday - 8000 lbs of sweetness. Our crew: refreshed and ready. Looking around the farm right now, this story is likely to repeat itself. It looks like a river of food from here to the horizon. We're still farming so there's still uncertainty. We know that this river might hit some rocky rapids, some shallower spots. But the current "flowcast" is high. We hope you enjoy the harvest.

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



Pic(s) of The Week

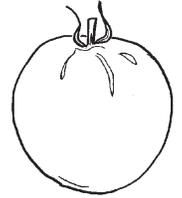
**Crew Appreciation Day 2017 (above)
Melon Harvest in Full Swing! (below)**



putting food by tips

Tomatoes

Even though late blight has hit the cherry and paste tomatoes, we're awash in tomatoes right now. We have tomatoes in bulk and this is just the early crop! These "red slicers" are actually also pretty great for saucing. So now's the time to get ready for winter. The traditional way is to put them up in glass canning jars. This is a tasty way to have tomatoes all year long. They taste great fresh out of the jar. Use a good reference like "Putting Food By" to get the scoop on how to do it right. This method is somewhat time consuming but yields the best product. For those who want a quicker and simpler way, just put them in plastic bags and into the freezer they go. When you thaw them they can be used for cooking, but they are too mushy to be eaten fresh. The taste is great and for cooking they are ideal.



Tomato Sauce

Sauce now, smile later. Put your tomatoes in a big pot and add just a little bit of water. Bring them to a boil and then turn the heat down to simmer (don't let them burn - that's the trick!). After they've cooked for a lot of hours (like, all day) put the whole thing through the Foley Food Mill (to take out the skins, etc - You can also drop the tomatoes in boiling water for a minute before saucing them to take the skins off, if you don't have a food mill). For a really quick sauce, you can just blend the skins in with an immersion blender, but it won't have the silky texture of a skin-less sauce. Don't add any onions, peppers, garlic or nothing. Just tomatoes. All tomatoes. All the time. (Or ... don't be a purist and add whatever makes you happy!) Put this brew in yogurt containers (leave an inch of head room) and into the freezer. Defrost this winter when you want to be happy. You can put this in jars as well, but make sure you follow the directions carefully since the risk of botulism is high with canned tomatoes. It's not hard to do, just do it right. Either way, you'll be happy with your sauce!

Sweet Corn

The corn is splendid this year. Sweet and plentiful. Corn season feels long while it's here, but it's a short magic moment of the year! Luckily, corn freezes really well. If you want to save some, consider buying some extra in bulk or use the corn in your share to freeze. Shuck your corn and cut the kernels off the cob. Freeze in yogurt containers or fill freezer bags and lay in flat layers. Frozen corn can be used all winter in soups, cornbread, sautees and more.

