

BROOKFIELD FARM SHOPTALK

P.O. Box 227
Amherst, MA 01004

www.brookfieldfarm.org
(413)253-7991 farm@brookfieldfarm.org

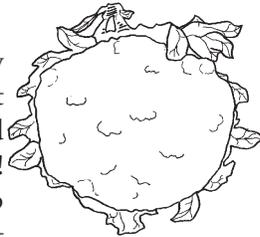
September 30, 2017
Distribution Week #18

What's new this week

WHAT'S HAPPENING ON THE FARM

Fall Harvest Picks Up!!

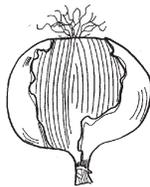
Cauliflower: Some saw these in their share last week, and now our second planting is just ripening! Cauliflower doesn't keep very well, but stores best for the short term in a plastic bag in the fridge. Luckily, it goes with everything and takes on the flavor of many different sauces. Or, roast it in florets with olive oil and salt!



White Potatoes: We started digging these "Kennebec," thin skinned, creamy spuds this week. They are great for boiling or mashing and we have a nice crop this year so we expect they will be available through November.

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. We should have it through Thanksgiving.

Red Onions: These don't store as well as the yellow ones, so we give them out first. They are sweet, with a little kick - so great for eating raw or fresh. We have a good crop and should have them through most of October.



WHAT'S ON THE WAY

DELICATA SQUASH
COLLARDS
PURPLE TOP TURNIPS

BULK PRODUCE

BEETS, CABBAGE (GREEN & NAPA): \$1/LB
BRUSSELS TOPS, TOSCANO KALE: \$2 / LB
(SWEET AND HOT) PEPPERS: \$2/LB

Vitamin "See"

Last Saturday, it took more than 100 helping hands all of 15 minutes to harvest the carving pumpkins into bins. Hardly the blink of an eye! Many we-did-it smiles. Then off everyone went to have a cup of cider or take a wagon ride to the pigs, and Rebecca and I began working to bring the bins to the barn. But - the lift arms on the tractor stopped working. I couldn't see how the pumpkins could get to Sunny in the farm shop? Just then Ellen came around the bend on her tractor, towing some wagon-riding shareholders, and a plan appeared. One by one, they "chained" a bin full of pumpkins onto the wagon, and then made a human circle around the pumpkins to keep them from falling off on the way. And off they went! Look at that people power!

Predictably, on Monday, there was a whole new list to see to. Sweet potato harvest loomed - a big project! I thought about getting all the smaller projects done first, and tackling the sweet potatoes once they were done. "Just go see," Dan advised. "Try a bed, figure out if your harvest system works." So we went right for them the next day. Half were grown on beds using plastic mulch and drip irrigation. The weeder crew remembers that day - we had to plant them by hand because the water was so deep that we couldn't even see the pathways. It was wet. wet. wet. They didn't all make it - it's hard out there for a little sweet potato plant on hot black plastic even in the best conditions. The other half, on bare ground, were on drier land, and had a better time of it. So we started our harvest with those. First, by mowing and "beating" the vines. Next, the digger bar goes under, the spuds come up. Then we scum through the loose earth, put spuds in buckets, then back to the shed to empty them into bags.

This week the weather matched the crop - it was tropically hot out there! We did 1.5 beds, enough to see we likely have a reasonable harvest out there, despite the early season conditions. Phew! Dan was right. It was a lot easier moving towards the week's cover cropping and other tasks with a clear picture of this next big process. That the yield is out there, that the digger bar goes deep enough, that the way we remove the vines is working. A reminder for me - when there's something big coming up - just start, do enough so you can see the task clearly, not just the looming bigness of it. When Monday comes, we'll be ready to dig again, all systems go, and with a little luck, there will be thousands and thousands of pounds curing in the greenhouse by next weekend. We hope you enjoy the harvest.

Broccoli and/or Cauliflower Fritters

3 cups chopped broccoli/cauliflower	Steam broccoli/cauliflower til tender but not mushy.
1 large egg	In bottom of large bowl, beat egg. Add flour, cheese, garlic, salt, pepper. Add (somewhat cooled) broc/cauli, and mash til somewhat combined.
1/2 cup flour	
1/3 cup grated parmesan	Heat heavy skillet over moderate heat. Add a good slick of oil - 2 to 3 Tbsp. Once the oil is hot, scoop 2 Tbsp batter into pan, flatten slightly with spatula.
1 clove garlic, minced	Repeat, leaving an inch between each. Once brown underneath, about 2 to 3 minutes, flip each fritter and cook on the other side 1 - 2 min. Transfer to paper
1/2 tsp salt	
pinch red pepper flakes	
oil for frying	

towels to drain, then to serving plate if you'll be eating them shortly or baking sheet in 200 degree oven if you'd like to keep them warm for a while until needed.

This is recipe is from Smitten Kitchen.

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

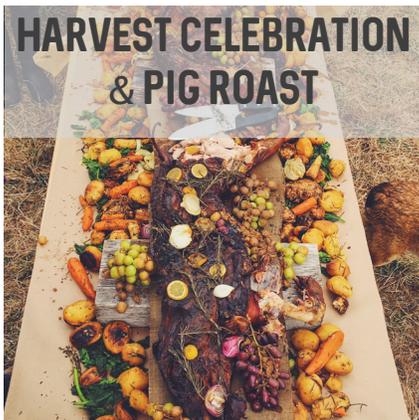


Pic of The Week
Community Pumpkin Harvest - Many Hands, Light Work!



Pic of The Week 2
Getting a Start in the Sweet Potatoes

WHEELHOUSE
WWW.WHEELHOUSEFARM.COM/FARMDINNERS



HARVEST CELEBRATION
& PIG ROAST

OCTOBER 22 — 3PM

BROOKFIELD FARM — 24 HULST RD AMHERST
TICKETS — EMAIL: info@wheelhousefarm.com
ADULTS \$18/ KIDS \$10 — BYOB — ALL WELCOME!

(rain date 10/23)



Brookfield Farm Fall FAQs

NEW FALL FARM SHOP HOURS starting Tuesday October 3

*It gets dark earlier now, so farm shop hours
adjust one half hour earlier on weekdays.*

**Tuesday & Thursday 1:30 -6:30pm
Saturday (stays the same) 8am -1pm**

When Does Regular Distribution End?

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

When Can I Renew My Regular Share?

Right now!

Find a renewal form in the farm shop,
or do renew online at

www.brookfieldfarm.org/sharerenewal

Please renew your share by October 31.

When Can I Buy a Winter Share?

Also, right now!

Find a sign up sheet in the farm shop,
or do sign up online at

www.brookfieldfarm.org/wintershare

When Will Brookfield Farm Beef & Pork be Available?

Our **Pork Sale** is planned for
Saturday November 11.

Our **Beef Sale** will be in December,
date TBD.