

BROOKFIELD FARM SHOPTALK

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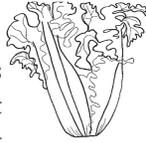
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October 14, 2017
Distribution Week #20

WHAT'S NEW THIS WEEK

Savory Fall Harvest Treats

Escarole: Early fall brings us this tangy bitter green that at first glance might seem a bit difficult to handle. When you cook this delectable green with the right bean it turns sweet and amazingly satisfying all the way around (check the recipe below for the real deal). We have a good crop this year - available 'til mid-November.



Kabocha Squash: The most complex tasting of all winter squash (and hardest to grow and cure without rotting). We have red (sunshine) and green (buttercup) varieties of these dry, nutty fall treats. They are absolutely terrific if you lightly batter and tempura them like they are done for real in Japan.

Yellow Potatoes: These gems are so sweet and creamy, you'd think we already added the butter. They are thin skinned and great for boiling, roasting, or mashing. We will have them thru Thanksgiving.

Black Radish: A new twist on a familiar taste. Black-skinned, round roots, with crisp, white, hot flesh. Enjoy the way it looks and then use like any radish - delicious fresh or pickled.

WHAT'S HAPPENING ON THE FARM

Slowing Down? Not Quite.

For the first time in a long time, Monday dawned wet and rainy. It dumped and dumped some more, taking a break for lunch, and then returning in the evening for a final soak cycle. Mission accomplished; water table replenished, sweet peppers wrinkle-free, carrot digger no longer held up by overly-dry soil.

We enjoyed the day off from the constancy of the fall harvest, and used the time to clean up the red onions and transform the fieldhouses from their summer of basil into their winter of cover crops, soil building, and perhaps a few laying hens if we can find them. When the weather cleared on Tuesday, it was back to the fields for more beautiful sweet potatoes (as well as everything else all at once). With the temperatures moderating, and the leaves starting to sparkle, it looked and felt a lot like fall here for a change; And what can be better than New England Autumn?

Everywhere I go these days, people ask me, "Is the farm slowing down?" they say, expecting me to oblige with a sigh of relief. Ever the incorrigible farmer, I can't quite confirm that report, so I shuffle a bit, look down at my shoes, kick the dirt a bit, and just say, "Well, not really." While there is a different rhythm to the day without so many jobs to do, the actual amount of labor required now on the farm is basically unchanged. It's just all of the same type of labor; Harvesting!

My mind quickly goes to the weekly apprentice farm tour, where we counted up all of the crops left in the field. Carrots - 13,000 lbs. Potatoes - 8000 lbs. Cabbage - 11,000 lbs. Before too long we are getting close to 100,000 lbs and, well, it's really just time to stop counting and, well, just start picking. So, no, not slowing down. Just changing up. And a welcome change. Colder nights. Crisper air. And a steady map as to where to turn our attention nearly every minute. When that barn door closes on the day before Thanksgiving, we'll say we are slowing down. For now, it's just straight on til morning.

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

WHAT'S ON THE WAY

SWEET POTATOES
PIE PUMPKINS
CELERIAC

BULK PRODUCE

KALE (GREEN & TOSCANO), COLLARDS: \$2/LB

CARROTS, BEETS, DAIKON, TURNIPS: \$1/LB

GREEN CABBAGE, CAULIFLOWER, BROCCOLI: \$1/LB

SWEET PEPPERS, HOT PEPPERS: \$2/LB

LEEKs: \$1/PC

CELERY: \$2/PC

Escarole and Beans

- 1 head escarole
- 1 bulb garlic, minced
- 1 onion, diced
- 1/4 c olive oil
- 3 c navy beans, cooked

Saute onions and garlic in oil. When well cooked, add escarole and cover until all leaves are very wilted. Add beans and stir. Serve with rice or pasta.

- We put this in every year - we can't help it we like it so much....This meal is delicious, nutritious, and comes straight from the Italian kitchen of my mother-in-law, Bernice Romanowski (daughter of Anna Valenza Tramutola). Really, this is very Italian and very good - one of our absolute favorites of the year.....

GARLIC POP

and STORY SWAP

Special Event!!

**Open Mic and Fire
Behind the Barn
October 26
5:00 pm - 7:00 pm**



Come "pop" garlic cloves and help us prepare to plant them! Bring a story or talent to share and cozy up by the fire with us.

All are welcome!

Harvest Dinner & Trust Annual Meeting

Save The Date!!

Saturday November 11, 5-8pm

South Amherst Congregational Church

- ❖ Potluck Farm Dinner ❖
 - ❖ Farm slideshow ❖
 - ❖ News from the Trust ❖
- Community Celebration...

**Celebrate our farm,
food, and community!**



Brookfield Farm Winter Shares Now Available

Join us this winter (December - March) for more of the same delicious, nutritious, home-grown, naturally grown vegetables straight from our farm to you!

Pick up the signup sheet at the Farm Shop or go to our website to join us this winter.

Fall Farm Shop Hours

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

PIC OF THE WEEK

Greetings From BrocTown!



When Does Regular Distribution End?

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

When Can I Renew My Share?

Right Now!

Pickup a renewal form at the farm shop, go to our website, or check your email (we sent you one!)

Please renew your share by Oct 31!!

