

BROOKFIELD FARM SHOPTALK

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Distribution Week #9

What's new this week

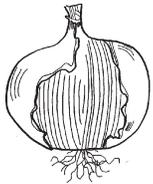
On The Cusp of Summer Fruits



Eggplant: We grow black Italian, pink Italian, and purple Asian varieties which usually give us an early blast in late July and then keep going strong through September. Use them

all the same way, but the slender ones are a special treat to grill.

Fresh Onions: We grew a variety bed of fresh onions this year, some long, narrow and red, some disc-shaped "cippolini" varieties, and some



round yellow and white onions. Enjoy them all on your summer burgers, in salads, and any other way you like an onion.

Basil: It's pesto time! For the first time in several years, we're able to offer bulk basil, in addition to the take-home plants we distributed early in the share. Blend basil leaves in the food processor with some nuts, olive oil and cheese and enjoy on pasta, pizza, bread, carrot sticks and more.

WHAT'S ON THE WAY

CORN
TOMATOES

BULK
PRODUCE

KALE
SWISS CHARD:
\$2/LB

BEETS: \$1/LB

PICKLING
CUCUMBER: \$1/LB

BAZIL: \$2/BU

WHAT'S HAPPENING ON THE FARM

Maintenance Season

50 degree nights like we had this week are great for snoozing but they also slow plant growth. Tomatoes stay light pink, corn almost ready. Not yet but soon. This week felt like hanging right on the cusp of some serious summer harvests.

We're in the thick of the time of year for following plans. Most everything is growing in the ground. This is the time for maintenance. "Scary!" says a child part of me. "Push those old coffee cups farther under the car seat!" But maintenance is the art of not hiding the mess, of keeping our eyes on things, tending to what needs tending when it needs it. Daily, like Sunny's harvest lists, weekly, like Karen keeping the farm shop stocked, monthly, yearly.

Dan found time this rainy week for the every-five-year maintenance project of replacing the greenhouse skin, and to begin the once-every-twenty-year task of repairing and re-building parts of the frame and side walls. Right now it looks like a bare rib cage (and a little bit like someone exposed the coffee cups under my car seat), but that's the first step of maintenance. Taking off what's old, so you can look underneath, mend, refresh. Speaking of refresh, Ellen set off this week on a trip, starting our crew vacation rotation. Important farmer maintenance.

Meanwhile, the fields revealed exploding insect pest populations in my weekly scouting. So, Rebecca set out and sprayed an organic pest control derived from chrysanthemum for the leafhoppers in the spuds, who seem like they are having a party this year. We're also scouting for late blight, dread of tomato growers and tomato eaters. The weather conditions this year are perfect - it blows in on storms just like these. But when we look

at the fields, so far, no late blight. We see some weed piles, but when the weeder goes through they clean right up, and underneath, what we really see, is so much food. Last year we lost 60% of our carrot crop because it wouldn't germinate in the drought - this year, thick stands of baby carrots are revealed by the weeder. So - heartened by the bounty under the mess, we welcome maintenance season! Keep the growing things growing. Eat what's ready when it's ready. Repeat everything periodically. We hope you enjoy the harvest.

Basil Pesto (with Carrot Tops?)

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| 1 cup carrot tops (optional) | Puree all ingredients together until smooth. |
| 2 cups basil leaves (can also replace some basil with more carrot tops or parsley) | Serve over pasta or whole grains, spread on bread or drizzle over steamed veggies. |
| 1/4 cup olive oil | |
| 1/3 cashews or other nuts | If desired, pesto can be converted to a salad dressing by adding lemon juice of vinegar to taste. |
| garlic and cheese (if desired) | |

*This recipe comes from the Intervale Community Farm, via Anna Kaplan!
It's creative, flexible and delicious.*

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

Special Event

Dan Wright Talks Bees

What's all the buzz about? This Saturday (today!), local bee-keeper Dan Wright (who sells honey in the farm shop and keeps bees at Small Ones Farm) will be in the farm shop with a demonstration hive to share about bees and beekeeping, hives and honey. 8:30 AM - ? Come by and meet Dan, hear about how he raises bees and makes honey, and ask all your questions-for-a-beekeeper!



Pic of The Week
Wet Weeders for the Win!



Brookfield Farm ANNUAL CORN ROAST!

Potluck @ 6PM
Farmy Fun and
Music Afterwards!
Saturday, August 12th

putting food by

Herb-a-palooza

It's time to turn your attention to the herbs. We have a variety of culinary herbs, and right now is the time to pick them!!

Drying:

Bunched herbs can be dried hanging from a string. They look quite decorative this way and can stay hanging til you use them right off the string in winter. Some herbs that do well dried are: sage, thyme, oregano, rosemary. Add decorative "drying" flowers as desired!

Herb Salt:

Grind 2 cups (packed) fresh herbs and 1 cup coarse sea salt in food processor. Lay out on shallow baking dish for several days in a sunny (and ideally breezy) spot (or put in a dehydrator on low). Pack into jar and seal tightly. Choose sage, rosemary, oregano, parsley, dill, or thyme.

Vinegars:

Place 1/2 cup fresh herbs in a sterilized jar. Boil 2 cups vinegar (white wine, apple cider or other) in a saucepan and add to jar. Let sit in a cool, dark place 2 weeks and then enjoy in salad dressing. Tarragon is the classic choice but other herbs are great too!