



## BROOKFIELD FARM SHOPTALK

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Distribution Week #1

### WHAT'S NEW THIS WEEK

#### (Mostly) Everything Green

**Cutting Lettuce:** A fresh-cut mix of red leaf, green leaf, and butterhead adolescent lettuce leaves.

**"French Breakfast" Radish:** Red radishes with delicate white tips. Try them for breakfast (like the French), or cut up in a salad.



**Hakurei Turnip:** These aren't the fall "cooking turnips." These are the late-spring, eat-them-fresh, a-little-zingy-crunchy turnip. Great for salads.

**Komatsuna:** Every week we plan on having a big cooking green available for your share. This week, we'll start out with this large-leaf bok-choy type which is great for stir-frys.

**Spinach or Swiss Chard:** Spring spinach is very finicky - and as expected the very wet April wreaked havoc on our crop. We have SOME very nice leaves - but not a ton. When we run out we will move to swiss chard - of which we have PLENTY and hope for a better fall crop!!

**Sweet Potatoes (suprise!):** We were able to keep just enough from our record fall crop to give out to you now. They are still delicious - just bake and serve!!

#### WHAT'S ON THE WAY

HEAD LETTUCE  
GARLIC SCAPE  
NAPA CABBAGE  
COLLARD GREENS

#### BULK PRODUCE

COMING SOON

### WHAT'S HAPPENING ON THE FARM

#### And, We're Off!

Every season starts with a dream. A simple dream; An acre of land. A few seeds. Enough rain to germinate them. Enough sun for them to grow. Enough time to pull the weeds. A great crew to harvest the crops. And some people who are hungry and will give us a few dollars for something to eat. Somehow, it all gets more complicated than that eventually, but this is how it always starts.

Then things happen. We hire our crew. We make our field plans. We buy our seeds. The greenhouse is fired up in March. The team assembles in April. The equipment is greased. And we're off. Where to? Not sure! We have the road map, but then we meet so many unexpected events along the way. And where will we end up? In a rain slog through the North Field grubbing for sweet potatoes? In a dust-storm harvesting green kale by headlamp? The truly exciting thing about each season, is that we just don't know. We have to venture forth to find out.

So, where have we been so far? Well, April dawned right like we hoped - not too cold and not too warm. We got our earliest fields plowed and seeded. And then it started to rain. With the shell-shock from last-season's epic rainy fall, we pretended it wasn't going to last. We didn't talk about it much - just hoped it would go away. It didn't. It rained again. And again and again. It rained half of the spinach rotten. It rained half of the carrots un-germinated. It rained many fields impassible mud puddles.

#### Greens With Miso Tahini Dressing

##### Dressing

3 parts miso (sweet white or sweet tasting brown is my preferred, but for a fuller taste, try any of the other varieties)

3 parts tahini

2 parts warm water

1 part olive or sesame oil (optional)

Optional additional flavorings (hot pepper flakes or cayenne powder, garlic, ginger, etc)

Steam or saute kale, bok choy, swiss chard, komatsuna or other farm greens. Blend dressing ingredients and season to your liking (or add more or less miso to your taste). Serve over grain or noodles. Roasted sesame or sunflower seeds or chopped radishes add flavor and appeal on top!

*This is a super simple, versatile, comfort-food recipe that we hope will make easy use of the ample supply of early greens. The dressing can be made in advance and stored in the refrigerator for at least a week. The greens and sauce, on top of any cooked grain (rice, barley, farro, etc) or noodles, make a complete meal.*

We tried to adjust. We found little windows of dry weather and sneaked the harrow in to a little corner of the field. We re-sowed the carrots. We sowed the peas two-weeks late. We changed the field plans. And then, just as we started to feel a little desperate; admitting our wonder as to what might happen if we could not plow our fields or plant our plants at all. Just about then for, of course, no reason at all, the skies generally cleared, the sun generally shone,

*Each week we hope to give you a recipe which will highlight something that's very fresh on the farm right now. We also love to get new recipes - so please share and we'll print them here - happy cooking!*



## PIC OF THE WEEK

The field of early lettuce and greens promises harvests for weeks!

the rain generally did not fall, and the temperatures generally moderated.

So, like pent up animals we moved with great focus. Ben sailed around all of the fields with the harrow and Will moved compost where the soil needed to be replenished. Lia made miles of planting beds and pulled the transplanter while Ellen orchestrated the methodical filling of nearly 20 acres of fields with barely-patiently waiting plants. Karen moved the cows to new pastures and then got the Farm Shop all set up and ready to receive thousands of people looking for food each week. Abbe kept the books straight (and thwarted cyber-threats). The weeder crew showed up in late-May and cleared the weeds from the early fields. And then our final apprentice, Marlee, graduated from college, jumped on this full-speed merry go-round and took us all the way across the finish line of today.

So, this is about where we find ourselves now; with a bagful of lettuce, a few radishes, fields full of promise, contentedly grazing cows who have thrown off their winter mangle, nearly all of CSA shares sold, over 28 acres of fields cover-cropped, and most of our machines working. We are ready to spend the next few weeks remembering how to harvest, trying our best to stay ahead of all of the weeds (trying their best to lay waste to our big ideas), and looking forward to meeting and feeding you all in the days to come.

Recap: Farm teeters on the brink of catastrophe, only to receive a late-reprieve as we re-set sail on smoother waters. We stand ready to venture forth with you, to see where we will go - where this road, this track, this field, this sea will lead. We are, as usual, thankful mainly for your company on this journey. We will keep you posted as to what we find and look forward to sharing what we gather.

We hope you enjoy the harvest,

Your Farmer,  
Dan

(for Karen, Abbe, Ellen, Ben, Lia, Marlee, and Will)

## LAND IN OUR CARE

### Warren Wright Road Field

On Thursday, May 9 our board president, Peter Littell put his signature to the closing documents of what we are all hoping will be a sweet new chapter in the unfolding book of what we call Brookfield Farm. This chapter started nearly 10 months ago, when our neighbor, Ed Land, dropped by to see if we were interested in purchasing a beautiful 16-acre piece of land very close to the farm. In fact, this is the closest active agricultural land to our farm (see below) and it was already preserved in the by the State's Agricultural Preservation Restriction (APR) program. We were interested as a way of securing our farm's future and of continuing to fulfill our mission to encourage and develop sustainable agriculture.

After months of paperwork, application for state waivers, bank loan meetings, and lots of work by many board members, we were finally able to seal the deal. We now turn to the exciting work of "bringing this land into our farm" – So, what does that mean? Well, first of all, we look forward to sharing just that with you over the coming months and years. But, in a (more general) nutshell, we will begin by building a healthy soil – we sowed a cover crop of grass & clover on May 26th – and then move towards growing crops in a way that leaves that soil in better condition year after year. This is what we mean by sustainable, regenerative, and biodynamic agriculture – creating a system that improves the resources it depends on, while producing nutritious food for a supporting community.

We are thrilled that we have the opportunity to continue to expand the reach of the most meaningful work we do here at Brookfield Farm – building our farm for the future. This is the first piece of land our Trust has bought since 1993. We aim to nourish an enduring and healthy connection between humans and nature through agriculture on every acre that we steward (whether we own it or lease it). We look forward to sharing this ongoing project with you over many years to come.

