



BROOKFIELD FARM SHOPTALK

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Distribution Week #2

WHAT'S NEW THIS WEEK

More Greens!!

Head Lettuce: These are some of the biggest sweetest heads of lettuce we have ever seen (let alone grown). We have red leaf, green leaf, romaine, and butterhead that we should be harvesting for the next bunch of weeks. Get your salad spinner ready!!

Garlic Scapes: This is the top of the garlic plant -- curled up and ready to form a little seed (bulbil). Before it does, we clip it off and (since it's so tender), use it in place of onions or garlic in any dish. Just chop it up like a scallion and enjoy the incredible taste and aroma.



Swiss Chard: In the spinach family (chenopedia, along with beets) so it shares the oxalic acid taste that some love and some... well, don't. We harvest ours young and fresh and then keep re-cutting all summer long.

Collard Greens: This hearty cooking green needs to be cooked for a while and then it reveals a savory, satisfying flavor. We have a great early crop this year.

Bok Choy: Crunchy ribs and mild leaves make for the best stir-fry green available. Chop up the entire bunch, fry with meat or tofu, add tamari, and you have a delectable dish. We plan to have this on and off all season long.

WHAT'S ON THE WAY

NAPA CABBAGE
BEETS
SUMMER SQUASH
SCALLIONS

BULK PRODUCE

COMING NEXT WEEK

WHAT'S HAPPENING ON THE FARM

In The Weeds

With most of our planting done, our vegetable harvesting begun, and our CSA distribution off-the-ground, there's really only one thing to focus on at this time - *tending to all of our plants*. On a 30-acre vegetable farm, that doesn't use chemical pesticides, this can really be boiled down to one thing - *time to kill some weeds!*

We were pretty happy when the week dawned hot and sunny (despite the crops actually *needing rain* for a change). Thing is, weeds don't die in the rain.

So when the sun shines, we fan out across the farm with hands, hoes, tractors, more tractors, and different tractors to get the weeds before they choke out our plants (and our dreams). We harvest on Monday, Wednesday, and Friday mornings (for about 3 hours these days). Besides those times, if the weather's good (or mostly good), we go weedin'! Monday we set off on the Farmall cub (Marlee in the tomatoes), the Hak finger weeder (Lia and Ellen in the sweet potatoes), the sweeps on the IH 265 (Ben in the greens), and the Lely tine weeder (Will in the fall carrot & beet beds before seeding). The Weeder Crew crawling through the chard and beets before heading to the weeks' main event - the onions.

We continued like this whenever we could; Through the winter squash, leeks, carrots, corn, potatoes, and on and on. Thursdays rain saw us back in the planting game (another succession of

lettuce, fennel, radicchio, and scallions) and then back to join the weeders, still fighting the good fight, in the cold rain. By weeks end, it looked mostly like a draw: Weeds still working and growing. Farm crew still clawing and scratching. The onions halfway done. Meanwhile the lettuce is other-worldly and the strawberries are just starting to ripen - 'tis the season.

We hope you enjoy the harvest,

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

Cheesy Eggy

- 1 lb chard
- 4 tbsp canola oil
- 1/3 c. chopped garlic scapes
- 1/2 tspn salt
- pinch of sugar
- 3/4 c milk
- 3 eggs, lightly beaten
- 1/2 tspn thyme
- 1 c. grated cheddar
- 1 c. cooked rice
- 1/2 tspn worcestershire

Preheat the oven to 350. Steam greens. Mix with all other ingredients. Bake in a buttered, shallow baking dish until mixture is set (about 20 min). Serve hot and cut into squares.

This dish was a staple in our home when our kids were little. And they grew up great!! It is a fool-proof way to get kids to eat greens. Even the most hardened "I only eat macaroni & cheese" kid yells for more of this, to the utter amazement and delight of their parents.

TIPS FOR PRESERVING

Getting Ready & Freezing Strawberries

Our farm is the best place we know for fresh food. But if you want to eat well all winter (long after our lettuce have become ice cubes), "**putting food by**" for the winter months is the way to go. You can freeze, can, dry, and dehydrate many of our farm crops.



One way to ensure success is to get prepared. We recommend the book Putting Food By as a reference. A freezer, freezer bags, empty yogurt containers, and canning supplies are all helpful. Some dry storage with places to hang things comes in handy as well.

Let's start with something easy to give you a sense of how quick and worthwhile this whole thing can be. Hopefully soon there will be lots of strawberries available in our Pick Your Own patches. Whatever you can't eat now will keep very well in the freezer with just a bit of work.

Here's what you do: Pick lots of berries. Bring them home and rinse them in cold water. Remove the tops and place on cookie sheets. Once they are frozen, put them in plastic freezer bags, seal, and place in the freezer. That's it. Done. Finis.

In the winter, when you're feeling blue about having to eat apples again or buy styrofoam strawberries for \$6.00 a quart from Mexico, grab a bag from the freezer, thaw, and make a delicious batch of strawberry pancakes, smoothies, sauce..... Yum!



FARM ANIMALS

You are encouraged and welcome to visit the animals on the farm - just please remember that the fences are electric and children need to have parents guide them as to how to visit the animals with care and respect. As for your own pets, it's okay to bring your dogs to the farm, but we need you to keep them on a leash, not bring them into the farm shop, and we ask that you keep them on paths, roads, and in the woods and **not in the crops**. Please remember there are a lot of people who come to the farm each week and we'd like make the farm a place that everyone can enjoy.

PICK YOUR OWN

All shareholders are encouraged to come to the farm to Pick Your Own (PYO) during any daylight hours. We ask that you try to avoid rainy days as picking wet plants tends to spread plant diseases. You can find our current picking conditions on our website. When you get to the farm, check the "Pick-Your-Own" board for current conditions, location, and picking limits. For those of you from the Boston Area, we know it's far, but while you are not charged for PYO crops, you are welcome to come anytime and pick the amounts shown on the board (at extra charge)



PIC(S) OF THE WEEK
Marlee, Ellen, Anna, and Lia encourage Ben to get those onions finished already!



The crew gets pumped for the 6am lettuce harvest!