

# BROOKFIELD FARM SHOPTALK

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July 27, 2019  
Distribution Week #8

## WHAT'S NEW THIS WEEK

### Sweet and Sassy!

**Fresh Onions:** We grow a variety of onions that are great right out of the field (no curing or storage necessary). Some disc-shaped "cip-polini" varieties, some long and narrow, and some round yellow and white onions.



Enjoy them all on your summer burgers, in salads, and any other way you like an onion (just keep in them in the fridge to store). They are mild and delicious and we should have them through August.

**Red Cabbage:** These heads are amazingly dense and tasty. Cut them into a salad for a purple flair or make purple cole slaw for cooling down in the hot weather. We'll have this crop for a couple of weeks and then another crop in the fall.

## WHAT'S ON THE WAY

SWEET CORN  
EGGPLANT  
PEPPERS

## BULK PRODUCE

GREEN KALE,  
RED KALE,  
COLLARDS,  
SWISS CHARD:  
\$2 / LB.

GREEN  
CABBAGE: \$3 EA.

## WHAT'S HAPPENING ON THE FARM

### Timely Rain, Timely Sun, and Timely Help!

The The temps last weekend reached into the triple digits, so we stopped exerting (and started sweating) ourselves by about 11am on Saturday. We finished the CSA distribution, and then mostly hid out inside. With a solid inch of rain on Wednesday and the forecast for some more on Tuesday, we could rest a little easy, figuring our plants would be able to withstand the hot blast. Sure enough, Monday dawned cool and comfortable (how DOES that happen?) and we set out to harvest as usual. But, with the forecast looking for more rain, even sooner than expected, we dug a few beds of garlic and dragged the barrels into the barn in a downpour at 1130am. After lunch the skies cleared

momentarily, and we hustled to drop some cover crop seed on the ready corn & squash fields before the skies darkened again, and this time unloaded for real. This little heat wave was over

It rained steadily all night and by the time the morning came there was about 2" in the bucket (aka "the rain gauge"). With the forecast for another 5 days of sun to follow, this was an easy storm to accept with (almost) nothing but gratitude; Our thirsty plants soaking up the moisture with little danger of rot - just the rest of the garlic to harvest before they turn to mush. So, we planted our last bed of head lettuce for the season in a warm muddy field, and then set to the rest of the week - weeding, weeding, and some more field prep for our final crops to be planted next week. Opportunity knocked when a Smith

College summer program contacted us looking for a productive way for 24 people spend a few hours learning about sustainable ag. We figured harvesting 8000 garlic bulbs would qualify, and they did not disappoint; pulling, bunching, hauling, and carrying them all up into the loft in about an hour. Wow. And now what? We just keep saying thank you and hope the timely rains keep falling, the timely sun keeps shining, and the timely help arrives ready to work!

We hope you enjoy the harvest,

Your Farmer,

Dan

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



## PIC OF THE WEEK

Many hands make light work! The sun shines and Smith College Field Studies Program finishes the garlic harvest!

## Kale Salad with Blood Orange and Meyer Lemon

1 bunch kale  
4 sm blood oranges, segmented, juice reserved  
Zest of 1 Meyer lemon  
1 lg shallot, finely chopped (or cipolini onion)  
1/4 c extra-virgin olive oil  
Kosher salt  
freshly ground black pepper

Wash kale and pat off excess water. If center stems are tender enough to eat, trim the bottom inch or two. If the center stems are thick, cut or tear them and discard. Slice leaves crosswise into 1/4"-wide ribbons. In a large bowl, whisk together the orange juice, lemon zest, shallots, olive oil, 1/4 teaspoon salt, and a good crack of black pepper. Add the kale and using your hands massage the dressing into the leaves. Add the orange segments and toss to combine. Let stand for 20 minutes. Taste and season with more salt and pepper, if desired.

From our shareholder Pam Ledoux, who says this is her "favorite kale salad recipe."  
- <https://www.thekitchn.com/recipe-kale-salad-with-blood-o-106592>

## SPECIAL EVENT

### Art Behind the Barn Returns

*Saturday, September 21, 2019 - 8am - 1pm - shine or rain*

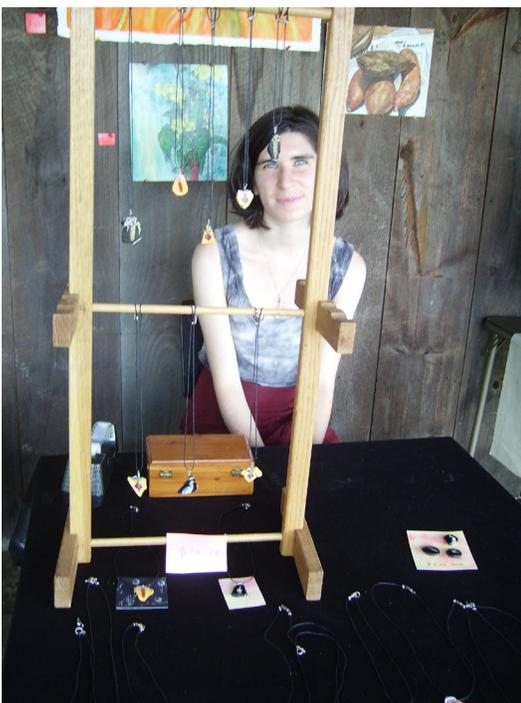
From 2001 to 2015, farm member artisans of all ages and all stages of experience offered their handcrafted products for sale on the back porch during one Saturday morning shop in the summer. They turned the back porch into a colorful display of artisans' work for a really handy opportunity to buy gifts while supporting other CSA members. This is a BUY REALLY LOCAL Brookfield event! Thanks to the hopeful suggestion of one of our longtime members and past vendors, Art Behind the Barn at Brookfield Farm will return this fall on Saturday, September 21 during shop hours. Since Farm Shop will be humming along behind us, it's a great time to bring friends who aren't (yet!) members of Brookfield Farm.

IF YOU ARE A NEW OR RETURNING MEMBER OF THE FARM and are interested in participating this year, here are some of the details:

- ❖ No Table Fee (Bring your own table/chair)
- ❖ Bring your own change/credit card hookup
- ❖ All work is welcome: Handmade objects of all and any type, food, services, fundraising information, musical entertainment. If you do it, bring it.



behind and in front of the tables! All ages are welcome to participate, and you must be a farm member. BUT please let all your friends (and any strangers that you run into!) know about the event as all are welcome to come and buy and perhaps decide to join our CSA next year.



For many adults and young people, ABTB was their first selling adventure, and we also had well-established and well-known professionals selling their offerings. So don't be shy! It's simple and fun and a wonderful way for you to get to know other community members, both

To register or for more information, please email me at [rosiea-pearson@gmail.com](mailto:rosiea-pearson@gmail.com) or call me at 575-3673. Space is somewhat limited so contact me as soon as possible.

Rosie Pearson

