

BROOKFIELD FARM SHOPTALK

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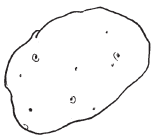
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September 5, 2020
Distribution Week #14

WHAT'S NEW THIS WEEK

Fall Crop Roll-Out Continues

Red Potatoes: We dug our first spuds yesterday and found abundance. These thin-skinned, creamy tubers are great for mashing or roasting (and bake up okay as well). We should have a great crop all fall.



Celery: Our celery is smaller, more flavorful, and a bit tougher than what you will find in the store. We grow it because it's salty, crunchy, and flavorful. This is not for juicing, but it makes your soups delicious. To use, cut off tops (use later for soup stock) and pull off stalks. It will store well in a plastic bag in the refrigerator. We have a good crop this year.

Kohlrabi: This crop is in the brassica family along with its cousins broccoli, cabbage, cauliflower, brussels sprouts, kale, etc. To use it, peel the purple skin and cut it up and eat fresh or cooked - tastes sort of like a broccoli-carrot. It's very small this year - but very tasty as well. We will only have a limited amount for a week or two.

WHAT'S ON THE WAY

ARUGULA
RED ONIONS
ACORN SQUASH
CUTTING LETTUCE

BULK PRODUCE

BRUSSELS' TOPS,
TOSCANO KALE:
\$1 / BU
TOMATOES, SWEET
PEPPERS:
\$2 / LB

WHAT'S HAPPENING ON THE FARM

Meteorological Autumn

"The season of the year that is the transition period from summer to winter, occurring as the sun approaches the winter solstice. Meteorological autumn (different from standard/astronomical autumn) begins September 1 and ends November 30."

We continued on the path from here to there this week - from corn to potatoes, zucchini to acorn squash, and muggy nighttime sweats to the sleep of angels. I know it's only the beginning of September and that the equinox is not for nearly 3 weeks, but boy does it feel like fall (and thanks to Joseph, I learned that it is).

Our Monday harvest was moving along quickly until we got to reap what we had sown in the tomato field. Bucket after full bucket after full bucket and finally Serena had to call mercy - we had filled them all and the rest would have to wait until later this week. On Tuesday we turned to some clean up projects - cleaning out our cold frame, harrowing up the spent onion land to get ready to seed winter rye, cultivating next years' strawberries for the last time - before turning our attention to piling up the first field of winter squash (delicata, acorn, and carnival) before the stormy weather arrived. Wednesday as so weird; A rainy harvest day which we hadn't had all summer. It wasn't a total slog - just a gentle rain all day long keeping us happy in the leeks and kale while vanishing our needs for any further irrigation. In the afternoon we finished cleaning out the tomato house and planted a winters' worth (hopefully) of greens.

Thursday saw us harvesting some our last summer carrots and cleaning up the late cabbage and celeriac, before getting the potato digger out for the first time this season. Always a bit of a mystery and when it's good, a true miracle as the digger plunges in and (in this case) the red potatoes flow out. Nothing says fall harvest to me like new potatoes. Except maybe piling up winter squash! And sure enough, on Friday, after spending some more time in the leeks, and then the celery, and then almost buried by another huge haul of tomatoes, we lugged up the first load of winter squash and put it in the greenhouse to cure. It's meteorological autumn!

We hope you enjoy the harvest,

Your Farmer,
Dan (for Karen, Abbe, Ben, Jake, Joseph, Marlee, Serena, Anna, and Wally)

Potato Leek Soup

6 cups water
5 potatoes
4 tsp butter
2 leeks
fresh thyme
basil (to taste)
1 cup cream
1/4 cup parsley

Melt butter in a stock pot. Slice leeks and sauté 5 minutes, add potatoes and sauté for another 5 minutes. Cover and cook for 3 minutes. Stir in 1 cup of stock and cook further (25 min.) until potatoes are tender. Puree, then return to stockpot and add the rest of stock, cream and herbs. Cover and simmer 15-20 minutes.

This one came from my mom who made this so many times that I don't remember ever NOT eating this growing up. A true comfort food - great warm or cold and freezes well for re-use later.

FOOD PRESERVATION TIPS

Tomatoes

Now's the time to make use of the abundance of tomatoes on the farm. We have tomatoes in bulk and the crop is beautiful this year! So now's the time to get ready for winter. The traditional way is to put them up in glass canning jars. This is a tasty way to have tomatoes all year long. They taste great fresh out of the jar. Use a good reference like "Putting Food By" to get the scoop on how to do it right. This method is somewhat time consuming but yields the best product. For those who want a quicker and simpler way, just put them in plastic bags and into the freezer they go. When you thaw them they can be used for cooking, but they are too mushy to be eaten fresh. The taste is great and for cooking they are ideal.



Tomato Sauce

Sauce now, smile later. Put your tomatoes in a big pot and add just a little bit of water. Bring them to a boil and

then turn the heat down to simmer (don't let them burn - that's the trick!). After they've cooked for a lot of hours (like, all day) put the whole thing through the Foley Food Mill (to take out the skins, etc - You can also drop the tomatoes in boiling water for a minute before saucing them to take the skins off, if you don't have a food mill). Don't add any onions, peppers, garlic or nothing. Just tomatoes. All tomatoes. All the time. Put this brew in yogurt containers (leave an inch of head room) and into the freezer. Defrost this winter when you want to be happy. You can put this in jars as well, but make sure you follow the directions carefully since the risk of botulism is high with canned tomatoes. It's not hard to do, just do it right. Either way, you'll be happy with your sauce!

Feed Your Family All Winter

Winter Shares Priority Purchasing Begins Today

Join us this winter for more of the same delicious, nutritious, homegrown, naturally grown vegetables straight from our farm to you - ALL WINTER LONG!

Purchase a share at the Farm Shop, go to <https://www.brookfieldfarm.org/sign-up-form-winter-share-priority>, or check your email (we will send one tomorrow) for information and how to join us!

Brookfield Farm Fall FAQs

When Does Regular Distribution End?

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

When Can I Purchase a Winter Share?

Right Now!

See information above on priority sales starting today.

When Can I Renew My Regular Share?

At the end of September!

Look for more info soon right here

When Will Brookfield Farm Beef & Pork be Available?

Our *Beef & Pork Sale* is planned for Saturday November 21.



PIC OF THE WEEK
Serena, Jake, Ben, and Wally
sort one of the big loads of tomatoes