

BROOKFIELD FARM SHOPTALK

P.O. Box 227
Amherst, MA 01004

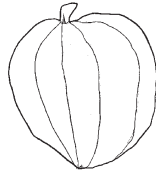
www.brookfieldfarm.org
(413)253-7991 info@brookfieldfarm.org

September 19, 2020
Distribution Week #16

WHAT'S NEW THIS WEEK

Time For Squash

Acorn Squash: We distribute squash in the reverse order in which they keep (in other words, the squashes that don't store as well, we will distribute first). This week we've got acorn for you and then comes delicata, buttercup, pie pumpkin, carnival, and finally butternut into the winter. We should have some type of squash through Thanksgiving.



Cutting Lettuce: A mix of red & green leaf lettuces cut when they are "adolescent" and sweet and delicious. We don't spin them dry, so if you want them to last more than a few days, put them through your salad spinner before storing in the fridge. We expect a good crop for the next month or so.

Bok Choy: The fall crop is coming in nicely! A staple of the stir-fry - these crunchy ribs and mild greens are delicious. We should have this on and off through October.

Watermelon Radish: Also called "Mosato Rose," this golf-ball sized radish has quite a treat in store for you when you cut it open. If you slice it just right it will look just like a watermelon! It's delicious raw or cooked and we should have it on and off through Thanksgiving.

WHAT'S ON THE WAY

WHITE POTATOES
COLLARD GREENS
PURPLE DAIKON

BULK PRODUCE

TOSCANO KALE,
GREEN KALE:
\$1 / BU

WHAT'S HAPPENING ON THE FARM

Right On Time

The squash was all clipped and waiting for us on Monday morning. And the forecast called for sun with a cooling trend towards the weekend. I even saw the number "32" for Friday night. Times like these, I appreciate the clarity: just one thing to do....

So we cut the regular harvest a little short (just getting 800 lbs of tomatoes and leaving the remaining 600 for Wednesday) and after lunch we gathered

all of the people, the wagons, the tractors and headed for the pump field over at Small Ones' Farm. Back and forth we went, throwing and catching and filling all of the bins. We were back to the barn by about 4, and while Karen and the crew moved the cows to their new pasture, Marlee and I unloaded the bins, tucked them into the greenhouse, closed the vents, and turned on the heater, set for 50F. Then we all slept like babies (who haven't slept much in 4 months).

When we awoke the next day it was 38F and the short-term forecast was for long pants and sweatshirts. We were in a new place; We started work a little later (630am) for the rest of the week. We cover-cropped our spent watermelon and onion fields. We started to feel the relief of being done with the squash and ready for the rhythm of the fall harvest to begin.

And begin it did - potatoes and greens and kale and roots started to dominate our picking days. The rush and hustle of the warm season was behind us. So on Friday, when the weekend forecast settled towards frost for three nights, once again we moved through the early harvest quickly. Then we got set to cover the peppers and eggplants. Then we stripped the last of our bumper tomato crop from the now-dead vines. And readied for a good old-fashioned New England mid-September frost arriving right on time.

We hope you enjoy the harvest,

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

Thai-spiced Squash Soup

- 2 acorn squash
- 3 tbsp unsalted butter, room temperature
- 1 14-oz can coconut milk
- 1 tspn (or more) red Thai curry paste
- Water
- 2 tspn fine grain sea salt (or to taste)

Preheat the oven to 375 F and place oven racks in the middle. Carefully cut each squash into halves and slather with butter, sprinkle generously with salt, place on a baking sheet skin sides down, and place in the oven. Roast an hour (~the squash is tender throughout). When the squash are cool enough to handle scoop flesh into a large pot over med-high heat. Add the coconut milk and curry paste and bring to a simmer. Remove from the heat and puree with a hand blender. Add water a cup at a time pureeing between additions until the soup is the consistency you prefer. Bring up to a simmer again and add the salt (and more curry paste if you like, continue adding to taste). Serves six.

*This recipe is from
101cookbooks.com*

HOW WE FARM

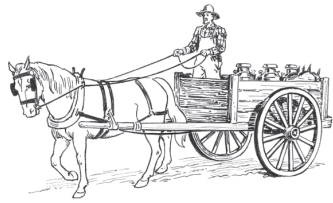
Cover Cropping

One of the ways we fertilize is through the use of fall sown "cover crops" which feed the soil through biological means. These plants will build up nitrogen, minerals, and organic matter in the soil. This is one way that we can continue to grow vegetables without using chemical fertilizers. In addition these crops hold the soil in place, keeping erosion due to wind and water to a minimum.

We spin on the seed (oats, peas, vetch, rye, red clover) with a broadcast spreader and then lightly harrow the seeds, which incorporates the seed into the first few inches of soil.

Oats help to bring up minerals from the sub-soil and convert them into a usable form for plants. Oats do not over-winter but begin to decompose in early winter, releasing nutrients into the soil which are in a form that crops can use as food in the spring. Vetch (a legume in the bean/pea family) and red clover host a bacteria on their roots (azotobacter) which takes nitrogen from the air and makes it into a form that plants can use. These legumes over-winter nicely, growing back again in the spring when it is disked into the soil releasing all of their usable nitrogen (and other minerals) to feed our crops.

Some areas will be planted to vegetables again next year and some cover crops will be left to grow through the Spring and Summer. When a cover crop is left in the ground to grow the following year it is called a fallow crop. By leaving our land fallow (not planting a crop for human consumption) we give the soil a chance to build nutrients and soil life. By rotating our crops around the fields we ensure that all of our land will



yes! we're having a

PUMPKIN HARVEST

come help us pick the pumpkins behind the barn

10 AM SATURDAY SEPTEMBER 26

be fallow every five years or so. This is one way our soil is replenished and can continue to allow us to harvest 250,000 lbs. of produce from our farm each year.

There's still tons (literally!) of food in the fields - leeks, carrots, potatoes, sweet potatoes, squash, celery, lettuce, broccoli, cabbage, kale, and collards - but September marks the beginning of winter preparation and the last chance for us to plant our leguminous cover crops. Now that the squash is harvested, we have time to sow these crops and help to prepare our land for next year.

New Fall Farm Shop Hours

Beginning Tuesday, October 6th

Tuesday & Thursday 1:30 -6:30pm
Saturday (stays the same) 8am -1pm

PIC OF THE WEEK As the cold weather descends, the crew picks the last of the tomatoes



Feed Your Family All Winter

*Winter Share Priority Purchasing
Ends Sept 19*

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 sent you one two weeks ago) for information and how to join us!

After Sept 19 we will be selling all remaining shares on a first-come, first-served basis.