



BROOKFIELD FARM SHOPTALK

P.O. Box 227
Amherst, MA 01004

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

October 10, 2020
Distribution Week #19

WHAT'S NEW THIS WEEK

More Fall Colors & Tastes!

Escarole: Early fall brings us this tangy bitter green that at first glance might seem a bit difficult to handle. When you cook this delectable green with the right bean it turns sweet and amazingly satisfying all the way around (check the recipe below for the real deal). We have an good crop this year - and expect it to be available 'til mid-November.



Yellow Potatoes: Thin skinned, with yellow flesh - these are so tasty and beautiful that you'll think we already added the butter! We will have a limited crop on and off before Thanksgiving.

Black Radish: A new twist on a familiar taste. Black-skinned, round roots, with crisp, white, hot flesh. Enjoy the way it looks and then use like any radish - delicious fresh or pickled. We have lots.

WHAT'S ON THE WAY

SWEET POTATOES
GREEN CABBAGE
BEETS

BULK PRODUCE

TOSCANO KALE,
GREEN KALE,
COLLARD GREENS,
SWISS CHARD:
\$1 / BU

ESCAROLE, CELERY:
\$2 / HD

POTATOES, PURPLE
TOP TURNIPS:
\$1 / LB

WHAT'S HAPPENING ON THE FARM

Sweet Potatoes. Done.

After last weeks' rain, all early cover crops seeded, no big freeze on the horizon, this week was shaping up to be a single minded pursuit - finish the sweet potato harvest. We started growing this crop in 1997 as a bit of a fun experiment - not really thinking this would be something that could grow in the cold frozen north. Over the years, though, they found a bigger and bigger place in our crop mix. They are relatively easy to grow (as long as you plant them after the last frost). They have hardly any pests (compared to their "Irish potato" counterparts - (they aren't similar to potatoes at all botanically - they are in the morning glory (bindweed) family (as opposed to the tomato (solanaceous) family). They store really well. And it seems that people like to eat them. So, over the years we have grown more and more - in some years (like 2018) making up as many as 3/4 of our total "potato" crop.

The only real struggles we have is getting them out of the ground quickly - as they don't do well once the soil is below 50F. We dig with the potato digger and then we have to pull the roots off of the vines. We can usually get about 2000 lbs harvested in an afternoon. If we had nothing else going on, we could get the entire acre done in a week. But this time of year, we still have all of the kale, lettuce, broccoli, radishes, leeks, etc etc to get out of the ground as well. Also they can't be harvested in the rain (as they won't cure as much as rot), so, when it's all said and done we usually expect it will take 2-3 weeks.

New Fall Farm Shop Hours

Happening Now Til Thanksgiving

Tuesday & Thursday 1:30 -6:30pm
please come a little earlier those days if you can...
Saturday (stays the same) 8am -1pm

Escarole and Beans

- 1 head escarole
- 1 bulb garlic, minced
- 1 onion, diced
- 1/4 c olive oil
- 3 c navy beans, cooked

Saute onions and garlic in oil. When well cooked, add escarole and cover until all leaves are very wilted. Add beans and stir. Serve with rice or pasta.

- We put this in every year - we can't help it we like it so much.... This meal is delicious, nutritious, and comes straight from the Italian kitchen of my mother-in-law, Bernice Romanowski (daughter of Anna Valenza Tramutola). Really, this is very Italian and very good - one of our absolute favorites of the year.....

The weather this season has been pretty cooperative for the growing and harvesting of this crop. And this week was the cherry-on-top, giving us beautiful sunny days, accompanied by a leaf show that really didn't quit. When it was all over on Friday afternoon and we brought the last truckload to the greenhouse, we had about 17,000 lbs tucked away and curing (to turn their starches to sugars) for two weeks. Only a few days left for us to wait to have our bellies full. Sweet indeed. On the next crop...

We hope you enjoy the harvest,

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



Time To Renew Your Share

Please help us plan for next season and secure your share by Oct 31

You can renew through our website or pick up a form at the farm shop.

Current shareholders are given a chance to renew their shares before we open up sales to the general public in November

We sent you a renewal email with more info for how to secure your share for 2021

When Does Regular Distribution End?
We should have beautiful crops and continue the same schedule thru Thanksgiving



PIC OF THE WEEK
Marlee takes the long walk to get the truck ready for the last load to the greenhouse.

Potato Dig

Saturday, October 31, 2 - 5pm

Come lend a hand!

We'll be at the fields at Small One's Farm, on Middle St, digging a lot of potatoes and bringing them to the root cellar. There will be a map at the Farm Shop to help you find the field (if you're not sure). Wear a mask and clothes that can get completely dirty and come anytime during the afternoon to help. Bring your good energy and and come to have fun and bring in this years winter crop!

This work is suitable for all ages. Feel free to bring your friends and neighbors.

