



BROOKFIELD FARM SHOPTALK

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Distribution Week #2

WHAT'S NEW THIS WEEK

More Greens (and a little something else)

Head Lettuce: We have red leaf, green leaf, romaine, and butterhead that we plan to be harvesting for the next bunch of weeks. Get your salad spinner ready, this crop looks great!!

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 to reveal its' savory, satisfying flavor.

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.

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.



Why are my green's bunches small? Where are my turnips?
It's been a challenging early season with cold & then dry weather stressing crops on multiple fronts. We are hopeful that this weeks' rain and warmth will bulk things up soon!!

WHAT'S HAPPENING ON THE FARM

WHAT'S ON THE WAY

SUMMER SQUASH
SCALLIONS
CHINESE CABBAGE

BULK PRODUCE

COMING SOON

And, We're Off!!

After spending what seemed like the entirety of last week focused on getting this show on the road, we made it through our Alice-In-Wonderland, in-thru-the-out-door farmshop opening on Saturday, had some lunch, and readied for a nap. Then the sky opened and poured a sweet ole' tune into my now-deeply-sleeping ears. The crops were half-saved. All three acres of

winter squash seeds sprouted the next day.

With a temporary reprieve from irrigating, we hit the ground running on Monday, getting into the groove of our new reality; We harvested, packed, and distributed. And then did it again and again and again. When I saw the forecast for look promising for more rain on the next day, Joseph and I put some parsnips, carrots, and beets in the ground on Wednesday. And on Thursday morning, after the delivery truck (filled with 150 boxes) was on the way to Boston, Marlee led a crew to plant lettuce, scallions, fennel, radicchio, and tomatoes in the ground. At 1030, the sky opened wide again and watered it and us all in. The other half of the crops were saved. All of that lettuce and green kale and sweet potatoes in the un-irrigatable Small One's Farm field stood up at attention, their wilt now gone.

On Friday, Ben led the harvest again, and then Marlee finished the weeks' planting with sweet corn and celeriac settling into moist ground. Meanwhile the weeder crew cleaned up the onions spanky and Jake got his tractor rolling to kill all of the now happily-growing weeds. We all loved the nice drink; The spring greens getting a little bigger, the zucchini starting to plump, and the harvest promising to be a little heavier in the days to come.

We hope you enjoy the harvest,

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

Cheesy Eggy

- 1 lb chard
- 4 tbsps 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. I put this one in every year - a great foundation.

FOOD PRESERVATION TIPS

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 **at non-farmshop times**, 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 - <https://www.brookfieldfarm.org/pyo>. When you get to the farm, you can also 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). During the current public health crisis we ask that you observe 6' social-distance spacing and **picking on Sunday mornings from 7-11am is reserved for our senior and other vulnerable shareholders only**.



PIC(S) OF THE WEEK
Ben leads (most of) the harvest crew to find late-spring bok choy bunches.



Jake cleans up the potato field at Small One's Farm after the rain