

# BROOKFIELD FARM SHOPTALK

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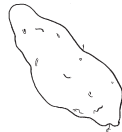
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October 17, 2020  
Distribution Week #20

## WHAT'S NEW THIS WEEK

### Sweet & Savory!!

**Sweet Potatoes:** After curing in the greenhouse for two weeks, the starches have turned to sugars and these beauties are ready to eat! Try them baked, in a soup or make a pie (see our website). They will store well in a paper bag in a cool part of your kitchen. We have a great crop this year - enough to last through Thanksgiving and then into the winter share!



**Green Cabbage:** Good ol' fashioned cabbage to make great kraut, golumpkis, or corned beef and cabbage, or..... We have a good supply this season til Thanksgiving and into the winter share.

**Beets:** Our fall crop is ready! These are sweet and delicious and make great Borscht or just taste great steamed up! We should have these on & off through Thanksgiving and into the winter share.

## WHAT'S ON THE WAY

CARROTS  
BRUSSELS SPROUTS  
PIE PUMPKINS  
YELLOW ONIONS

## BULK PRODUCE

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

ESCAROLE, CELERY:  
\$2 / HD

POTATOES, SWEET  
POTATOES, DAIKON  
(PURPLE OR WHITE),  
PURPLE TOP  
TURNIPS:  
\$1 / LB

## WHAT'S HAPPENING ON THE FARM

### Reap

With the sweet potatoes done and the forecast for a big rain on Tuesday, we pointed our compass towards the next shore.....the potato field. This one is a true mystery that reveals itself in (at least) 4 acts. The general process is always the same: Attach the digger to the tractor. Line it up over two potato hills. Get the bed-chain rolling slow & steady. Drive slowly. The digger plunges into the earth. Soil, weeds, and everything else loads onto the digger chain as the tractor inches forward. Wait for it.....it's.....it's.....it's some nice yellow potatoes.

One bed done. But we have 26 more to go. And we don't just grow yellow potatoes; we also grow reds and whites (and each year one or two trial varieties). And, despite treating each of these the same during the planting season (cut the seeds in April, and then sow with the 2-row planter, use the rolling cultivator 3 times, etc), when you plant two acres there's some variability in each of those beds. And some variability in how each variety germinates. And then how each variety takes in the particular season of moisture, weed control, heat, and pest protection. In the end, we almost always get pretty variable results - within and between varieties. Sometimes the digger goes in and it's.....it's.....it's.....just a few small potatoes. We pile the few bags on the truck in any case. And so it goes - the harvest season distilled is just gathering what we are able to find. Or reaping what we have sown.

This level of acceptance is easier to take when the leaves are turning into a

phantasmagoria all around us. Giving us one more big show of color before they fall to the ground and begin the process of decay and eventually rebirth. The potatoes remind us that we are living directly in this mystery as we go from crop to crop. It is a satisfying and melancholy time where we are reminded of how lucky we are not only to be doing what we are doing but really, just to have any food at all come out of the earth after the digger goes in. It's.....It's.....It's.....

We hope you enjoy the harvest,

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

### Special Thanks

to our super volunteers  
Charlotte, Chris & Veralin

for volunteering over the past month of Friday afternoons - bringing in loads of tomatoes, squash, potatoes, and sweet potatoes!!

## Sweet Potato Cakes

- 1 3/4 lbs sweets, peel & cut in lg pcs
- 2 tsp. butter or coconut oil
- 1 leek, halved and thinly sliced
- 2 tsp. tamari or soy sauce
- 1 clove garlic, minced
- 3/4 tsp. salt
- pinch of red pepper flakes
- 1/2 c unbleached all purpose flour
- 1 egg, well whisked
- yogurt sauce
- 1/2 cup greek yogurt
- 2 Tbsp. lemon juice
- 1 Tbsp. extra virgin olive oil
- 3 Tbsp. chopped cilantro or basil
- pinch of salt and pepper

Steam the potatoes until tender. Cool. Warm the butter and saute the leeks - 4 min. Cool. Blend the yogurt sauce ingredients in a food processor. Set aside. Transfer potatoes to a bowl and mix them with the tamari, garlic, salt, red pepper flakes and flour to combine. Add the leeks and egg and mix. Add butter to a pan and warm over med high heat. Make small, two tbsn patties and drop them into the hot pan, pressing down to flatten. Cook until well browned on each side, about 7-8 minutes. Remove to a paper toweled lined plate. Serve with some lightly dressed greens and a generous portion of the sauce. These would be so wonderful with a poached egg on top.

*adapted from Yotam Ottelenghi's Plenty*



## 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**  
The crew scrums for spuds while the leaf show goes off

# 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.*



**BROOKFIELD'S 30TH ANNUAL (AND FIRST EVER)**

*virtual*

## HARVEST DINNER

featuring the traditional "state of the onion" slide show

**SATURDAY NOV 14  
6 PM ON ZOOM**

