

BROOKFIELD FARM SHOPTALK

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October 31, 2020
Distribution Week #22

WHAT'S NEW THIS WEEK

Seeing Red

Red Kale: Like it's green cousin, this hearty cooking green can be used in soups and stews, or just stand alone on its own. This one, though, has a stunning color to match its nutritional punch.

Red Cabbage: Tight, dense heads which add great color and flavor to slaw, roasts, and salads. We have a nice crop that should last through Thanksgiving.

Rutabagas: I know, it's maligned, pooh-pooed, and not considered fit for consumption by many of the upper crust. But really, these yellow-fleshed brassica roots taste great. Mashed with taters. In soups. Stews. Casseroles. Don't forget rutabaga pie! We have a great supply this year.

Murasaki Sweet Potatoes: Our daughter Anna suggested these and then a wholesale distributor asked if we had any last winter. So we gave them a try. They are purple on the outside and white on the inside. They are sweet. And they are tasty. Use them like any sweet potato - and let us know what you think. We will have them for only a week or two.



WHAT'S ON THE WAY

CELERIAC
GOLEND BEETS
BUTTERNUT

BULK PRODUCE

GREEN KALE,
COLLARD GREENS:
\$1 / BU

ESCAROLE:
\$2 / HD

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

WHAT'S HAPPENING ON THE FARM

October Surprise

It was one of those weeks where the forecast goes from bad to worse nearly every day. We knew it wasn't going to be 70F forever. We were right about that.

On Monday, we saw the forecast move towards rain for later that day and maybe again later in the week, so we headed back to the carrot field to take as many out of the ground as we could get before it got too wet. When the rain came around 3pm, we hid in the loft and started "popping" our garlic - getting the bulbs ready for planting once the weather improved. On Tuesday, the forecast started looking too cold for Friday night. We switched gears as the carrots can take the cold weather, but the rutabagas, turnips, escarole, and storage radishes are a little more tender. With the deer showing some nibbles, we cut the escarole first - putting a big load into the cooler for safe-keeping. In the afternoon, we moved the buckets to the rutabagas & turnips and went exploring.

We piled roots upon roots upon roots into bucket after bucket. A bumper.

The rain kept pouring on Wednesday as we kept picking, with the Brussels', kale, and broccoli booming. In the afternoon, with the rain temporarily stopped, we made quick work of 3000 lbs gilfeather turnips and daikon radishes. On Thursday, the forecast for snow on Friday got clearer. So, we dug a few carrots, leeks, and celery so we wouldn't have to fight the snow and grub in the cold wet soil on Friday. Then we popped the rest of the garlic with the rain pouring down.

Rutabaga Waldorf Salad

- 1/2 c mayonaise
- 1 tbsp lemon juice
- 1 c shredded cabbage
- 1 c peeled, diced apple
- 1/2 c coarsely grated peeled rutabaga
- 1/4 c raisins
- 1/4 c toasted peanuts
- salt
- freshly ground black pepper

Put mayo in a small bowl. Add the lemon juice, a little at a time, stirring until smooth. In a large bowl, combine the cabbage, apple, rutabaga, raisins, and peanuts. Add the mayo mixture and toss to coat well. Season with salt and pepper to taste. Chill before serving.

here's a clever take on the classic Waldorf Salad. Bring it to your next picnic instead of the same old coleslaw or potato salad. If you like, grapes and walnuts are more traditional than raisings and peanuts. From the Farmer John Cookbook - a great season-eating resource!!

We awoke to a white Friday, with an early snow blanketing the fields, still filled with food. We braved the cold hands and slushy pathways, bringing the rest of the harvest to the shed. Then we turned the water off as we left for the night, before the deep freeze descended. It will be warm again and we will finish the harvest soon enough. For now, though we are sleeping well with a fire in the stove. No one here but us squirrels.

We hope you enjoy the harvest,

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

PIC OF THE WEEK

Cold Front Comes In.
Toscano Kale Comes Out



When Does Regular Distribution End?

We will keep our regular schedule through November
Final distributions are *Thursday Nov 19 - Boston Area* &
Tuesday Nov 24 at the Farm Shop in Amherst.

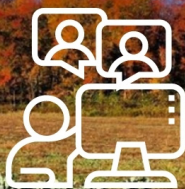
BROOKFIELD'S 30TH ANNUAL
(AND FIRST EVER)

virtual

HARVEST CELEBRATION

featuring the
traditional
"state of the
onion" slide
show

SATURDAY NOV 14
6 PM ON ZOOM



HOW WE FARM

Farm Gold



I get high on compost. There's no two ways about it. We are preparing to make piles down near the North Field and the excitement is building! Load after load of leaves (from the Town of Amherst) will be delivered, as well as cow manure from Cook Farm. A years worth of rotten vegetables and weeds are piled. We have had to wait through the wet spring and busy summer to find time to do this work. As soon as the rains stop, Jake is ready to hop on the tractor and take the reins of the loader and the spreader and set off to build this year's brew. Load after load will be piled into the spreader. It will take Jake a couple of days to make about 120 tons. Everything will smell like... earth. Rich, sweet earth.

Oh compost! Cleaner of soil. Creator of good tilth. Humus bearer. Transformer of matter. All-around, multi-purpose, right on stuff. Years ago, the Rodale Institute put out a 1000+ page book on the wonders of compost. I loved its girth, but always thought it was ridiculous as they kept saying the same thing over and over again; Compost is really good.

It's just dead plants in a pile. Manure (once grass), leaves, weeds, rotten squash, and whatever else we've got. Mix it in the right proportion of dry (carbon) to wet (nitrogen), make sure there's plenty of air, add the Biodynamic compost preparations if you want to get fancy, and then let it rot. The end result is manna for farmers. If your soil is sandy it will help it hold water and retain nutrients better. If your soil is clayey, it will help it drain water and release nutrients better. The humus it contains holds nutrients tight enough that water won't drain them away, but loose enough that plants can take them up when needed. Add the properties claimed by Rudolf Steiner (mediating cosmic and earthly influences and making our farm act as a whole being) and you've got the real thing. We are nearly ready to spin straw into gold.

BRING US YOUR LEAVES

Help us make great compost

Bring your leaves to the farm (bagged or loose)
and follow the road to the right of the barn,
all the way past the blueberries.
We will take it from there.

