



# BROOKFIELD FARM SHOPTALK

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Distribution Week #4

## WHAT'S NEW THIS WEEK

### (Well past) Time For (a) Napa!

**Chinese ("Napa") Cabbage:** This vegetable *is* cabbage for over 1 billion people. Use the whole head for stir fry, kim chi, etc. We have worked hard for these but will only have it for one week as we have a lost half of the crop in the droughty East Field.



**Baby Beets:** These are delectable beets with their greens on. Or, you could think of them as a bunch of Swiss chard, with a fun surprise at the bottom! Chop up the whole thing (greens, beets, stems) and saute or steam. We have a good crop of early beets which we expect will get bigger as the season goes on (this isn't about the drought - it's just early!)

**Fennel:** Tastes like licorice (anise) and crunches like a carrot. What to do with it? Try chopping it lightly into a salad for a zesty taste. Or you can roast it for a great meal (see below). We'll have four nice successions of this crop and expect to harvest it on and off through August

## HOLIDAY SCHEDULE

### 4th of July Distribution

On-Farm Distribution will remain *unchanged*  
Saturday July 4, 8am -1pm

## WHAT'S HAPPENING ON THE FARM

### It was dry. It is now drier. It will be...

With (at least) two storms completely passing us by and some warm temps sticking with us, the grass has turned brown, the soil dusty, and the possibilities are just not talked about out loud anymore.

Fortunately there is a simple equation; Water = Food. And its corollary; Water = Work. So while the situation gets more extreme, it also gets more straightforward. There is only one thing to do. So for this clarity of purpose we are grateful, if not just a little fatigued.

I have been asked many times this week if i think it's going to rain? Or when is it going to rain? Or will it ever rain again? And for that I have turned inward and downward to a place of just doing and not knowing. What needs to be done? Watering. What needs to be watered? Everything. When does it need to be watered? Now. It is clear in the

present. The future? Don't worry, it will happen.

We hope you enjoy the harvest,

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

### WHAT'S ON THE WAY

CARROTS  
RADICCHIO  
BASIL

### BULK PRODUCE

GREEN KALE: \$2 / LB  
LETTUCE: \$2 / HD

*to purchase bulk produce:*

**in the farm shop:**  
just come on in and see the farm shopkeeper

**in the Boston area:**  
visit our website:  
<https://www.brookfieldfarm.org/bulk-produce>

### Napa Cabbage Salad

1 medium Napa Cabbage  
1 1/2 c. gruyere cheese, (finely grated)  
1/2 c. kalamata olives, pitted & chopped

Dressing:  
5/8 c. olive oil  
2 Tbsp. red wine vinegar  
2-3 cloves garlic  
salt to taste

Chop the cabbage, mix the dressing, combine and enjoy!! This one tasty salad that takes no time to make.

*This recipe was found in the Tassajara Cookbook by BFCT president Peter Littell who passed it on to our shareholder Rhonda Newman who gave it to our farm chef Karen who made it for the crew and now it's an early summer staple in our home.*

PIC(S) OF THE WEEK  
The peppers and eggplants thriving on drip irrigation are uncovered and ready for summer

