



## BROOKFIELD FARM SHOPTALK

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September 15, 2018  
Distribution Week #15

### WHAT'S NEW THIS WEEK

#### Squash Time!!

**Acorn Squash:** We distribute squash in the reverse order in which they keep (in other words, the squashes that don't store as well, we will distribute first). This week we've got acorn for you and then comes delicata, pie pumpkin, buttercup, red kabocha, carnival, and finally, butternut into the winter. We should have some type of squash through Thanksgiving.



**Beets:** Our fall crop is ready and the greens are beautiful, so we will leave them on for this week. The roots are sweet and the tops taste just like swiss chard. Delicious!!

**Daikon Radish:** This white cylindrical root is a staple of Asian cooking. It is excellent pickled or prepared with vinegar and can be eaten raw or cooked. We should have it through Thanksgiving.

**Tatsoi:** Mild and delicious green with dark green leaves and light green stems. Use fresh or cooked in salads, stir-frys, or casseroles. We should have a good supply through October.

*where's my broccoli? - the continued wet weather is mostly wreaking havoc on our brassicas - broccoli, cauliflower, cabbage, and brussels' sprouts - which are in "wet" fields that are struggling with drainage. We continue to try to coax them along, but it's very hard to "take water off a field." We will keep you posted!*

### WHAT'S ON THE WAY

CARROTS  
BOK CHOY  
GREEN CABBAGE?  
BROCCOLI?

### BULK PRODUCE

WHITE POTATOES,  
ACORN SQUASH:  
\$1 / LB

ARUGULA: \$2 / LB

### WHAT'S HAPPENING ON THE FARM

#### All Dressed Up And.....

After a hot week, with the weather poised to change in a seasonal direction, we were laser-focused on just two tasks - bringing in the winter squash and pulling some late-season weeds. We had all the other, usual jobs to do - regular harvesting, distributing shares, tending our cows & pigs, etc. But, the squash will rot if it stays in the field too long and if it gets below 33F at night. And the last, tender crops will be swallowed by weeds, burgeoning from weeks of heat and moisture. So, let's go!!

Not so fast!! The weather had other plans. The forecast went from a few sprinkles, to continued wet weather Monday through at Wednesday. And those jobs can't be done in the rain. Time to adjust! We spent Monday harvesting and weeding spinach in a light drizzle. When the rain really came down around 3pm, we fled to the fieldhouse and stripped the early tomatoes of their last fruits of the season. Tuesday's soggy start pointed us towards removing tomato plants to prep the soil to sow kale for the winter. Then an unexpected break on Tuesday afternoon, let us re-direct a visiting UMASS sustainable ag class to handweed 3/4 of a mile of cutting lettuce and dig the weeks' potatoes just before more rain came back for real.

The rain poured hard Tuesday night, and into a Wednesday rain slog harvest morning. All the puddles were back. Signs of rot. Oh well. Pay no attention. As soon as the storm clouds began

to clear, we went to the squash field to start piling. We lined up a field crew for Saturday. We made plans for a community Squash-a-palooza. We piled again on Friday. And now.....we are (hopefully) ready for what could be a big day today. We just might have found the window and can bring in our entire crop (~20,000 lbs) out of the wet fields and into the safety of the warm, dry greenhouse. If you have a minute, come on by.....

We hope you enjoy the harvest,

Your Farmer,  
Dan  
(for Karen, Abbe, Ellen, Alex, Ben, and Jake)

### Savory Stuffed Winter Squash

2 med. winter squash  
1/3 c chopped walnuts  
1 tbsp olive oil  
1/2 c diced red onion  
1/4 c diced celery  
1 clove garlic minced  
1 1/4 c Jade Pearl rice  
3/4 c diced red pepper  
1/4 tsp sea salt  
2 1/2 c boiling water  
1 tbsp fresh thyme  
1/2 tsp fresh sage  
2 c grated gouda or cheddar cheese

Preheat oven to 400F. Leave the squash whole. Place them in a baking pan in the oven for 1 hr. until tender. Meanwhile toast the walnuts in a lg saucepan over med heat, stirring often ~ 5 min. Add the oil, onion, celery, and garlic. Saute for ~ 5 min. until onions soften. Add the rice, pepper, and salt and cook for 2-3 min. Lower the heat, then slowly pour in the water. Cover and simmer ~ 20 min. Stir in the herbs. Taste and adjust seasonings. Cut squash in half and scoop out seeds. Fill the squash halves with the rice mixture. Top with cheese and serve immed.

*From 'Gluten-Free Recipes or the Conscious Cook' a great seasonal cookbook from our shareholder Leslie Cerier.*



## Winter Shares Now Available

Join us this winter for more of the same delicious, nutritious, homegrown, naturally grown vegetables straight from our farm to you - ALL WINTER LONG!

Pick up the signup sheet at the Farm Shop, go to <http://www.brookfieldfarm.org/winter-share>, or check your email (we will send one on Monday) for information and how to join us!

### PIC OF THE WEEK

After the storm clouds clear, Jake, Ben, Ellen, and Ally pile the winter squash for a Saturday pickup!



Change Of  
Plans!!

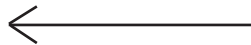
## Pumpkin Harvest Party - Cancelled!!

*Sometimes the weather gets the best of us - unfortunately, this year it's the Jack-O-Lanterns. In it's place, we are planning a*

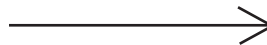
***Squash Harvest Lollopalooza*** for today!! **Saturday September 15th.**



Join us at  
Small One's Farm on  
Middle Street  
from 1 - 2pm



Then at the Snyder Farm  
off South East St  
from 2 - 4:30



Come for any part or  
all of the afternoon -  
Wear clothes that can  
completely dirty and  
be prepared to clip, toss,  
throw, and bring in the  
entire squash crop today!!!

This is a good job for any-  
one ages 12 and up! (we will  
have a potato dig, suitable to  
ALL AGES in October...)

Hope to see you there!!

