



# BROOKWOOD COMMUNITY FARM CSA NEWSLETTER

AUGUST 22 2010

## Field Notes

By Jason McCartney

This week is the eleventh week of the CSA, but the growing season is far further along. We have been enjoying a continued bounty of tomatoes, now slowly starting to peter out. Peppers are still producing strong and the new planting of cucumbers and summer squash is about to start producing.

Last week was the final week for our high school interns. This is a particular challenge for our harvest mornings due to reduced labor. The season has been planned with this eventuality in mind, with more labor intensive crops such as green beans coming to an end. It is always a weird part of the season when the students leave. It is getting to the point where things are starting to slow down—however, we are not quite there yet and some tasks are looking a bit daunting. So if people were thinking about coming in to do some weeding ... these next few weeks would be a great time.

It appears the heat of the summer is starting to subside, allowing the newly planted fall crops an easier time to grow. It turns out to be a busy planting time this time of year getting in fall crops and filling up some of the empty space in the field. Newly planted crops include broccoli, cauliflower, kale, spinach,

and other crops that will appreciate the upcoming cold weather.

This is also the time of year for putting in cover crops. Cover crops, sometimes called “green manures,” are crops put in not to harvest but for building, and maintaining the soil.

Many of these are in the legume family, part of the crop family that includes peas and beans. The bacteria that forms in the roots of this plant family pulls one type of nitrogen (N<sub>2</sub>) in from the atmosphere and converts it into a form (NH<sub>3</sub>) that is usable by the plants. Through this nitrogen fixation process, and the breakdown of the biomass of the plants, nutrients are returned to the soil. So, we try to incorporate legumes as well as other cover crops in our system. These crops produce biomass, fix nitrogen, as well as prevent erosion and help maintain healthy layering and bioactivity in the soil.

Have a good week and enjoy the share --Jason.

## This Week's Share

Tomatoes

Peppers

Lettuce

Beans

Eggplants

Melons

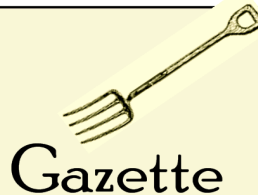
Squash

Cucumbers

## Save the Date !

**Come out and join us at our 3rd monthly potluck of the season THIS Friday, August 27th, @ 6 pm!**

**Meet us at the red barn at Brookwood! Bring a dish to feed 4 hungry people, your own silverware, and instruments/songs to share! (Note: event is weather dependent - please keep your eyes peeled for email notices!)**

**Pickup Times This Week**

Tuesday 8/24 : 1- 6pm

Thursday 8/26 : 1 – 6pm (back at Brookwood!)

Saturday 8/28 : 9am – 12pm

**A new addition to our Brookwood Community!!!**

CONGRATULATIONS to Alysa, Nico, & Malachi, who welcomed the arrival of little Phineas Eliot, born on August 19th at 6:09am! Weighing 8 lbs and 4 oz., Phineas is doing well and at home with his family celebrating Malachi's 4th birthday! Photos coming soon!!

**Shared Harvest Winter CSA**

*What's in the share?* Lots of goodies. You have your usual storage crops – carrots, beets, celeriac, garlic, onions, potatoes, sweet potatoes, popcorn, and more. But there is also green stuff like kale, spinach, broccoli, bok choy, brussel sprouts, and more!

*Time frame and pickups:* You have TWO time frames to choose from (two- onth or three-month) and a choice of TWO pickup location options (Lexington or Canton). Each month you will receive about 40 pounds of produce, which gives you about 10 pounds of food to feed you and your family each week. Please visit the website below.

*Cost:* \$160 for one month or \$240 for two months. Email Gretta Anderson at [GrettaAnderson@earthlinke.net](mailto:GrettaAnderson@earthlinke.net) and she will send you a subscription form.

**For more information and FAQs:** <http://sharedharvestcsa.blogspot.com/2009/01/faq-about-09-winter-csa.html>

**Volunteer drop-in hours**

**Thanks to those of you who came out this Saturday to help us weed!!** It was very much needed and appreciated! There's still more work to do! Please come help us: WEDNESDAYS from 7am-12pm at BRADLEY

**1<sup>st</sup> and 3<sup>rd</sup> SATURDAYS** from 9am-12pm at BROOKWOOD

Questions? Contact Anna at [volunteer@brookwoodcommunityfarm.org](mailto:volunteer@brookwoodcommunityfarm.org)

# Recipes

## Grilled Patty Pan Squash

(from Cooks .com)

### *Ingredients*

4 medium sized patty pan squash  
olive oil with onion and garlic powder

Cut squash length wise and remove seeds. Wash thoroughly in cold water and pat dry.

Pour 1/4 cup olive oil into a cup and add 1/4 tsp garlic and 1/4 tsp onion powder. You can add other spices to the oil if desired.

Note: Rosemary, oregano, sweet marjoran, fresh basil, red pepper flakes, salt and pepper, parsley are good suggestions.

Pre-heat grill to 400°F.

Brush squash on one side with olive oil mixture and place face down on grill.

Cover for 6 to 10 minutes then brush top of squash with olive oil, turn over and cover again.

Repeat this process until squash is golden brown on both sides.

## Green Beans & Sesame

### *Ingredients*

1 tablespoon canola oil  
1 1/2 teaspoons sesame oil  
1 pound fresh green beans, washed  
1 tablespoon soy sauce  
1 tablespoon toasted sesame seeds

Warm a large skillet or wok over medium heat. When the skillet is hot, pour in canola and sesame oils, then place whole green beans into the skillet. Stir the beans to coat with oil.

Cook until the beans are bright green and slightly browned in spots, about 10 minutes. Remove from heat, and stir in soy sauce; cover, and let sit about 5 minutes.

Transfer to a serving platter, and sprinkle with toasted sesame seeds.

## Grilled Watermelon

Cut watermelon into thick slices. Coat each side with honey (or a light oil if you prefer), and lay on a hot grill for about five minutes per side. The watermelon caramelizes nicely. For a fancier dish, see this recent New York Times recipe for Grilled Watermelon and Tomato Salad:

<http://dinersjournal.blogs.nytimes.com/2010/07/05/the-temporary-vegetarian-grilled>

## *Vegetable of the Month: Tomatillos*

The tomatillo is a plant of the tomato family, but it is in a different genus, *Physalis*, along with the husk cherry (the small, sweet fruit we have been offering in the shares the past few weeks). Both of these fruits grow inside a paper-like husk, and are ripe when they fill the husk, which will turn brown. Tomatillo fruits are generally green, but can be yellow or purple when ripe, and they have a slightly sticky surface (this is normal). Tomatillo plants are highly self-incompatible (two or more plants are needed for proper pollination; thus isolated tomatillo plants rarely set fruit). This is something I just learned from one of our members who bought 1 tomatillo plant at our spring sale and couldn't figure out why it wasn't bearing any fruit, until her husband discovered this fact through internet research.

Tomatillos are native to Mexico and Central America, and are believed to have been cultivated by the ancient Aztecs before the tomato arrived in the region. The Aztec name for these fruits was *miltomatl*, while tomatoes were called *xitomatl*. It is unclear which of these fruits the Spanish brought back on their ships, since they called them *tomates*, but it is likely they were tomatillos.

Tomatillos have a distinctive tart, lemony flavor and a dense, highly-seeded interior that makes them the perfect ingredient in Mexican dishes such as Salsa Cruda, a fresh salsa dish, as well as Salsa Verde, a cooked green sauce used in many Mexican dishes.

Tomatillos also contain a pectin-like substance that thickens the sauce or salsa upon refrigeration. Ripe tomatillos will keep in the refrigerator for about two weeks. They will keep even longer if the husks are removed and the fruits are placed in sealed plastic bags stored in the refrigerator. They may also be frozen whole or sliced.

Tomatillos are highly nutritional. One medium raw tomatillo contains only 11 calories, yet it packs 91 mg. of potassium. That same little fruit contains 4 mg. of vitamin C, 2.4 mg of calcium, 2.38 mg. of folic acid, and 39 IU of vitamin A.

Tomatillos can be chopped and added to any salads, or made into Salsa Cruda with chopped tomatillos, chopped tomatoes, chopped onions, chopped jalapeno, chopped cilantro, lime juice, and a touch of salt. Salsa Verde is a typical sauce served with enchiladas or burritos. Combine chopped tomatillos, chopped onions, chopped cilantro, chopped garlic, chopped serrano chiles, salt and pepper in a saucepan and cook gently 6 to 8 minutes.



## A Speech to the Garden Club of America

*Wendell Berry*

*Published in The New Yorker, Sept. 28 2009*

Thank you. I'm glad to know we're friends, of course;  
There are so many outcomes that are worse.  
But I must add I'm sorry for getting here  
By a sustained explosion through the air,  
Burning the world in fact to rise much higher  
Than we should go. The world may end in fire  
As prophesied—our world! We speak of it  
As “fuel” while we burn it in our fit  
Of temporary progress, digging up  
An antique dark-held luster to corrupt  
The present light with smokes and smudges, poison  
To outlast time and shatter comprehension.  
Burning the world to live in it is wrong,  
As wrong as to make war to get along  
And be at peace, to falsify the land  
By sciences of greed, or by demand  
For food that's fast or cheap to falsify  
The body's health and pleasure—don't ask why.  
But why not play it cool? Why not survive

By Nature's laws that still keep us alive?  
Let us enlighten, then, our earthly burdens  
By going back to school, this time in gardens  
That burn no hotter than the summer day.  
By birth and growth, ripeness, death and decay,  
By goods that bind us to all living things,  
Life of our life, the garden lives and sings.  
The Wheel of Life, delight, the fact of wonder,  
Contemporary light, work, sweat, and hunger  
Bring food to table, food to cellar shelves.  
A creature of the surface, like ourselves,  
The garden lives by the immortal Wheel  
That turns in place, year after year, to heal  
It whole. Unlike our economic pyre  
That draws from ancient rock a fossil fire,  
An anti-life of radiance and fume  
That burns as power and remains as doom,  
The garden delves no deeper than its roots  
And lifts no higher than its leaves and fruits.

