



# BROOKWOOD COMMUNITY FARM CSA NEWSLETTER

SEPTEMBER 26  
2010

## Field Notes

by Judy Lieberman

Here I sit, thinking about what to write. We've been at this farming thing for many weeks now and we farmers keep doing the field notes, telling you about the weather (hot!), the weeds (endless pulling, always needing more hands), the crops (lots of tomatoes to pick) and the changing seasons (it's fall!). It does feel like it is all getting old but that is our world and it is difficult to find new things to say or original topics to fill this space.



Yet, there are moments when I appreciate Brookwood Farm and feel extremely lucky to be spending my time there. There were a few beautiful mornings early in the week when the fields seemed to sparkle with the dew in the morning light and the temperature was perfect. It is now possible to slow down a bit, take a breath and look around

past the rows of crops we are picking or weeding to watch the other animals that inhabit this landscape, from dragonflies to hawks. They seem to be always near and with their own agenda related to the farm ecosystem. I still enjoy watching the subtle changes in the landscape in and around the farm, the shifting colors of the hills and fields. Right now a large portion of the Brookwood field is bare soil where melons, winter squash, zucchinis and tomatoes had recently been growing. By next week that area should be green again, once cover crop seeds germinate. At Bradley the land seems to be still growing strong. This week we continued to transplant fall seedlings into the field - 5 beds of spinach and lettuce went in - and there is still more to do, including scallions, chard and direct seeded salad greens and other quick growing crops.

*Judy's Field Notes continue on page 2*

## *This week's share*

Tomatoes  
Eggplants and/or  
peppers  
Lettuce  
Broccoli  
Winter Squash  
Garlic  
Leeks

### **Volunteer Drop in hours!**

Come lend a hand and join us for fall fun in the fields!

Wednesdays from 8am-12pm  
at BRADLEY  
1st and 3rd Saturdays from  
9am-12pm at BROOKWOOD

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

*Judy's Field Notes, cont'd from page 1*

Young plants need attention now if we want to enjoy them next month, so we really appreciated the help we had on Wednesday, thinning turnips and weeding beds of greens. Other plants, such as summer squash, cucumbers, peppers and eggplants, that have been producing for many weeks are looking sad and tired, so this may be it for those veggies until next year. Time to till them in and seed more cover crop. I am excited to start harvesting something new next week - leeks and broccoli!! I'm really looking forward to more of those crisp, cool days and yummy fall soups.

Remember, if you are getting a bit bored reading each week about how the crops are growing and the small changes we are experiencing in the field,

imagine how we feel going through these repetitive motions day after day. Sometimes though, as the season slows down, we can enjoy and appreciate the farm experience and take pride in what we have accomplished so far this season. We welcome farm members to write about your experiences this summer to share a new and different perspective with others who participate in this community growing endeavor and provide more excitement to readers of our newsletter.

Thanks for being part of it,

– Judy



## Gazette

Please pickup your share this week:

Tuesday 9/28 : 1 – 6pm

Thursday 9/30 : 1 – 6pm

Saturday 10/2 : 9am – 12pm

### Extending the Harvest: Kimchi Workshop

Sunday, October 10, 1:00-3:00pm, at the Wakefield Estate in Milton

Learn how to prepare this delicious fermented cabbage dish of Korean cuisine so that you can enjoy Brookwood's fall vegetables for months to come! This workshop will be led by Kelly Lake, farm educator at Newton Community Farm. The workshop is free but space is limited, so please call to pre-register: 617-333-0924

### Pumkin-fest CSA Member Potluck/Celebration!!

Saturday, October 16, 12noon-2:00pm

Please join us for our last CSA potluck of the season and enjoy fresh-baked pumpkin pies and other treats!

Food assignments: A-F: main dish G-M: salad N-R: breads/rolls, cheese S-Z: side dish/veggies

Pies and drinks provided by Brookwood!!! Suggested donation \$5 per person; \$10/family

Please RSVP via reply email so we can estimate quantities of pies & drinks

### 1<sup>st</sup> Annual Tour de Coops

Sunday, October 17, 12noon-3:00pm (rain date: Oct 24)

Brookwood is co-sponsoring this fun and unique tour of Milton's growing backyard poultry movement! The tour includes self-guided walking or driving tours as well as a guided bike tour that will visit a wide variety of chicken coops and designs. Talk to backyard chicken enthusiasts to learn the "how to's" of raising backyard chickens.

Maps for the self-guided tour will be available at 12noon at 148 Central Ave in Milton. The walking tour is designed to visit a number of coops all within a short distance. The guided bike tour will begin at 1:00pm from the parking lot at Turners Pond on Central Ave (Parking available), approx. distance 10 miles.

For information on any of these event, please send a reply to this email address.

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

## Rustic Plum Tart

From "Moosewood Restaurant *New Classics*." This country-style, free-form tart is easy to put together. There's no fussing with fancy edges or a top crust. The crust is rolled out flat and folded over the top of the tart to partially cover the filling. For flaky pastry, start with cold ingredients and avoid overhandling. Be sure to let the dough relax in the refrigerator while making the filling.

### Crust

1 1/3 cups unbleached white flour  
2 Tbsp sugar  
1/2 tsp salt  
3/4 cup chilled unsalted butter  
1/4 cup chilled cream cheese  
2 tsp fresh lemon juice  
2 Tbsp ice water

### Filling

1 1/2 pounds plums  
2/3 cup sugar  
3 Tbsp cornstarch  
1 tsp freshly grated lemon peel

### Directions

1. Preheat the oven to 400. Butter a 10" pie plate or large rimmed baking sheet.
2. Mix the flour, sugar and salt in a large bowl or food processor. Cut the butter and cream cheese into 1-inch pieces and incorporate them into flour mixture by hand or by pulsing them in the food processor until the size of peas. Mix in lemon juice & ice water until mixture begins to form a dough. Shape into a ball, flatten it into a disk, wrap in plastic, and refrigerate until ready to roll out.
3. Cut the plums in half, remove and discard the pits, and slice into 1/2-inch thick wedges (approx 5 cups of prepared fruit). Place fruit in a medium bowl and sift the sugar and cornstarch over them. Add the lemon peel and mix well. Set aside.
4. Lightly flour a clean dry surface, a rolling pin, and the chilled dough. Roll the dough from the center out into a 14-inch circle. Lift and rotate it from time to time to prevent sticking, dusting with more flour as needed. If the dough seems too soft or sticky, refrigerate for about 10 minutes.
5. Transfer the dough to the prepared pie plate or baking sheet and arrange the plums on the dough in concentric circles. Begin at the center and layer until all the fruit is used. If you're using a baking sheet, end the outermost ring of plums 2 inches from the edge of the dough. Fold over the dough to make a border. For a golden sheen whisk the egg with a tablespoon of water and brush it on the pastry edges.
6. Bake for 15 minutes. Then reduce the oven temperature to 350 and continue to bake for 30 to 60 minutes, until the crust is browned and the juices bubble up. Remove from the oven and let cool on a rack for 30 minutes. Serve while still warm.

## Restless under the Full Harvest Moon

I am falling asleep to the smell  
of sweet, burnt cinnamon -  
an unlit Yankee candle  
sits glowing on an lonely children's bookshelf  
its lingering scent

urges me to long for Christmas times  
of holiday cheer and a giving season -  
peppermints, red stockings, and Santa's reindeer  
and who can forget  
clementines brought over from far away places

where migrant workers spend  
endless hours holding onto lost dreams  
to find themselves swimming through orchard fields  
harvesting fruits in warmer climates  
for those celebrating further north.

Oh! On those summer evenings, how I longed for you!  
Planned yet unfinished memories  
danced and chased each other in my mind.  
They failed to ease fallen tears on pillow sheets.  
They did not bring back our warm, wintry nights.

warm, yes indeed, tonight I am warm  
At last! the Full Harvest Moon is here!  
The scent of the brisk, autumnal air  
brings to me feelings of new beginnings  
I smile, cease my longings, close my eyes, and sleep.

— Anna Wei