



BROOKWOOD COMMUNITY FARM CSA NEWSLETTER



SEPTEMBER 5
2010

Field Notes

By Judy Lieberman

Welcome to September! Although last week felt more like July, with temperatures that rivaled the hottest days of summer (and that's saying a lot with the record breaking heat we have experienced this growing season), September marks the start of fall, with kids returning to school and days growing noticeably shorter. We farmers just keep plugging along, even when the temps reach the upper 90's as they did most of last week. Like the song I sang at summer camp as a kid, "we weather the weather, whatever the weather, whether we like it or not." After all, there are still rows of tomatoes and thousands of pounds of melons to pick, which will go bad if not harvested when ripe, and regardless of rain or heat, we need to make sure the CSA shares contain a bounty of produce when you arrive for pick up each week.

Still, September is a time of transition, and farmers must always be looking ahead, anticipating and preparing for the next phase of the growing cycle. Even when the days are hot and steamy, the fields are changing and the farm work begins to shift with the awareness that growing time is running out. Looking out at the fields on a warm morning last week, large patches of blue-green brassicas were promin-

ent, and brown soil was up-turned where bean and onion crops had been.

One of the highlights of the hot, crusty week was a visit from former Brookwood farmer Rick Hasbrouck (you may remember him if you were a CSA member in the 2007 and 2008 seasons). Rick spent much of the week volunteering at the farm and single-handedly weeded all the leeks, removing lots of thorny amaranth that was trying to take over the field. It is really nice to see the leeks looking tall and healthy now and I can almost taste the potato leek soup that we enjoy on cool fall days. That weeding job was one of those things that kept being put off, as the more immediate tasks of harvesting and planting took precedence, but the effort will certainly pay off in an abundant leek harvest later this fall. Rick also attended to other overlooked needs, such as fixing the flat tire on our green cart and mending a leaky hose. Thank you Rick!

The first week of September this year was a somewhat unsettling mix of summer and

This Week's Share

- Tomatoes
- Squash
- Cucumbers
- Corn
- Eggplants and/or
- Peppers
- Onions
- Garlic
- Carrots
- Hot Peppers



Volunteer Drop in Hours

Thanks to everyone who has been coming out this HOT week to help harvesting and weeding! Please continue to join us:

WEDS from 7am-12pm at BRADLEY

1st and 3rd SATURDAYS from 9am-12pm at BROOKWOOD

Questions? Contact Anna at

volunteer@brookwoodcommunityfarm.org



Gazette



Pick up times this week:

Tuesday 9/7: 1-6pm

Thursday 9/9: 1-6pm

Saturday 9/11: 9am-12pm (AT BRADLEY!)

Attention all SATURDAY pickup shares:

Due to the Life is Good festival event happening next door to Brookwood on Saturday, September 11th, your pickup location has been temporarily moved to the BRADLEY estate (2468 Washington St, Canton). It's also known as the Trustees of Reservations property and it's only a 5 minute drive from the Brookwood property.

[MAP here](#). Questions? E-mail brookwoodfarmer@gmail.com. Thanks for your cooperation.

Wish list

Thanks to everyone who provided us a stock of lemonade and ice cream last week!! We still need pruners/ clippers and brooms and dustpans for cleaning.

Save the Date!

Our 4th monthly potluck of the 2010 season is Saturday, September 18th at 5pm by the Brookwood red barn. Please join us by bringing a dish large enough to feed 4 hungry people, your own silverware, and instruments for MUSIC! Tentative movie night planned at around 7pm (weather and tech equipment dependent). To help or with questions, email Anna at volunteer@brookwoodcommunityfarm.org

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and fall. The sustained, summer heat wave/ drought caused many plants to mature ahead of schedule, so we were surprised to see mature heads of cauliflower next to the last planting of summer squash and cucumbers. It seems strange to be harvesting cauliflower and watermelons in the same week, and by Labor Day, winter squash and pumpkins will be ready for harvest and curing. Normally this takes place in the cooler days of late September. The other big excitement was the predicted hurricane, which motivated us to clean up at both sites in preparation for high winds and damaging rain. It worked out well for us that Earl moved through quickly on Friday night and provided only a good, soaking rain to our parched plants, and left us with tidy work areas at both farm sites.

Last week also saw us transplanting kale and other fall crops into the field at Bradley, where earlier plantings of summer squash and beans had been. That work will continue over the next two weeks with collards, late broccoli, chard, beets, spinach, lettuce, napa cabbage and scallions still waiting to go into the ground. It is also comforting to see direct-seeded spinach, and other leafy greens coming up in strong rows in the Bradley fields. These young plants should translate into a bountiful harvest of fall crops and hearty, hot meals in October. I hope you are looking forward to the fall farm season like I am. The change is in the air and in the shifting colors of the landscape. Come lend a hand (there are still many rows of carrots to weed) and experience it with us.

—Judy

We asked our BCF CSA Newsletter editors to respond to several questions: Who are you and what do you do outside of your volunteering time with Brookwood? Why support Brookwood and local agriculture? What does sustainable agriculture and food mean to you? What do you do for fun (hobbies, etc)? What's one interesting fact about yourself?

Allison Nevitt

I'm a mom who is home full time now due the lasting effects of Lyme Disease. Once a very athletic runner, aerobics instructor, and skier with an MBA who was always on the go-go-go, I'm now a writer (see unas-penser.com). I also create outreach and community-building sites online—e.g., Jubilee Massachusetts, and a site for neighborhood collaboration on neighborhood yard sales, pergola building, tool sharing, chicken farming, etc.



I grew up on processed foods, but when we did have a garden food never tasted so good. Local sustainability is key to global sustainability and growing food for ourselves is the foundation of that. Besides, I worked with Judy at Boston Urban Gardeners. How could I join any other CSA?!

I knit (professionally), sing, read, garden, play games (digital and analog).

When I was in my 20s and early 30s I worked and lived around the world and my roller skates always came with me. As a casual dance skater from New York City, I could always find a patch of pavement (as long as I wore dark sunglasses, turned my Walkman to the loudest setting and pretended no one was staring.)

Frank Schroth

I publish the web site [02186: MyTownMatters](http://02186:MyTownMatters), covering the issues, people, and events of Milton, MA along with a local current affairs program on Milton Cable that complements the site. Much attention is being focused on the upcoming elections as a number of Milton residents are candidates, including state Senator Brian Joyce, one of his challengers, Richard Livingston, Gov. Patrick, Congressional candidate Mac D'Alessandro, etc.



I am passionate about all things local - news, food, energy and the environment. Local agriculture is important for several reasons--health benefits, environmental benefits, and local self-sufficiency. But it also serves as an illustration of how communities can strengthen and build a sense of civic engagement. And I just love to eat.

I love cooking (of course!). Other longstanding interests include photography, any kind of music, and card games. As Coach Wooden said, "When I am through learning, I am through."

I rode my bike from NJ to Colorado in 1974. Bikes are the best! I've also been told that I should sell my guacomole.

Michael Horan

I moved to this area ten years ago after stints in NJ, NY, and PA. In past lives I've been a Renaissance lit scholar, college instructor, bartender, market research analyst, digital marketing consultant, copyeditor, business writer—etc.



Obsessed with relocalization, animal rights, peak oil and climate change, I'm pursuing a certificate in Organic Ag at Bristol Community College. I take seriously the old slogan that "the personal is the political"--to change the system, you have to show that alternatives are indeed possible. Hence Brookwood.

Other interests? History and politics. I'm currently chair of the Green-Rainbow Party of MA and working on media, communications, and policy for the Jill Stein for Governor campaign. And I take lots of [photos of the farm](#) (hit "sets", then slideshow).

Most recent accomplishment: a locally-sourced dinner (loosely defined) for sixty at my church in Stoughton.

Recipe

Carrot Cake

From *The New Moosewood Cookbook*, by Mollie Katzen. Berkeley, CA: Ten Speed Press, 200.

Ingredients

Butter, oil, or margarine for the pan

1 ½ cups (3 sticks) butter, softened

1 ¾ cups packed brown sugar

4 eggs

3 tsp vanilla extract

1 tsp grated lemon rind

4 cups flour

1 tsp salt

½ tsp baking soda

1 Tbs baking powder

1 tsp allspice

2 tsp cinnamon

2 ½ cups (paced) finely shredded carrot combined with ¼ cup lemon juice

Optional additions:

¾ cups raisins or currants

½ cup shredded coconut



1. Preheat oven to 350 degrees. Generously grease 2 standard size loaf pans or 1 oblong pan (9 x 13, or 10 x 14).

2. Beat together butter or margarine and sugar in a large bowl. Add eggs, one at a time, beating well after each. When the mixture is fluffy, stir in the vanilla and lemon rind.

3. Sift together the dry ingredients. Add this to the butter mixture alternately with the carrots, beginning and ending with the dry mixture. Mix just enough after each addition to combine--don't over mix. Stir in optional items (or not) with the last flour addition.

4. Spread the batter evenly in the pan(s) and bake 40 to 50 minutes (loaf pans) or 35 minutes (oblong pan)--or until a probe inserted into the center comes out clean. For loaf pans: cool ten minutes in the pan, then rap the pan sharply, and dislodge and remove the cake. Transfer to a rack, and let it cool at least one hour before slicing.

In honor of the 1912 textile workers strike in Lawrence, MA, and the women and men of the world who cry for fair wages and dignified working conditions, AND those who do not fill their spirits with food alone, here's a poem that is traditionally sung at our Laurel Parade before our graduation ceremony at Mount Holyoke Colleg

Bread and Roses

As we go marching, marching, in the beauty of the day,
A million darkened kitchens, a thousand mill lofts gray,
Are touched with all the radiance that a sudden sun discloses,
For the people hear us singing: Bread and Roses! Bread and Roses!

As we go marching, marching, we battle too for men,
For they are women's children, and we mother them again.
Our lives shall not be sweated from birth until life closes;
Hearts starve as well as bodies; give us bread, but give us roses.

As we go marching, marching, unnumbered women dead
Go crying through our singing their ancient call for bread.
Small art and love and beauty their drudging spirits knew.
Yes, it is bread we fight for, but we fight for roses too.

As we go marching, marching, we bring the greater days,
The rising of the women means the rising of the race.
No more the drudge and idler, ten that toil where one reposes,
But a sharing of life's glories: Bread and roses, bread and roses.
Our lives shall not be sweated from birth until life closes;
Hearts starve as well as bodies; bread and roses, bread and roses.

by James Oppenheim