



BROOKWOOD COMMUNITY FARM CSA NEWSLETTER

AUGUST 29 2010

Field Notes

by Anna Wei

So this was our first official week without our interns and I must say, we really felt the difference in the decrease of labor. The harvest mornings, which are usually busy anyhow, extended into the afternoon. Thus, lots of other tasks such as weeding, planting, and seeding have been pushed back. With the first consistent rain of the summer earlier this week, we finally received a break from worrying about irrigation. We'll see about it this upcoming week. The rainy days gave us an opportunity to seed more for our fall plantings including lettuce, spinach, and scallions.



Although I am grateful for the rain, the tomatoes took a hit and thus, the poundage in the shares has decreased. But no worries—more tomatoes to come. After cleaning out the split and rotten tomatoes from the rain this week, we have confidence that the tomato crop will recover to last us through the season.

Some of you also may have noticed the dwindling in eggplant quantities. Since we've been harvesting on a consistent basis, the eggplants haven't had much time to recover. Small eggplant fruits are coming, but there's fewer signs of flowers on the plants and thus, it is also a sign that eggplant season is coming to an end. And after weeks of many beans, we said goodbye to them on Saturday as Jason tilled them in to make way for our fall crops.

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This week's share

Tomatoes
Peppers
Squash and Cukes
Braising Greens
Hot Peppers
Beets
Onions
Garlic
Melons

Check this out!

There was a nice blog post on BMG group Blogs regarding Brookwood Farms efforts to expand healthy produce into what the CDC labels “[food deserts](#).”

Brookwood is now selling at the Farmer's Market in Mattapan. You can find the blog post [here](#).

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Despite the exhaustion in keeping up with the harvest, we are truly thankful for all the volunteers that have responded to our cry of help with weeding the carrots. I wished I had taken before and after pictures because you can really see the difference from a carpet of green to neatly defined rows of carrots. So yes, while we're still busy, please continue to come out and help us keep up with the work without our interns. Things are moving along and that's all we can do – keep moving forward.

Thanks for reading my recap. I also want to take a moment to thank our wonderful newsletter volunteers, Michael Horan, Frank Schroth, and

Allison Nevitt for their dedication in putting this newsletter together. Without their patience and hard work, this beautiful newsletter would not be possible.

Egg, fruit, and fish shares are still coming. Flowers are still going strong. If you want to order any bouquets for a special event, let me know. Thank you for eating the food that we grow and also encouraging us to get through this busy stretch! Enjoy!

Anna



Gazette

Please pickup your share this week:

Tuesday 8/31 : 1 – 6pm

Thursday 9/2 : 1 – 6pm

Saturday 9/4 : 9am – 12pm

Calling ANY TECH SAVVY individuals!

We are thinking of potentially having a Brookwood MOVIE NIGHT! But we need your assistance! If you have any access to an overhead projector and stereos, as well as any knowledge of setting it up outdoors , please contact Anna at volunteer@brookwoodcommunityfarm.org

Welcome Phineas!

Alysa, Nico, and Malachi have a new addition to their beautiful family – Phineas Eliot, born on August 19th at 6:09am.



Phineas with Mom and big brother

Wish list

Pruners, two brooms, dustpans, hammock, lemonade, ice cream

Volunteer Drop-in Hours

Thank you to those to came out on Friday and Saturday for our volunteer workdays! Please continue to help us out while we're busy and in need of extra hands:

- WEDS from 7am-12pm at BRADLEY
- 1st and 3rd Saturdays from 9am-12pm at BROOKWOOD

Questions? Contact Anna at volunteer@brookwoodcommunityfarm.org

RECIPE!

Beet Walnut Salad with Feta

This is a classic salad that can't be beat. Toasting the walnuts for ten minutes at 350 in the oven will improve it even more.

Ingredients

4 cups mixed salad greens
4 roasted beets, sliced (see note below)
1 cup toasted walnut halves
½ cup crumbled feta cheese or to taste

NOTE: to roast beets, trim ends and scrub. Wrap in foil and place in a 400 degree oven for ~40 mins or until easily pierced. Let cool and peel.

Directions

1. In a large bowl, toss mixed greens with enough of your favorite vinaigrette to moisten leaves.
2. Assemble greens on plates.
3. Top greens with beets, walnuts, feta and shallots. Lightly toss each serving until ingredients are combined. Drizzle with more vinaigrette if desired.



Putting in the Seed

You come to fetch me from my work to-night
When supper's on the table, and we'll see
If I can leave off burying the white
Soft petals fallen from the apple tree
Soft petals, yes, but not so barren quite,
Mingled with these, smooth bean and wrinkled pea;
And go along with you ere you lose sight
Of what you came for and become like me,
Slave to a Springtime passion for the earth.
How Love burns through the Putting in the Seed
On through the watching for that early birth
When, just as the soil tarnishes with weed,
The sturdy seedling with arched body comes
Shouldering its way and shedding the earth crumbs.

— Robert Frost