



# BROOKWOOD COMMUNITY FARM CSA NEWSLETTER

OCTOBER 10 2010

## Field Notes

by Anna Wei

As I sit down and begin to write, I realize these are my last notes for this season! I am partly relieved since my homework load from my two evening classes is increasing exponentially, but another part of me will miss the opportunity for deep reflection about the week that has passed.

With the decline of tomato, summer squash, and cucumber pickings, our mornings have slowed down as the harvest becomes more manageable. There is no more rush to finish harvesting the rest of the 300 pounds of tomatoes before distribution starts, or to get the greens out of the hot sun before they wilt and crinkle. We're still harvesting away, and there's more food to come. For me, there's nothing more lovely than harvesting on a beautiful autumn morning.



Anna Wei, farmer

Earlier this week, the rain brought us indoors where we've been starting to "break" ground in the Bradley greenhouse. We hope to grow during the winter! Despite my lack of planning time for the upcoming winter growing season, Jason and Judy have supported my desire to give winter growing a try. Cross your fingers for spinach, salad greens, and lettuce!

I am very much looking forward to this new learning experience. The thought of entering the toasting greenhouse with hot cocoa in my hands after tromping through the bitter cold snow gives me a warm fuzzy feeling. But this is still very much an idyllic picture that I have in my mind of what winter growing is like. That may change when I'm out there in the cold.

Anna's Field Notes continue on page 2

## This week's share

Fancy Radishes  
Endive/Escarole  
Green Tomatoes  
Peppers  
Onions  
Winter Squash  
Celery  
PYO Herb

### Pumkin Fest & Final Potluck of the season!

**10/16 from Noon – 2:00pm**  
join us for our final potluck of the season & enjoy fresh-baked pumpkin pies and other treats!

Food assignments (by last name): A-F: main dish; G-M: salad; N-R: breads/rolls, cheese; S-Z: side dish/veggies

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

Please R.s.v.p. to [brookwoodcommunityfarm@gmail.com](mailto:brookwoodcommunityfarm@gmail.com) so we can estimate quantities of pies & drinks!

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

So that's it from me, folks! It's clean up time now, and it may get bittersweet, but the wonderful thing about farming is that it's always just beginning. Garlic planting will happen soon. Cover crop seeds of oats and vetch have started to come up in one end of our field with the assurance that ground will be covered for the winter sleep. And Jason, Judy, and I have already been starting to make a list of improvements for next season. That said, I want to say I've enjoyed my first season here at Brookwood, and I thank you all for welcoming me into your community without hesitation. What I love most about community farms is the fact that I am working for the community and not for someone. So thank you for providing me a job that I love. I've enjoyed and still am enjoying my time here.

I also want to thank my wonderful host family who warmly opened their arms and the doors of their lovely home so I could live close by the farm. Without them, I would be commuting from a far away place everyday. Thank you Jennifer, Dean, and Danny for sharing your home with me this season and making me feel like family!

Also! Don't miss the LAST potluck of the season! It's never too late to join the fun and share in the harvest. And besides, I want to finally meet you...oh you who eat the food we grow!

Cheers,

Anna

## Vegetable of the Week!

### RADISHES

You may think that radishes are round, red boring vegetables, just something to add to a salad for a sharp bite. You are mistaken. A radish is much more than a garnish. The Johnny's catalog, where we order our seeds, has two, full pages of colorful varieties, 15 types of round, long, specialty and daikon radishes, encompassing a range of flavors and culinary uses. This fall Jason decided to experiment with growing some of more unusual types, and you get to sample them in you share this week.



Radishes, *Raphanus sativus*, are part of the family Cruciferae (mustard family). It is thought to be native to China and spread to the Mediterranean area before Greek times and to the New World in the early 16th century. Radishes are amazingly healthful. They're a source of vitamin C and are rich in minerals like sulphur, iron, and iodine. Daikon are even better, as a source of vitamin C, potassium, magnesium, folate, sulphur, iron, and iodine. According to the website "Health recipes," "the vitamin C in radishes is an antioxidant and anti-inflammatory, and has been shown to have a positive effect on asthma symptoms because of its anti-inflammatory properties.

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## Gazette

Please pickup your share this week:

Tuesday 10/12 : 1 – 6pm

Thursday 10/14 : 1 – 6pm

Saturday 10/16 : 9am – 12pm

### Important Note to all CSA members!

Last Day of CSA share pickups: Saturday, October 30th

Last Egg share pickups: end of November

Last Fruit Share pickups: Saturday, October 30th

### Extended Season CSA at Brookwood!!

Wondering what you'll be eating after the CSA season is over? No fear! We are extending the CSA for those who would like to receive more goodies from Brookwood. The fall CSA shares will start the week after the regular CSA shares and will last through the month of November.

Pickups will only happen once a week (date TBD). Produce will include winter squash, scallions, kale, spinach, lettuce, radishes, turnips, and more! Signups will open next week and must be prepaid before the first pickup. Please keep your eyes and ears open for more details.

Questions? Email us at [brookwoodfarmer@gmail.com](mailto:brookwoodfarmer@gmail.com)

### GARLIC PLANTING at Brookwood!!

It's that time of year again to plant garlic for our next season's crop! Come out and lend a hand planting garlic THIS Saturday October 16th from 9am- 12pm (also conveniently scheduled before our last potluck of the season!) If you plan to also stay for the potluck after volunteering, we have a cooler to keep your potluck dish fresh OR if you have a crockpot, we can hook it up somewhere to keep your dish warm. Just let us know!

### Wish List

Thank you to our fairies who left scones and delicious baked goods for us! YUM!

Manure spreader, wrenches, folding chairs, hot cider, hearty soup, more delicious baked things!

### Volunteer Drop-in Hours

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

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

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

*Radishes – cont'd from page 2*

Potassium can help lower your risk of kidney stones and strokes, and radishes, along with a diet high in other fruits and vegetables, can significantly lower your risk of multiple sclerosis". Another alternative health website I came across said that radishes were known for their healing properties in ancient Egypt and China. They contain mustard oils that stimulate the liver and aid in good digestion and nutrient absorption. Recent research has shown that aside from vitamin C, calcium, and potassium, radish also contains a compound called "raphanin" which helps the thyroid gland in the healthy release of necessary hormones.

The 3 types you may find in your share this week are: Watermelon radish- a beautiful, round radish that is white on the outside with dark pink flesh inside. While it is a stretch to say it tastes like a watermelon (Jason does say that, and if you have a strong imagination you can almost believe it) it is remarkably sweet and delicious; Nero Tondo- a special, black Spanish type. It is round and black skinned, with a crisp, hot, white flesh; the 3rd type is a daikon radish- also known as Oriental radish. These have long, white roots and a relatively mild taste. In many parts of the East they are served with nearly all meals, cooked, raw or pickled. While the watermelon and nero tundo radishes are probably best eaten raw, alone or in salads, daikon is commonly cooked or made into relish, though it also works well in salad. The Johnny's catalog says that topped radishes can be stored 4 weeks or more if kept just above freezing temp, in semi permeable containers. All 3 types are tender skinned and a simple scrubbing is enough. Then you can just grate, toss with oil and vinegar, salt and a touch of sweetener, and mix with other vegetables if you like. Cooking daikon radishes diminishes their slight bite, creating a taste like mild turnips.

## RECIPES!

### Stir-fried Daikon

From the Rolling Prairie Cookbook by Nancy O'Connor

#### Ingredients

1 pound daikon radish  
1 tablespoon peanut oil  
1 teaspoon honey, or other sweetener  
1/8 teaspoon salt  
2 tablespoons finely chopped parsley

#### Directions

Scrub daikon and cut into thin slices. Heat the oil in heavy skillet over high heat. Add daikon and toss to coat with oil. Sprinkle sweetener and salt over radish slices. Cook, stirring often, until radishes are just tender- about 5 minutes. Remove from heat. Toss in parsley. Serve immediately.

## Food for the soul

As many of you know, I adore poetry and use it as one of my personal forms of artistic expression. I hope you have been enjoying the poetry selection this season as much as I have enjoyed selecting them. I am always searching for new styles and voices. Please send along suggestions for next season! Include your own if you wish to share! This is one of my favorite poems by one of my beloved poets. I hope it inspires you poets or aspiring poets to keep writing. Enjoy!

– Anna

### How To Be a Poet

By Wendell Berry

(to remind myself)

Make a place to sit down.  
Sit down. Be quiet.  
You must depend upon  
affection, reading, knowledge,  
skill — more of each  
than you have — inspiration,  
work, growing older, patience,  
for patience joins time  
to eternity. Any readers  
who like your work,  
doubt their judgment.

Breathe with unconditional breath  
the unconditioned air.  
Shun electric wire.  
Communicate slowly. Live  
a three-dimensional life;  
stay away from screens.  
Stay away from anything  
that obscures the place it is in.  
There are no unsacred places;  
There are only sacred places  
And desecrated places.

Accept what comes from silence.  
Make the best you can of it.  
Of the little words that come  
out of the silence, like prayers  
prayed back to the one who prays,  
make a poem that does not disturb  
the silence from which it came.

