

Great-grandfather's barn at Spring Brook Farm, circa 1901

What's in the box and where do I keep it?

	Fridge?	Bag?	Notes & Varieties
Broccoli	Yes	Plastic	
Cabbage	Yes	Plastic	Green
Carrots	Yes	Plastic	
Dill	Yes	Plastic	
Garlic	No	No	
Kale	Yes	Plastic	Lacinato
Onions	No	No	Red, yellow and white
Peppers	Yes	Plastic	Sweet red and hot serranos
Shallots	No	No	
Tomatoes	No	No	Reds
Winter Squash	No	No	Delicata

Broccoli

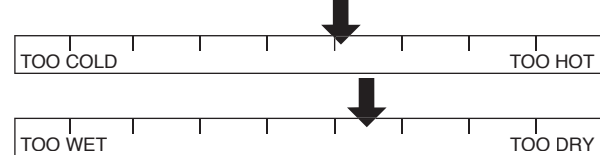
The broccoli has been maturing rapidly at the farm for the last couple of weeks. Broccoli has to be picked when it's ready and can render itself over mature in just a warm day or two. The couple of 85° days we had a week and a half ago really kicked it into gear. The broccoli head is made up of very small flower buds, known in the trade as beads. A nice head of broccoli is said to be finely beaded, meaning that the buds are small and tightly packed together. Weather is a big factor in the fineness of the beads, the warmer the weather the larger the beads. Having a couple of days of hot weather followed by a frost makes for some heads with both large and small beads on them, which can look kind of weird but taste good.

Broccoli, as we know it, is a fairly recent invention, having only been hybridized into what we think of as broccoli around the turn of the last century. Prior to that your options would have looked more like broccoli raabe. It is a fairly easy to grow crop but does require

Farm Report

Rainfall0.65"
 High Temperature 78°
 Low Temperature 35°

Farmer Complaint Indicators™ :



quite a bit of space and fertility for good yields. I prefer the fall broccoli to the spring because the flavor is sweeter. We should continue to have a head or two in the box for the rest of the season.

A small green cabbage is in the box this week. They are young, sweet and delicious.

The carrots are reaching full-size now. Soon it will be time to harvest them for fall storage. This is a different variety this week, which seems somewhat less productive.

Some late season dill is in the box. Dill grows quite well in the later season, not being as prone to go to seed as in the summer.

Another bunch of lacinato kale shows up this week. A kale recipe follows.

All the usual onions are in the box this week along with a couple of yellow shallots. The shallots are nice and large this year, use them anywhere you'd use an onion, but don't want a strong onion-y flavor.

The peppers are slowing down considerably. This may be the last of the sweet ones.

The tomatoes are slowing down too. They survived the frost but are nearly at the end of their useful life. Enjoy them while they last.

The squash this week is Delicata. It is a nice, sweet mild squash. They did very nice this year and some of them are larger than usual, which is good since they're generally a pretty small squash. They are one of the more versatile squashes since they can be stuffed, baked, steamed or even sautéed. Their skin is also quite thin which makes it edible, but very prone to being damaged. They also don't keep a real long time which is why I like to get them out early. My favorite way to eat them is baked, scooped out of the skin and puréed with some butter.

Farm News

The big news on the farm in the last week is that we had a very light frost on Saturday morning. The forecast was calling for 28° so Friday was a scramble to bring in some frost sensitive crops. The main one being the winter squash. September 15 is a little early for first frost around here, usually we can count on it about two weeks later than that.

One of the problems that frost coming early presents is that I haven't had the chance to deliver more of the squash prior to the frost. This means that I've got a lot more squash to bring in than if it happened later. Consequently I had to do some quick thinking to figure out where I was going to put all of the squash. I ended up going with the hay wagon and a little flatbed trailer that I bought this year. There wasn't enough crates empty to put the squash in so we had to transfer a number of onions from crates into large tubs to free up the crates, this gave me enough to build walls with on the trailer and wagon so that the middle could act as a large box. First I had to clip each of the squash stems from the plant and pile the squash by variety. Then with the wagon and trailer all set, we got them picked up and put away, almost two thousand squash in all, probably about 5,000 pounds. The squash look very nice this year.

We also picked tomatoes and peppers, and dug my experimental patch of sweet potatoes. That was about as much as we could manage with the time we had. As it turned out we didn't get much of a frost, maybe 31°. It never went below 35° up at the house. It was enough to zap the leaves on the squash, beans and basil, but that was about it. It's nice to have the squash done with even if it would have survived just fine.

Monday I spent the morning laying out the beds for next year's vegetables and getting some winter rye planted in the lanes between the beds. There's something I find kind of peaceful about plotting out quarter-acre rectangles in the middle of a large field.

Tuesday was spent harvesting and then fixing my truck when it decided not to start after I had filled it full of broccoli and cabbage. I had to tow it with the tractor while Dorothy popped the clutch on it to get it started, a trick which is only possible with a manual transmission. Thereafter I had to park it on an incline the rest of the day so I could get it started by starting it rolling. I figured it was the starter but I started out by detach-

ing the battery and cleaning all the contacts and the contacts on the starter. That did the trick, which is good since 1995 Toyota T100 starters are not real common out here.

A couple of quick administrative notes:

The pickup sites are pretty much all out of paper bags, if you have some at home we'd love to use them, just drop them off at your pickup site.

A reminder that our Harvest Party is a week from this Saturday. It'll run from 3pm until 8 or so. Bring a dish to share for supper. We've got plenty of nice pumpkins for the kids and will have tractor rides and a bonfire. Please let us know if you're coming and how many folks you'll be bringing. There's already a little inkling of colors changing in the trees, so by then it should be quite spectacular. We love to actually see the folks who consume all of this food.

Coming next week: Potatoes, garlic, leeks, broccoli, cauliflower, cilantro, dill, butternut squash, tomatoes, arugula?

The following recipe comes from a chef friend of ours and member:

Kale Quinoa Salad

For the dressing:

- 1 clove garlic
- 1 small shallot
- 3 tablespoons soy
- 1 tablespoon brown miso
- 1 tablespoon tahini
- 1/4 cup rice wine
- 1/2 lemon (if you have it)
- 3/4 cup olive oil

For the salad:

- 4 cups shredded kale
- 1/4 cup sliced red onion
- 1/2 cup sliced apple
- 1/2 cup tomato chunks
- 1/4 cup dried cranberries
- 1/2 cup cooked quinoa (cooled)

Combine all of the dressing ingredients in a blender and purée. In a large bowl assemble the salad ingredients and toss with the dressing. Let it stand for at least 15 minutes for the kale to tenderize. Serve. Keeps well for the next day as well.