



BLACKBROOK FARM

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July Already?!

Hello members! Time is flying here on the farm. I can't believe it is already July and the priorities have switched to weeding, weeding, weeding! As much as we try to get out there with mechanical cultivation, hoes and hands, this year has proven too wet to take out all the weeds. It's either too wet to even work the soil or we try and they just re-root themselves. It is amazing how resilient and adapted weeds are compared to transplanted crops, which do not thrive in saturated soil.

As a crew, we tackled the tomato trellising last week in one day! 11 350 foot beds with tomatoes planted every 18 inches. That is a lot of tomatoes to hold up off the ground! They are also planted in plastic which keeps them warmer and helps to avoid getting soil backsplash on their foliage, which causes blight. We are already seeing some sizable green fruit on some of the plants, so they are well on track for late July, early August harvest. The peppers have also started flowering and we are seeing small peppers hanging from many plants!

As some of you may have noticed, we have not put strawberries in the box this year. Last year, our junebearing varieties were eaten by deer. So, they did not come back this year. However, knowing this we planted everbearing strawberries this spring that should be harvestable later this month through September. So fear not, we are still planning on including strawberries in your boxes when they are ready. We have also planted a lot of junebearing strawberries for next year's harvest.

Other crops that are looking good out there in the fields are potatoes, which

What's in the Box:

Broccoli- This week you are getting gypsy and green magic varieties. Some of the heads are pretty small, but we tried to give you a few of them to make for a big head. Very tender. Eat the whole thing, even the stalk. Unlike California broccoli, ours is so fresh and tender it would be a waste to throw out the stalk. Recipe included.

Pac choi- Joi Choi variety. We love this around our house, as its great in stir fries. Holds well in fridge in a plastic bag. Recipe included.

Sugar Ann Snap Peas- These little gems are a labor of love. We spent a good portion of our day on Wednesday picking these, but they are oh so good! Eat fresh for a great treat or lightly stirfry or steam them. Store in a plastic bag in the fridge. Qt for full shares and a pint for small shares.

Swiss Chard- First of the season for these great greens! chop into a salad or saute up with garlic and onions. Store in fridge in a plastic bag.

Pea Shoots- These gourmet tendrils are similar in taste to a pea, but a little less sweet. Mostly used as garnish on salads-1/4 lb this week. Stores for up to a week in bag in fridge. Recipe included.

Snap Beans- Full share only. We went out to pick these thinking we would not have enough for the CSA, but it turns out there were more than we thought! Most members got 2/3 lb, but we ended up a bit shy at the end and a few members got a little less. Don't fret- there will be more! Eat raw, lightly steam or saute. Store in plastic bag in fridge.



Box #3 FULL SHARE



James giving instructions on "the weave" trellising method

Pea shoot and walnut pesto adapted from From peashoots.com

- 2/3 cup Walnuts
 - Garlic Clove
 - 1/8 cup Parmesan
 - 1/4 lb Pea Shoots
 - 3/4 cup Olive Oil (approx)
 - Salt and Pepper
- Place the walnuts under a grill and toast gently until slightly coloured. Do not leave unattended as the nuts brown quickly. Place the garlic and pea shoots in a blender and

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are starting to flower and summer squash. It is now transition time from spring to summer crops, so this will be the last week for radishes and arugula until the fall and you will start to see more beans, cucumbers and squash among lots of other crops! The carrots are really taking their time this year, but once they start we will have a lot of them for you for the season.

We also wanted to remind you that Red Clover Herbal Apothecary is still looking for more members for its summer share box. Please do take a moment to read about what you would receive in a summer share, as it is a great value and a superb product for the whole family. Find more information at redcloverapothecary.com

We hope you are enjoying the produce this season so far! Have a great 4th of July weekend!

Your farmers,
James and Ayla



Stephen and Nellie attempting to eat the whole tub of snap peas!

Head Lettuce/Spring Mix-Full share only

Radishes- Last bunch until fall. Top them to store in fridge.

Garlic Scapes- Great as a garlic substitute. Recipe included.

White Scallions- Tokyo Long variety this week. We find these unuseful for many dishes. They can be cooked or eaten raw. Stores well in fridge in crisper. Recipe included.

Arugula- chop into a salad or wilt with garlic, onions to go over pasta.

What's in store for next week?

these are some of the crops we are hoping for next week:

- fennel
- cucumbers
- spinach
- snap peas
- summer squash/zucchini
- kohlrabi
- broccoli
- scallions/baby onions
- kale
- Salad Turnips

Sesame Ginger Pak Choi

From redhook csa.com

Dressing: (for 2 heads finely sliced pak choi, or 3-4 cups of any other leafy or shredded vegetable, such as swiss chard)

- 4 Tbs tahini (or peanut butter)
- 2 Tbs rice wine vinegar
- 1 Tbs sesame oil
- 1 Tbs soy sauce
- 1 tsp Sriracha pepper sauce (optional)
- 2 tsp fresh ginger, minced or grated on a microplane
- 1 tsp fresh garlic, minced (or a 6-inch section of a garlic scape, thinly sliced)

Measure all ingredients into a bowl. Stir slowly until well combined. Toss with your salad ingredients. The dressing will keep about two weeks on its own, or 3-4 days on a salad.

process until smooth. Add the toasted walnuts and blend briefly. Do not over process, as the nuts will take on a floury consistency. Turn the pea shoot mixture into a bowl then add the parmesan. Gradually add the olive oil until you have reached a thick coating consistency. You may not need all of the olive oil. Season with salt and pepper to taste. This sumptuous pesto is best served as a sauce simply stirred through cooked tagliatelle, accompanied by a baby leaf salad.

Bok Choy & Broccoli with Szechuan Sauce

From powerhungry.com

•Szechuan Sauce:

- 2 cloves garlic, peeled
- 2 tablespoons fresh ginger, peeled and roughly chopped
- 2 tablespoons dark sesame oil
- ¼ cup tahini or natural peanut butter
- 2 tablespoons soy sauce (GF, if needed)
- 1 tablespoon dry sherry
- 1 tablespoon rice vinegar or white vinegar
- 1 tablespoon honey
- ½ teaspoon sriracha (more or less to taste)
- 2 tablespoons warm water
- Vegetables:
- 1 pound head of bok choy
- 1 medium head broccoli, trimmed and cut into small florets
- 4 medium green onions, ends trimmed, thinly sliced crosswise

Instructions

1. Sauce: Place all of the sauce ingredients in a blender and puree until smooth.
2. Vegetables: Trim ¼ inch from bottom of bok choy, then quarter lengthwise and thinly slice crosswise.
3. In a large wok or skillet, heat the vegetable oil over high heat. Add the broccoli and stir-fry 2 minutes. Add the bok choy and stir-fry 4 minutes until the ribs are crisp-tender..Add the green onions; stir-fry 15 seconds longer.Serve immediately, drizzled with the sauce.