



BLACKBROOK FARM

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In with new..out with old

What a cool July so far! At a little over 7 months pregnant, I cannot complain about this weather! The fields are drying out and we were able to transplant some cabbage and kale in a plot that was too wet until last week! The trucks and tractors have stopped getting stuck in the mud every time we attempt to take them out to the fields and the crops that were once under water or at least fully saturated are starting to make a comeback. I'd say things are looking up!

Tomorrow we are going to put the second strand on our field tomatoes and our peppers and eggplant are looking really happy and putting on a lot of flowers. The summer squash you got this week was just the second picking and some of them were a little small. But don't fret, you will be getting much more where that came from! Same goes for the cucumbers, since everyone only got one or two small ones.

We have been hearing from a lot of you about coming out to the farm. We are planning on having two events this year. We are planning on a potato digging day, which will be on a Sunday in August yet to be determined and we will also be having our annual fall harvest festival and potluck in October. Since our potatoes went in really late this year because of the wet spring we are not entirely sure when to make the potato event so we will keep you up to date. As for the fall harvest party, that depends on when baby arrives and how things are going for us on the farm. We will keep you posted on that too.

Now that we have a full crew and the weather is great we are getting a little caught up on things in the fields. Later

What's in the Box:

Broccoli- Store in a plastic bag in the fridge for the longest storage. Full shares got larger heads, while small shares got mainly side shoots this week. They are actually more tender and so tasty!

Fennel Bulbs- Store in a plastic bag in the fridge. This is an odd one, but we grow it because we can! Stores well. Recipe included. The fronds are also edible.

Salad Turnips- Full Share only.

Snap Beans- A beautiful mix of green, amethyst and heirloom Dragon's Tongue beans. 3/4 lb to full shares and 2/3 lb to small shares. So sweet and crunchy! A simple saute with sesame oil and tamari is delicious!

Kohlrabi- Kolibri and Grand Duke varieties. This is the last of the season. Peel and eat fresh!

Cucumber- Recipe included. Much more to come!

Summer Squash/Zucchini- First of the season! You will be begging for these to stop eventually, but for now enjoy the summer taste! Store in plastic bag in crisper for longer storage. Recipe included.

White or Purple Scallions- so many things you can do with scallions. Great in eggs, burritos, sautes or in scones!

Snap Peas- We did plant more of these, but they turned out to be snow peas instead! We have heard of this happening to other farmers, as well. So, next week we hope to give you those in place of snap peas!

Loose Leaf Spinach- 3/4 lb to full share and 1/2 lb to small shares. Stores very well in plastic bag in fridge. Eat raw or saute up.

Fresh Dill- Recipe included. Great in egg or potato salad. Fresh dill just makes me feel like its summer!



Tomatoes beginning to fruit. So far no signs of blight!



Flowering Eggplant!

Caramelized, Braised Fennel Bulb from the huffingtonpost.com

- 1/4 cup extra-virgin olive oil
 - 2 whole fennel bulbs, trimmed and quartered
 - 4 cloves garlic, peeled and gently bashed
 - 1/2 cup dry white wine
 - 1 tablespoon fennel seeds, toasted
 - 2 1/2 3 cups low-sodium chicken stock
 - 1 tablespoon unsalted butter
- Directions
Place a large saute pan over high heat and

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this week we will be mowing in a lot of spring crops that are now more weed than vegetable since we already harvested most of it. This is a great feeling for a farmer! Good riddance is what we say! We will also be planting some cover crops in these plots, which is one of the best ways to build soil structure and fertility on an organic farm. We have also been going crazy on the cultivating tractors getting lots of weeding done. Until recently we have only had small windows, and I mean like sometimes only an hour or so, to get in there and weed before another downpour. Now, we are free to weed anytime that we can! Woohoo!

We hope you are enjoying your boxes! We are still feeling the spring lateness a bit in terms of quantity of what is going in the boxes, but we will make it up to you when summer crops come in!

Have a great week and Thank you!

Your farmers,
James and Ayla



Nellie learning how to use one of the Farmall Cub cultivating tractors in the sweet corn

What's in store for next week?

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

- Spring Mix
- Bunched Kale
- Summer Squash/Zucchini
- Cucumbers
- Fresh Herbs (thyme or sage?)
- Broccoli
- Green Onions/Green Garlic
- Snow Peas
- Snap Beans

add olive oil. Add fennel and garlic and saute for 2-3 minutes until slightly charred on all sides. Season with salt and pepper. Deglaze with white wine then add toasted fennel seeds and chicken stock. Depending on the size of your pan you may need to add more liquid so the fennel is about 3/4 covered. Bring to a simmer, cover and braise on stove top for 30 minutes until very tender. Remove fennel from braising liquid. Reduce liquid on stove top for a further 3-4 minutes then add butter and swirl to dissolve. Serve as sauce on fennel bulb.

Shaved Fennel, Dill and Cucumber Salad from feastingathome.com

- 2 medium sized fennel bulbs
- 3 small persian cucumbers
- 1/4 C fresh dill or more
- 1/8 C white onion or scallion (optional)
- olive oil
- Meyer lemon juice, white balsamic, or rice wine vinegar
- kosher salt to taste
- pepper to taste

Cut fennel bulbs in half and remove their hard core. Using a mandolin, shave fennel and place in bowl. Finely slice cucumber with the mandolin and chop the dill. Place both in the bowl. You can add thinly sliced white onion if you like. Dress with a generous drizzle of good quality olive oil, a squeeze of meyer lemon or a splash of either white balsamic vinegar (or rice wine vinegar), salt and cracked pepper. Let marinate in the fridge for 15 minutes before serving

Sesame Green Beans

- 1 tablespoon canola or olive oil
- 1 1/2 teaspoons sesame oil
- 3/4 lb fresh green beans, washed
- 1 tablespoon soy sauce
- 1 tablespoon toasted sesame seeds

Warm a large skillet or wok over medium heat. When the skillet is hot, pour in canola and sesame oils, then place whole green beans into the skillet. Stir the beans to coat with oil. Cook until the beans are bright green and slightly browned in spots, about 10 minutes. Remove from heat, and stir in soy sauce; cover, and let sit about 5 minutes. Transfer to a serving platter, and sprinkle with toasted sesame seeds.



We started to pick a few cherry tomatoes this week and hope to have some for you soon!

Baked Summer Squash

Serves 6
from thekithcn.com

- 2 pounds summer squash (such as zucchini, pattypan squash, yellow crookneck squash)
- 1/4 cup olive oil
- 1/2 cup grated Parmesan cheese
- 1/3 cup bread crumbs
- 1/2 teaspoon flaked salt
- 1/4 teaspoon freshly ground pepper

Preheat the oven to 350°F. Remove the stem ends and slice the squash cross-wise in 1/4-inch-thick rounds. Toss with the olive oil.

In a small bowl, combine the bread crumbs, Parmesan, salt and pepper. Arrange the squash rounds in a 9-x12-inch rectangular baking dish, or 10-inch pie plate. Sprinkle the bread crumb mixture over.

Cover the baking dish with foil and bake in the oven for 30 minutes. Remove foil and bake another five minutes until the top is bubbling and crispy.