



# BLACKBROOK FARM

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## Hungry Turtle Farmers Coop

Well, things are drying up fast around here. So all I am going to say about the weather this week, to give you a break from hearing about it, is that I think we are in pattern of wet spring, dry summer/fall. So believe it or not, we are breaking out the irrigation and will plan to rotate it around the farm over the course of the next week. An acre at a time!

This week we wanted to give a little attention to a big project we and several others farmers in our area are part of starting. Hungry Turtle Farmers Coop was started last fall as an effort to bring organic CSA farmers together to try and make our lives a little easier and cohesive. We formed this coop to work together to build community around local, organic food both in our small community here and the Twin Cities area. So far, we have formed a delivery service that we all use to deliver our CSA boxes and wholesale orders to restaurants and coops. This is an immense improvement on what has been happening thus far, which is all the CSA farms taking our own vans and trucks to basically the same locations in the Cities each week. It has cut down on cost and time, leaving us with more time to focus on our crops and less on the road. We have also worked on doing bulk ordering of things like wax boxes that we all need and instead of ordering them separately, we save money and time on ordering them together. We also are doing a little crop swapping this year with a couple of the farms.

Our coordinator, Derek Maxwell, and marketer, Soon Guenther, have been very busy marketing our products for wholesale to coops, restaurants,

## What's in the Box:

**Green Top Beets-** These are beauties! Cut the green tops off for longer storage. Save the beet greens to use with the Swiss Chard, since they are essentially the same thing. Recipe Included.

**Green Cabbage-** Stores for weeks in the crisper, just take off the outer layer that may have gotten a little soft if you don't get to it right away. So tender! Recipe included

**Parsley- Flat leaf or Curly Leaf-** We love parsley! These are nice big bunches so you can use them in a couple different recipes. Stores well in plastic bag in fridge or in a jar of water in the fridge. Recipe included.

**Cucumbers-** They keep on coming! Recipe included.

**Snow Peas-** Last week for our pea frenzy - thank goodness! They are so sweet, but they take forever to harvest. We hope you have enjoyed them! These are great eaten raw or steamed or put into a stir fry.

**Summer Squash/Zucchini-** Time to get out the zucchini bread recipe!

**Cherry Tomatoes- rotating-** over 60 pints went out this week, so by next week everyone should have gotten them and we'll start the rotation all over again! Enjoy! Recipe included

**Strawberries- rotating-** The deer have been having hayday in our strawberry beds, so we did not get as many as we had hoped this week. As I write this, our crew is putting up a temp. deer fence around them, so we hope to get more next week. Have patience!

**Broccoli and Cauliflower-** Small share got broccoli OR Cauliflower, Full Share got both-

**NOTE: CHECK YOUR BROCCOLI FOR CABBAGE WORMS!** As hard we try to avoid these buggers, they had a hatching and we spent a good long bit soaking and picking

## Farm Events:

### Potato Digging/Weeding Day

Sunday, August 24th 12-4 pm

Bring the family and take a tour of our farm and help us dig potatoes or whatever else needs doing! Bring a dish to share- we'll make potato salad!

### Fall Harvest Party

tentatively Sunday, October 5th

Take a tour on our haywagon, pick a pumpkin, bring a dish to share and enjoy fall on the farm!

**MORE INFO TO COME**



Pickin' beans- they were loaded this week!

## Pasta Carbonara

adapted from <http://whitsamusebouche.com/blog>

Vermacelli or fettuchini noodles- 1 pound  
butter - 2 tablespoons  
bacon - 4 strips, diced  
garlic cloves - 4, diced  
Scallions/fresh onions - 1/4 cup, diced  
parmesan - 1 cup, freshly grated  
Black pepper - to taste  
flat/curly leaf parsley - 1/4 cup, chopped  
snow peas - 1 cup, chopped  
egg yolks - 3

cherry tomatoes- halved (optional)  
Bring a large pot of salted water to a boil, add the pasta and cook for 8 to 10 minutes. Drain the

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and even the Linden Hills Farmers Market this year! While one farm can provide some crops to any given buyer, a group of farms can aggregate their produce and offer a lot more quantity and variety. It has been great to have someone else market product for us! It leaves us with more time on the farm and less on trying to make sales.

We are very excited to see where this venture takes us and all the other farmers in our area. You may recognize a few of the names: Turnip Rock Farm, Sleepy Root Farm, Seed to Seed Farm, Threshing Table Farm, Red Clover Herbal Apothecary (she still has great herbal shares available!!), Bull Brook Keep, and Red Wheel Barrow Farm among others. Check out the website at <http://www.hungryturtlefarmerscoop/> and follow us on facebook for great photos and updates at facebook.com/hungryturtlefarmerscoop.

We hope you enjoy the veggies this week! We are happy to be able to make the boxes a little heavier with the beets and cabbage, which both hold for weeks in the fridge. We are anxiously awaiting the arrival of carrots, but they have had a really hard time this year. I know quite a few other farms are having the same problem. Other crops that are coming in soon will be potatoes, peppers and tomatoes! We ate the first few red tomatoes off the vine yesterday and they were delicious!

Take Care,

Your Farmers James and Ayla



Fall Plantings

these guys out of your broccoli. I think they are pretty much gone, but do double check. We are organic, after all. This was our big cauliflower harvest this week, almost every member got a head. Great in stirfrys, but best grilled!

**Gourmet Snap Beans Mix-** We have had a good bit of beans this year-hopefully you like them as much as we do! We may take a week off here soon, but for now, enjoy! They are so beautiful with all the colors- new this week are the golden wax!

**Swiss Chard-** Nice big bunch is great for quiches (use the beet greens, too), in eggs or chopped into a stirfry.

**“Torpedo” Red Onions-** These will hold well in the fridge in an open plastic bag. Great eaten raw or cooked up. Recipe included

### *Creamy Beet and Tahini Dip*

adapted from Sur La Table by Jane Fletcher

1 pound red beets (weight without greens, about 3 medium beets)

1 clove garlic, sliced

¼ cup tahini, stirred well to blend

3 to 4 tablespoons fresh lemon juice, or to taste  
Kosher or sea salt

Toasted pita wedges or veggie spears for dipping

Preheat the oven to 375°F. If the beet greens are attached, remove all but ½ inch of the stem. Reserve the greens and stems for another use.

Put the beets in a baking dish, and add water to a depth of ¼-inch. Cover tightly and bake until a knife pierces them easily, 45 to 55 minutes.

When cool enough to handle, peel the beets and cut into quarters.

Put the beets and garlic in a food processor and puree until smooth. Transfer to a bowl and stir in the tahini. Add the lemon juice gradually.

You may not need it all, or you may want a little more. The tahini requires a lot of lemon for balance. Season with salt.

### *Creamy Cabbage Slaw with Feta*

by Early Morning Farm CSA

6 cups finely sliced cabbage  
1 cup thinly sliced spring onion tops or scallions  
1/4 cup feta crumbled into small pieces

Dressing:

1/4 cup plain yogurt or greek yogurt

2 tablespoons olive oil

1 tsp sea salt

1/4 tsp black pepper

1 tablespoon lemon juice

Toss cabbage and spring onions together in a large bowl. Stir dressing ingredients together in a small bowl. Toss dressing and vegetables together, then crumble in feta and stir to combine.

Taste and adjust salt, pepper, or yogurt if necessary. Great with chopped, parsley, snow peas or snap beans, too.

pasta well, reserving 1/2 cup of the cooking water. Meanwhile, heat the butter in a skillet over medium heat. Add the bacon and cook for about 3 minutes, until the bacon is crisp and the fat is rendered. Toss the peas, garlic and scallions into the fat and cook for another 1 minute. Add the spaghetti to the pan and toss for 2 minutes to coat the pasta in the bacon fat. Beat the eggs and Parmesan together in a mixing bowl, stirring well to prevent lumps. Remove the pan from the heat and pour the egg mixture into the pasta, stirring quickly until the eggs thicken. Thin out the sauce with a bit of the reserved pasta water. Season the sauce with several turns of freshly ground black pepper and taste for salt. Garnish with chopped parsley and cherry tomatoes.

### **Tabouleh with parsley, red onion and cucumbers**

adapted from epicurious.com

1/2 cup fine bulgur

3 tablespoons olive oil

1 cup boiling-hot water

2 cups finely chopped fresh parsley

1/2 cup finely chopped fresh mint

2 medium tomatoes, cut into 1/4-inch pieces, or cherry tomatoes

1/2 Cucumber, cut into 1/4-inch pieces

2-3 Torpedo Onions, chopped small

3 tablespoons fresh lemon juice

3/4 teaspoon salt

1/4 teaspoon black pepper

preparation

Stir together bulgur and 1 tablespoon oil in a heat-proof bowl. Pour boiling water over, then cover bowl tightly with plastic wrap and let stand 15 minutes.

Drain in a sieve, pressing on bulgur to remove any excess liquid.

Transfer bulgur to a bowl and toss with remaining ingredients, including 2 tablespoons oil, until combined well.

### **What's in store for next week?**

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

Basil

Celery

Summer Squash/Zucchini

Cucumbers

Cherry Tomatoes- Rotating

Strawberries- rotating

Lacinato Kale

Green Peppers?

Snap Beans

Spring Mix

Fresh onions

Eggplant?