



BLACKBROOK FARM

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Welcome to box 7! We have passed the 1/3 way mark of the season- time is flying by! With this unseasonably cool weather, we have seen a little slow down of the summer crops. Tomatoes, although they look beautiful and dark green with lots of fruit, are not ripening with these cool nights and days like they normally would at this point in the year. The sweet corn is close, but not quite there. But in the box this week you will find eggplant (some members got cauliflower) and bell peppers! This is a sure sign that summer is peaking, too. As the season goes along, you will see more colored peppers in the boxes, but for now they are mostly still green.

Other happenings on the farm this week include irrigating and harvesting garlic! As things dry up, we are seeing a slight slow down of growth, so it's high time to give them a nice drink. Monday we irrigated an acre, yesterday we irrigated the sweet corn and today we are moving our irrigating system to another acre that has salad mix, beans, beets and a carrots in it. This will really help growth in the next week.

Today we are harvesting garlic. Two of our varieties are looking great, while there is one softneck variety that we bought in from a farm in WI that did not do well at all. Sometimes these things happen. Since we save garlic "seed" or cloves for planting in the fall, we will be selecting the biggest, healthiest heads to keep for replanting to ensure that next years' crop is a big beautiful success. That means that you might be seeing some smaller heads of garlic in the boxes at times, but know that it is all for a reason! The garlic has to cure for a couple weeks, but

What's in the Box:

Celery- Use the leaves, too! This is a cutting celery, which means we can keep picking stalks off instead of taking the whole head at once. It is much fuller in flavor than the celery you are used to! A little goes a long way. Great in potato, egg or tuna salad.

Bell Peppers!- First of the season! Most of these are green, but some members got purple or red ones, too. We will keep having peppers for you til frost now. Great chopped into a stirfry or eaten raw on a salad or used for dipping. SUMMER!

Norland Red Potatoes- 3lbs Full, 2lbs Small shares. Although their skins are a bit roughed up, these are some fresh new potatoes! Our potato digger (a large implement that we use to dig potatoes with the tractor) is not easy on uncured potato skins. They are only lightly washed, as to not disturb the skins more than we had to. Wash before eating. Store in the fridge as they are not cured-straight from the Earth to you!

Eggplant OR Cauliflower- We did not have quite enough eggplant for all members, and we still have some cauliflower in the fields, so you received either one this week.

Recipes included.

Spring Mix- FULL SHARES ONLY

Cucumbers

Summer Squash/Zucchini- FULL SHARES ONLY

Snap Bean Mix- 1 lb for full shares 3/4 lb for small shares. Nice hefty bags this week- as we are most likely taking a week off next time. Saute with sesame oil and tamari for a tasty side dish.

Fresh Mint- Great in a tabouleh salad or in a desert!

Fresh Basil- don't wash until right before you use- it will turn brown. Store in a plastic bag or plastic container in fridge or on



Box #7!



There are so many large spiders in the cherry tomato high tunnel! We have to watch our faces!

Grill-Roasted Cauliflower

from nymag.com
 1 large head cauliflower
 1/4 cup extra-virgin olive oil
 1 tablespoon Tuscan seasoning:
 1/2 cup dried oregano
 5 tablespoons kosher salt
 4 tablespoons Spanish paprika
 4 tablespoons ground fennel
 3 tablespoons granulated garlic
 3 tablespoons granulated onion
 2 tablespoons cayenne pepper
 4 teaspoons sugar

Cut the cauliflower into small florets. Place in a large bowl and toss with the oil and Tuscan seasoning, coating evenly. Place the seasoned cauliflower inside of foil and fold the foil like an envelope, crimping the edges

Hungry Turtle Farmers Coop

expect to see it in your boxes soon.

We hope you are enjoying the bounty that summer provides. We feel so lucky to be able to look down at our plates every day and see that every vegetable and most meats come right from our farm. Not only is it more nutrient-dense and incredibly fresh, but it just feels so good to know how and where these foods came from. We hope you feel this way, too, and feel secure in your decision of supporting a local, organic farm that puts everything it has into harvesting the freshest, healthiest food for you and your family!

Have a great week,
James, Ayla and very soon to be little one (5ish more weeks!)

NOTE: Remember August 24th- bring your family to the farm day! It would be great to get an idea of how many people to expect so please RSVP by emailing us.

Another Note: We still have pork shares available. Please let us know if you want a share for the fall:

Whole Hog: finished weight is around 140 lbs at 5.5 = \$770 (half down amount \$385) great for sharing with neighbors!

½ hog: Finished weight is roughly 70 lbs at 5.80 = 406 (half down amount \$203)

¼ hog: Finished weight is roughly 35 lbs at



Good Morning! These pigs are busy eating cucumbers and squash and drinking from their new gravity-fed watering system. Happy Pigs!

counter.

Winterbor/Redbor Kale- Store in a plastic bag in the fridge. Use in smoothies, stirfries, or in a kale salad. Recipe included

Cherry Tomatoes- rotating- At this point everyone has gotten cherry tomatoes. Now we start the rotation all over again!

Strawberries- rotating- Unfortunately our plan to rotate these around is not happening as quickly as we planned, because these strawberries are not fruiting very well. We are pretty bummed about this because of all the effort we put into it to get these strawberries to you! Although everyone WILL get strawberries at some point it will take some time. If it's any consolation, we aren't even eating any of them!

Eggplant or Zucchini Parmigiana

Adapted from The Vegetarian Epicure

2 medium eggplants or zucchinis, unpeeled, sliced about 1/2 inch thick

Flour

1 egg beaten with some milk

Dried bread crumbs

Olive oil

8 oz. mozzarella cheese, sliced

6 oz. tomato paste

Water or wine

1 -2 cloves garlic, crushed

a little fresh or dried oregano,

a little fresh chopped basil

black or red pepper

Salt to taste

Freshly grated Parmesan cheese

Dip washed and sliced eggplant, first into flour, then egg mixture, then into the bread crumbs until they are well coated. Saute the eggplant slices in a little olive oil, a few at a time, until they nicely browned on each side. Tend them carefully as they will burn easily, and add oil as needed. When they are crisp and brown, arrange them in a baking dish and top with a slice or two of mozzarella cheese.

Make a tomato sauce by thinning out the tomato paste with some water or wine. Stir in the garlic and spices. Spread a couple tablespoons of the sauce over the eggplant slices. And finally, sprinkle Parmesan cheese over it all.

Bake at 400 degrees for 15 - 20 minutes and serve piping hot.

to seal. Cut four 1-inch vents into the top of the pouch, to release steam.

Grill cauliflower for 12 to 15 minutes; then turn the pouch around and roast for another 12 minutes. Open one vent just enough to test one piece of cauliflower. It should be tender. If not, roast for an additional 5 minutes.

Zucchini, Mint and Yogurt Spread

from thekitchn.com

serves 4 as an appetizer

1 large zucchini, sliced lengthwise and cut into 1-inch half-moons

2 tablespoons olive oil

1/2 cup Greek yogurt or labneh

2 tablespoons mint, roughly chopped

zest of 1 lemon

salt and pepper

green olives for garnish (optional)

Heat oil in a skillet over medium-high heat. Sprinkle zucchini slices with salt and pepper and add to the pan. Cook for about 5 minutes, turning once, until both sides are nicely browned. Remove from heat.

Once zucchini have cooled to room temperature, place in a food processor. Add mint and lemon zest (reserving a bit of both for garnish), a pinch of salt, pepper and yogurt. Pulse until pureed.

Spread dip onto a serving plate, drizzle with remaining olive oil and sprinkle with reserved mint and lemon zest. Add olives if desired.

Serve with pita wedges or sliced vegetables.

Kale and Fresh Mint Salad

from food52.com

1 bunch kale, chopped very small, almost minced

1 cup fresh mint, minced

1 cup walnuts, chopped

3 tablespoons smooth natural peanut butter

3 tablespoons warm water

3 tablespoons rice wine vinegar

1 tablespoon pomegranate molasses

1 tablespoon soy sauce

1 teaspoon fresh garlic, minced

2 teaspoons fresh ginger, peeled and minced

1 teaspoon sesame oil

1 teaspoon dried red chili flakes

Toss the chopped kale, chopped mint and the walnuts together. Make dressing: Put the peanut butter, warm water, garlic, rice wine vinegar, pomegranate molasses, soy sauce, minced ginger, sesame oil and red chili flakes into a blender and whirl away at high speed until everything is smooth.

Toss the dressing with the salad: Pour and toss about half of the dressing and then decide if it needs more.

What's in store for next week?

Carrots?!

peppers

squash

cucumbers

potatoes

eggplant

cabbage

oregano/rosemary

swiss chard?

cherry tomatoes- rotating

strawberries- rotating