



BLACKBROOK FARM

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What's in the Box:

Woah-this box is packed! Actually, it took us twice as long to pack boxes this week, as we had to ever so carefully try to fit the strawberries (in some boxes) and tomatoes in there without squooshing them. This is a CSA farms time to shine! We love feeling good about giving you a great value for a great product and hope you can find room for it all in your tummies!

This week, Nellie, one of our fine interns here on the farm, wrote a little somethig for ya'll:

Race yourself brothers and sisters for the abundance of vegetables in this week's box. It may seem overwhelming, but it is a great opportunity to expand your cooking horizon. I, Nellie, am writing this newsletter to you this week instead of the lovely Ayla, so take everything I say with a grain of salt.

The baby kale is packed in especially tight so it can become tender for the taste buds... or maybe because there was not much room left. Either way the sweet greens will spruce up any salad recipe with intense nutrition. Summer squash is slowly coming to a close as our plants are being taken over by powdery mildew that will eventually be the demise of all the summer squash plants. This is a normal occurrence, but it is happening a little earlier than usual probably because of the wet spring conditions. No more worrying about what recipe to use it in next. Beets this week were harvested from a new succession that was planted with the fancy Jang seeder in hopes to give them space to expand. The Yang seeder allows for more precise and spread-out planting. The new succession of broccoli was producing very well this week, and has allowed us to share the glory. As far as the strawberries... they are making the rounds, 50 people got them this week! Tomatoes are soaking in

Sweet Corn- 7 full, 5 small. Due to the late, wet spring this first succession is not the largest and some of the ears are smaller, but still just as sweet! We like to eat the ears raw, right off the cob- they are so fresh and sweet. Keep refrigerated, but eat soon for the sweetest flavor. Recipe included.

Tomatoes- about 2 lbs. Both red slicers and heirlooms this week. DO NOT store in fridge, as this will make them loose flavor and texture. More next week! Recipe included.

Norland Red Potatoes- Full share only. 3 lbs. Recipe included.

Cantaloupes- Rotating. We didn't even think these were ready and then-BOOM! there they were! We wish everyone could get one this week, but we will have to rotate them. This weeks varieties are sweet granite (a little ugly, but really really sweet) and Halona.

Eggplant or Cauliflower- Grill cauliflower or roast it. Eggplant is great in ratatouille or grilled.

Squash/Zucchini- A little less of these this week, as their time is slowly coming to an end. Still time to make some zucchini bread, tho!

Broccoli-A big ol' pile this week! At least a couple of lbs, as this new succession hits it's peak. Store in plastic bag in fridge.

Snap Beans Mix- Full Shares only. 1 lb. Steam or saute until just crisp for a great side dish.

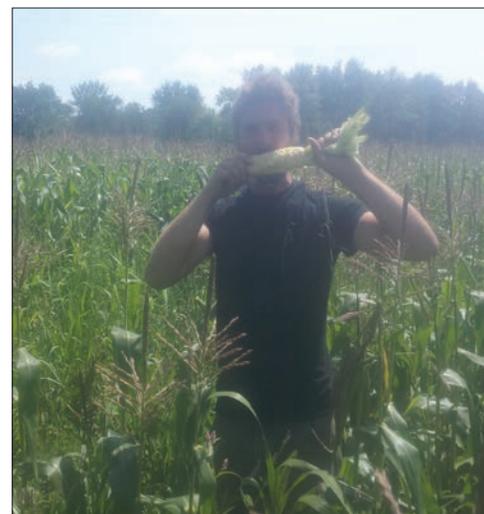
Cucumbers- Full shares only

Green Top Beets- These are out of control this week! Big Bunches! Stores for weeks with the green tops taken off, but remember to use the green tops in a dish, too! Recipe included.

Sweet Peppers- Mostly still green, but there is a smattering of red, purple and



Harvesting baby kale in the mud!



James sneaking a cob of delicious sweet corn

Sweet Corn Chowder with Tomato and Basil
from the farm to table cookbook by Ivy Manning

4 ears fresh sweet corn
4 cups chicken or vegetable stock
2 cups water
1 bay leaf
2 tablespoons butter
1 cup chopped onion
1 bell pepper, finely chopped
2 tsp all-purpose flour
1 lb potatoes, peeled and cut into 1 inch chunks
1 tsp salt
1 pinch of cayenne pepper
salt and freshly ground black pepper
1 cup grated sharp cheddar cheese
1-2 medium tomato, seeded and chopped
2 tsp freshly chopped basil
2 green onions, chopped

Shave the kernels off of your corn and set them aside.

Place the cobs, stock, water, and bay leaf in a large soup pot and bring to a boil over high heat. Cover, reduce heat, and simmer for 30 minutes. Strain the broth into a large bowl and set aside, discard the corn cobs and bay leaf.

Put the pot over medium-high heat. Add butter, onion

the sun and starting to ripen up really well, also allowing us to finally get some those delicious fruits into all of your boxes.

In the recent past Irrigation was set up for the crops that were starting to look thirsty, and with all that hard work we were given an incredible shower of rain early this week to make sure our vegetables are satisfied and our feet are getting muddy! This helps remind us where the low spots are on the farm, as if we couldn't tell just by looking at it!

All in all the farm is providing a huge variety of great crops, and the crew stays happy by throwing rotten tomatoes at each other to ease stressful conditions.

Back to Ayla: Thanks to everyone we heard from last week about thier veggies and being part of this farm. We even got a few great food photos and recipes! We love these and encourage anyone who is inclined to take pictures of their dishes or your kids eating veggies to send them our way! It makes us feel all gushy inside. In all seriousness, you are what makes this farm possible and we really like knowing that you are enjoying the harvest and able to incorporate all this produce into your lives.

Have a great week!
James and Ayla

**Farm Event for the Family Sunday,
August 24**
12-4 pm (come anytime during that time)
Bring the family and bring a dish to pass!
(and a blanket or chairs for the lawn)

We will give tours of the farm, including the animals and fields.

We will dig some potatoes and you can bring some home as well as take a pick at the field tomatoes!

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Please RSVP so we know how many people to expect

yellow ones in there, too. Stores well in crisper in fridge.

Parsley- Great for salad dishes. Keep in plastic bag in the fridge.

Baby Kale- We eat this like salad. A rough chop and you are good to go. Great in smoothies, because there is no tough stem, too.

Strawberries- WASH BEFORE EATING! They are pretty dirty from the heavy rain, but they are very sweet! Still rotating these around, but they are coming on strong now, so we are confident that most members will get strawberries twice this season.

Red Potato and Green Bean Salad with Dijon Vinaigrette
from epicurious.com

- 8 ounces green beans, trimmed, cut into 1 1/2-inch pieces
- 3 pounds small red-skinned potatoes, unpeeled, halved
- 2 tablespoons dry vermouth
- 2 tablespoons white wine vinegar
- 1 large shallot, chopped
- 1 tablespoon coarse-grained Dijon mustard
- 2/3 cup extra-virgin olive oil
- 2 tablespoons chopped fresh parsley

Cook beans in large saucepan of boiling salted water until crisp-tender, 4 minutes. Drain. Transfer to bowl of ice water. Drain; pat dry with paper towels. Cook potatoes in large pot of boiling salted water until just tender, about 12 minutes. Drain; transfer to large bowl. Sprinkle vermouth over hot potatoes; toss gently and let stand 5 minutes. Whisk vinegar, shallot, and mustard in small bowl. Gradually whisk in oil. Pour over potatoes and toss to coat. Cool completely. Mix in green beans and parsley. Season to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.) Serve cold or at room temperature.

and pepper. Cook, stirring occasionally, until the onion is translucent, about 8 minutes.

Add flour and cook for 1 minute, stirring constantly. Slowly stir in the warm broth and bring to a boil. Add half the corn kernels, potatoes, and salt. Reduce heat to medium-low. Cover and simmer until the potatoes are tender, about 20 minutes.

Stir in the remaining corn kernels and cayenne pepper, cook 5 minutes. Using a potato masher, or the back of a fork, smash some of the larger chunks of potatoes to thicken the soup. Season with salt and pepper to taste. Remove from stove and whisk in cheese until it completely melts.

In a small bowl combine tomato, basil, and green onions. Ladle the soup into bowls and top with tomato basil garnish.

Baba Ganoush

- from food.com
- 1 large eggplant
- 1/4 cup tahini, plus more as needed
- 3 garlic cloves, minced
- 1/4 cup fresh lemon juice, plus more as needed
- 1 pinch ground cumin
- salt, to taste
- 1 tablespoon extra virgin olive oil
- 1 tablespoon chopped fresh flat-leaf parsley
- 1/4 cup brine-cured black olives, such as kalamata

Directions
Prepare a medium-hot fire in a charcoal grill. Preheat an oven to 375°F. Prick the eggplant with a fork in several places and place on the grill rack 4 to 5 inches from the fire. Grill, turning frequently, until the skin blackens and blisters and the flesh just begins to feel soft, 10 to 15 minutes. Transfer the eggplant to a baking sheet and bake until very soft, 15 to 20 minutes. Remove from the oven, let cool slightly, and peel off and discard the skin. Place the eggplant flesh in a bowl. Using a fork, mash the eggplant to a paste. Add the 1/4 cup tahini, the garlic, the 1/4 cup lemon juice and the cumin and mix well. Season with salt, then taste and add more tahini and/or lemon juice, if needed. Transfer the mixture to a serving bowl and spread with the back of a spoon to form a shallow well. Drizzle the olive oil over the top and sprinkle with the parsley.

Roasted Beets with Goat Cheese and Balsamic Vinegar

from sloatgardens.com

- 6 Beets, if large cut in half or quarters
- 3 Tbs olive oil
- 1 pinch fresh rosemary
- 1 pinch fresh thyme
- 2 small cloves of garlic
- salt and pepper to taste
- Goat cheese
- balsamic vinegar

Preheat oven to 350. Clean and trim beets at both ends. Place foil on a cookie sheet or pan, then place beets on top of the foil, along with the garlic. Drizzle with olive oil and sprinkle on the rosemary, thyme, whole cloves of garlic, salt and pepper. Make sure that the beets get coated with the oil and spices. Add 1 cup of water to the cooking pan before covering tightly with foil. If you want, you can also cover the pan with parchment and then foil. Roast in oven for 45 minutes, or until beets are tender with a fork. You may need to cook larger beets for longer. The beets will come out nice and steamy and tender. Any leftover cooking liquid can be cooled and drizzled over the finished plate. Once the roasted beets are cooled enough to touch, gently squeeze the beet to break open the skin, and peel it off. Slice and add a few tablespoons of goat cheese. You can serve the roasted beets with drizzled balsamic vinegar over salad or just with some good bread. Tip: for an extra delicious zip, reduce the balsamic vinegar and simply drizzle the reduced vinegar on top of the beets. YUM!

What's in store for next week?

- Peppers
- Hot peppers
- Eggplant
- Cabbage
- tomatillos?
- Tomatoes
- squash
- cucumbers
- strawberries- rotating
- melons-rotating
- broccoli
- Green Top carrot
- new Potatoes
- sweet corn
- spring mix/swiss chard
- cilantro?
- garlic