



# BLACKBROOK FARM

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## What an abundance!!

Hi Members! Well, this is the time of year to savor seasonal eating! Yesterday we feasted on fresh heirloom tomato BLTs with chipotle mayo and fresh sweet corn. It feels so good to be able to eat almost a whole meal right from the farm! As you may have noticed, the box sizes have increased this week. This is because we have it, so we might as well give it to you! Also, we felt as though we might squoosh the tomatoes if we crammed all those veggies into the normal box sizes. Hopefully you feel as though your involvement with our CSA is paying off- the full shares weighed in at about 32 lbs this week!

We want to thank the families who made it out to our farm last Sunday. We had a really nice time giving the farm tour and watching all the kids interact with the animals! It was a muggy and hot day, but we made the most of it and enjoyed some really great food, too. Remember to write down the **October 5th Fall Harvest Party** on your calendars- we would love to meet you and your families!

happenings on the farm this week have included, with the small respite from rain, the rest of our fall seedings like arugula, radishes, tatsoi, spinach and more. We have also disked in about 7-8 acres of fallow ground that we are currently seeding with a fall cover crop of oats and peas. It is a little late to be seeding this cover crop, but with the rains we have not been able to get in there until now to do it. For an organic farmer, cover crops are such a necessary and beneficial part of our farm. So we are happy that it is getting done now nonetheless. We have also been mowing old crops in like crazy farmer people! I have to admit that it feels really great to say good bye to the old weedy patches of the farm, while seeding new life into

## What's in the Box:

**Tomatillos-** 2 qts full, 1 very full qt small shares. These are fun! Roast for salsa or stew to make a green chile enchiladas. Recipe included. **PEEL AND WASH FIRST.**

**Cantaloupe and/or Watermelon-** 2 melons full shares (either watermelon and cantaloupe or 2 cantaloupe) 1 for small shares.

Of course all of our melons are ready at the same time. Enjoy them while we have them! Keep on counter until ripe. Then you can keep them in the fridge. Watermelons store for a while in the fridge.

**Sweet Corn-** 8 ears full, 6 ears small shares. Eat soon for the best flavor. Do not overcook or cook at all. Great fresh in salsa, but really you should just bite right into it. No salt or butter needed! Store in fridge.

**Potatoes-** 3 lbs full, 2 lbs small. Norland reds this week. They are pretty well cured at this point, just keep them in a dark place in kitchen, or in a paper bag.

**Tomatoes-** Quite the mound of these this week! A nice big mix of heirlooms and red slicers. BLTS!!!

**Sweet Peppers-** Carmen (long, red and sweet) and a mix of bell peppers. stores for weeks in fridge

**Hot Peppers-** one small long red cayenne, 2 jalapenos.

**Cilantro-** Since cilantro bolts so quickly we wanted to make sure you got it again for tomatillo salsa- that is why we are giving it to you 2 weeks in a row. Keep in plastic bag in fridge. Very flavorful!

**Mixed Carrot bunch-** Purple Haze and Mokum. Take the green tops off for longer storage, but these are so good you probably don't need to store them for long!

**Yellow Onions-** On the small side of storage onions, but onions nonetheless. No need to keep in fridge.

**Celery bunch-** Hopefully you like celery like



CSA box !!!



This carrot just needed to take a little rest...

### Roasted Tomatillo Salsa

adapted from buckhillfarm.net  
 1 1/2 pounds fresh tomatillos  
 1 hot pepper, deseeded if you don't want it too spicy  
 3 garlic cloves, unpeeled  
 1/2 cup fresh cilantro  
 1 large onion, coarsley chopped  
 2 teaspoons coarse salt

Preheat broiler.

Remove husks from tomatillos and rinse under warm water to remove stickiness. Broil chiles, garlic and fresh tomatillos on rack of a broiler pan 1 to 2 inches from heat, turning once, until tomatillos are softened and slightly charred, about 7 minutes.

Peel garlic and pull off tops of chiles. Puree all ingredients in a blender.

Salsa can be made 1 day ahead and chilled, covered.

Makes about 3 cups.

freshly tilled ground! Very satisfying... Today James will be mechanically cultivating our fall brassicas. They are coming along nicely, but are starting to get a little overgrown with all the wet weather. Luckily we have some great cultivating (weeding) equipment that will whip all those beds into shape.

We also wanted to take a minute to tell you about Harvest for the Hungry. This is a program through The Emergency Food Network that distributes fresh, local vegetables from CSA farms like ours to foodshelves in the greater Twin Cities area. We have been part of this program for 3 years now and love it. Almost every week, we deliver produce to their warehouse that is then distributed out to families in need. In return, we are paid a by the pound amount for our veggies, which is in turn supporting our small family farm. It is a great program. Although Harvest for the Hungry does have a couple of sponsors, it is also CSA members who raise money to support this program. So, we are asking you to take a moment to go the website at <https://emergencyfoodshelf.thankyou4caring.org/pages/Harvest> to make a donation to this program. When you are on the donating page, you can choose which farm you are donating on behalf of. We are on the list. Of course, we understand supporting a CSA is a large enough commitment in and of itself, but it is a wonderful program that can only go on with support from CSA members like you. Thanks for considering!!!

Happy Eating!!!  
Your farmers

### Bulk tomatoes for Sale

For the next few weeks we will have bulk tomatoes to sell at a discounted price to members.

These tomatoes will be for canning and freezing purposes and will have some bruising, minor blemishes, etc on them. They will be a mix of all our tomatoes we grow (heirloom and slicer alike)

We will deliver these with the CSA boxes starting next week:

20 lbs at \$1/lb  
40 lbs at \$.90/lb

we do around here. Great in soup stock, too. Or you can chop and freeze for later. Eat the leaves, too! recipe included

**Cherry Tomatoes-** Well, we have them so you get them.

**Cauliflower-** might be the last week for these.

Great on the grill or in a ratatouille. recipe included

**Cucumbers-**

**Strawberries- rotating WASH FIRST-**

**Eggplant- Rotating.** We seem to have the tarnished plant bug eating our flowers off the eggplant, making this a very bad year for eggplant. We will be rotating eggplant from now on to make sure everyone gets it again.

### Chicken and Tomatillo Stew

from [stearnsfarmcsa.org](http://stearnsfarmcsa.org)

Note: The original recipe uses pork loin, cut into pieces. You can replace the chicken with the pork, if you wish.

- 2 tablespoons vegetable oil
- 1 1/2 pounds boneless chicken thighs, cut into 3-inch chunks
- Salt and freshly ground pepper
- 2 large celery ribs and leaves, finely diced
- 1 small onion, finely diced
- 1 chile, seeded and finely diced
- 2 garlic cloves, minced
- 2 teaspoons mild chile powder
- 1 tablespoon ground cumin (I used a bit more)
- Pinch of dried oregano
- 2 cups chicken stock or low-sodium broth
- 1 cup 1/2-inch-diced carrots
- 2 6-ounce potatoes, peeled and cut into 1-inch dice
- 2-3 cups diced tomatoes
- 1 pound tomatillos—husked, rinsed and cut into 1-inch dice
- Chopped cilantro, for garnish
- Corn tortilla chips, for serving

directions  
1. In a medium casserole or Dutch oven, heat the oil. Season the chicken with salt and pepper and cook over high heat until browned on 2 sides, about 2 minutes per side. Add the celery and onion and cook over moderate heat, stirring occasionally, until softened, about 7 minutes. Add the diced chile, garlic, chile powder, cumin and oregano and cook, stirring frequently, until fragrant, about 3 minutes. Add the chicken stock and bring to a boil. Add the carrots, potatoes, tomatoes and tomatillos, cover and simmer over low heat until the chicken is cooked through, about 25 minutes.

2. Transfer the chicken to a plate and shred with two forks. Meanwhile, simmer the stew over moderate heat until thickened, about 10 minutes. Stir the shredded chicken into the stew and season with salt, pepper and hot sauce. Ladle the stew into bowls, garnish with chopped cilantro and serve with a few tortilla chips.

### Grilled or Roasted Cauliflower with Tahini Sauce

adapted from Sur La Table by Janet Fletcher

Tahini Sauce

- 1/4 cup tahini, stirred well to blend
- 1/4 cup water
- 2 to 3 tablespoons fresh lemon juice
- 1 large clove garlic, minced
- 1 tablespoon minced fresh cilantro
- Kosher or sea salt

- 2 medium cauliflowers
- Extra virgin olive oil
- Kosher or sea salt and freshly ground black pepper
- Chopped fresh cilantro, for garnish

Prepare a moderate charcoal fire for indirect grilling or preheat a gas grill to medium (375 degrees F), leaving one burner unlit.

To make the tahini sauce, in a small bowl, whisk together the tahini, 1/4 cup water, and 2 tablespoons lemon juice until smooth. Whisk in the garlic, cilantro, and salt to taste. Taste and adjust with more lemon juice, if desired.

Slice cauliflower and put in a bowl with olive oil, salt and pepper. Toss to coat evenly and thoroughly

Place the cauliflower over indirect heat, cover the grill, and cook, turning once, until tender when pierced, about 15 minutes total. For the final minute or so of cooking, uncover the grill and move the cauliflower directly over the coals or flame to char it slightly.

Transfer the steaks to a platter and drizzle with the tahini sauce; you may not need it all. Garnish with cilantro and serve hot or warm.

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

- Sweet corn
- Tomatoes
- Peppers
- Eggplant
- Cucumbers
- Basil
- Potatoes
- Onions
- Strawberries- rotating
- Melons
- Touchstone Gold Beets
- Kale Bunch



Ayla seeding fall crops