



# BLACKBROOK FARM

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## A New Farmers' Daughter!

We hope you had a great Labor Day weekend. We sure did! Amid the craziness of high summer harvesting and 3 of our interns leaving all on one day, we did a bit of laboring ourselves this past weekend. We had a little baby girl! Ronia Willow Dodge was born on Sunday, August 31st at 1:15 pm at home in the water. She came into the world with a holler and is the sweetest thing we have ever seen. She was a hearty 8 lbs 14oz and 21 inches long. So I would say this was the best Labor Day weekend we have ever had, hands down.

So, after that good news, here is the update with the farm. On Friday we lost 2 interns to college (but that's ok, because we believe in education, too) and one that packed her things up and left without a word. We don't know what happened, but it couldn't have been worse timing. I guess we have to believe it happened for a reason and move on. And that is what we are doing since we have such an amazing new addition! That being said, this week has been really tough on what crew is left ("left", too -in a manner of speaking) which is James, Stephen and Kenny. However, we are blessed with amazing family and friends who have been out here helping to harvest and pack the boxes. Much thanks to them, you are actually getting a box this week! In all seriousness, it probably would not have happened if it wasn't for them (Thanks Mom, Soon and Seed to Seed Crew!)

A little about the box: We apologize about the corn situation. We tried so hard this year to have a good corn crop. We grew over 1/2 acre and did 4 successions with ample fertility. However, due to the spring rains and the place they were planted, we basically lost 1/2 our crop. And then despite our strong electric fence around it all, the raccoons ate a lot of the ears on one end of the plot. So, I

## What's in the Box:

**Tomatoes-** A nice mix of heirlooms and red slicers. Recipe included, not that you need it. Just slice the heirlooms thinly and drizzle with olive oil and balsamic vinegar, add some fresh basil and mozz, s nad p and you have the best salad ever.

**Basil Bunch-** We had to harvest this in the rain, so there may be some brown leaves from being wet. This is a big bunch so that you can make some pesto. recipes included

**Yukon Potatoes-** 3 lbs full, 2 lbs small.

Great for mashed potatoes. Golden and creamy. Store in the dark so they don't turn green!

**Touchstone Gold Beets-** These are so sweet and beautiful! If you do not use right away, take the tops off, but makes sure that your use them. They taste like swiss chard-great sauteed with garlic and onions or in eggs. Recipe included.

**Kale bunch-** Nice big bunches for ya! So many uses for kale! Recipe included.

**Sweet Corn-** Full shares only- So sorry to the small shares. More info on corn to left. Big bumner corn year for us.

**Sweet/ Bell Peppers-** A mix of carmens and colorful bells. Store in crisper in fridge.

**Melon-** Watermelon or cataloupe (2 if they were small). This may be the last week for these. We were planning on crop swapping melons for bunched carrots with another farm, but they had a really bad melon year because of the saturated soils and cold weather, so unfortunately members are not all going to get watermelons. So is the risk we take. We hope you have enjoyed the cantaloupe!

**Cauliflower or Eggplant-** Full shares only. got one or the other. Cauliflower is phasing out and the eggplant is, too.

**Garlic-** 3 garlic heads per box. small, but



CSA box 12 plus our new addition!



The crew at its fullest. Kenny, Wiley, Ayla, Nellie, Christine, James and Sula Bear, and Stephen.

## Golden Beet Pasta with Basil-Almond Pesto

from myrecipes.com

8 ounces uncooked whole-wheat penne (tube-shaped pasta)  
 2 (8-ounce) golden beets with greens  
 2 tablespoons extra-virgin olive oil, divided  
 3/4 cup water, divided  
 1/3 cup organic vegetable broth  
 1/2 teaspoon kosher salt  
 1/2 teaspoon freshly ground black pepper  
 2 cups loosely packed fresh basil leaves  
 1/4 cup dry-roasted unsalted almonds  
 3 garlic cloves, chopped  
 2 ounces fresh Parmigiano-Reggiano cheese, grated (about 1/2 cup)  
 1 tablespoon fresh lemon juice

1. Cook pasta according to the package directions, omitting salt and fat. Drain.
2. Remove greens and stems from beets; rinse and drain. Coarsely chop greens and stems to measure 4 cups. Peel beets, cut in half vertically, and cut into 1/8-inch slices.
3. Heat a large skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add beets; sauté 3 minutes. Add beet greens and stems, 1/2 cup water, broth, salt, and pepper; cover. Reduce heat to medium; simmer 8 minutes or until beets are tender.
4. Combine remaining 1 tablespoon oil, basil, almonds, and garlic in a food processor; process until smooth. Add cheese and remaining 1/4 cup water; process until blended. Add pasta, pesto, and lemon juice to beet mixture; toss to combine.

guess this is part of the risk we you take as members. But know that we are probably more bummed than you are! We are talking with a fellow farmer about crop swapping for corn for next week. So you may get another week, but we are not sure right now. Other than that, the box is a success! More melons, beautiful golden beets and fresh basil to accompany your tasty tomatoes. While Labor Day weekend signifies the end of summer, we are still in full swing here at the farm. At least for the next couple or few weeks. This is the time of year, we start looking at the extended forecast for frost warnings. It's usually around September 19th, but it can really be anytime (especially with this weird cool weather). That means tomatoes and peppers will come to an end, but our fall crops will be well on their way. We are even considering putting a winter squash in your box next week. But don't fear, tomatoes aren't over yet!

Well, we hope you have a great week and find lots of great ways to use up those veggies of yours. We'll be here, staring at the most beautiful little bean in the world!

Much thanks,  
James, Ayla and Ronia Willow

### 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

tasty.

**Cucumbers-** the usual.

**Cherry Tomatoes-** Full Shares only. We usually would not put cherry tomatoes in the boxes every week, but we have had a steller year for them in our high tunnel. So we figured we might as well, since we have them. We like to chop them up and toss them on top of scrambled eggs with basil, onions, garlic and a little cheese!

**Strawberries-** Still rotating. This is the second round. Hope you are enjoying them!

### BOILED BEETS AND WILTED BEET GREENS W/ GARLIC & LEMON

4 medium beets with their leafy greens  
1 tsp. salt, plus some to taste  
1/4 cup olive oil  
4 cloves garlic  
1 1/2 tbsp fresh lemon juice  
1 lb pasta (best choice: fusilli or other short, curly shape)

Bring 4 quarts of salted water to a boil in a large pot for cooking the pasta. Slice the beet stems where the leaves begin and set the leaves aside. Trim all but the last inch of the stems from the beets themselves. Trim any dangling roots and wash the beets to remove any dirt. The trimmed beets should weigh about 1 pound. (Julias note: if you have a beet or 2 left over, they are good grated raw into a salad.) Place the beets in a medium saucepan and cover with water. Bring the water to a boil and add salt to taste. Simmer until the beets are tender enough so that a metal skewer slides easily through them, about 25 minutes. Drain the beets and cool them slightly. Use paper towels to hold the beets and rub gently to slip off their skins. Trim and discard the remaining portion of the stem. Cut the peeled beets into 1/4 inch cubes and set them aside.

While the beets are cooking, place the beet greens in a large bowl and soak in several changes of cold water until no grit appears on the bottom of the bowl. Shake the leaves to remove excess moisture but do not dry them. Slice the damp leaves crosswise into 1/2 inch wide strips and set them aside. There should be about 5 cups of shredded beet greens. Heat the oil in a large saute pan with a cover. Add the garlic and saute over medium heat until golden, about 2 minutes. Add the beet greens and 1 teaspoon salt. Stir several times to coat the leaves with the oil. Cover and cook, stirring several more times, until the beet greens have wilted, about 5 minutes.

Stir in the cubed beets and the lemon juice and cook until heated through, about 1 minute. Taste for salt and adjust seasonings if necessary.

While preparing the sauce, cook and drain the pasta. Toss the hot pasta with the beet sauce. Mix well and transfer portions to warm pasta bowls. Serve immediately.

### Roasted Tomato Basil Pesto Pasta

yields 1 cup  
from ohsheglows.com  
6-8 tomatoes, sliced in half lengthwise  
1/2 cup almonds, toasted  
2 garlic cloves  
1 cup tightly packed basil + more for garnish  
1/4 cup extra virgin olive oil + more for drizzling on tomatoes  
2 tbsp nutritional yeast (optional)  
Kosher salt & freshly ground black pepper, to taste  
Your desired amount of cooked Pasta

1. Preheat oven to 400F and line a baking sheet with parchment. Place sliced tomatoes on the sheet and drizzle with oil, salt, and pepper. Roast for about 1 hour and 10 mins at 400F. Watch closely during the last 15 minutes of roasting.
2. Reduce oven heat to 325F and toast almonds for 8-10 minutes. Add 1/3 cup into food processor and process until finely chopped. I left mine a bit chunky for texture. Remove and set aside.
3. With processor turned on, add 2 garlic cloves and let it whirl around until finely chopped. Now add in the basil and process until finely chopped.
4. Add in the oil, optional nutritional yeast, and 1.5 cups of roasted tomatoes (you will have tomatoes left over). Process until smooth. Pulse in 1/3 cup toasted almonds. Season generously with salt and pepper. I think I used about 1/2 tsp salt or a bit more.
5. Pour your desired amount of pesto over the cooked pasta and mix well. Chop the remaining roasted tomatoes and stir into pasta. Chop remaining almonds and Chiffonade the basil.

### One Pot Kale and Quinoa Pilaf

Thanks our member Heather for this one!

2cups salted water  
1cup quinoa  
1bunch lacinato kale, washed and chopped into 1" lengths  
1meyer lemon, zested and juiced  
2scallions, minced  
1tablespoon toasted walnut oil  
3tablespoons toasted pine nuts  
1/4cup crumbled goat cheese  
salt and pepper

1. Bring the water to a boil in a covered pot. Add the quinoa, cover, and lower the heat until it is just enough to maintain a simmer. Let simmer for 10 minutes, then top with the kale and re-cover. Simmer another 5 minutes, then turn off the heat and allow to steam for 5 more minutes.
2. While the quinoa is cooking, take a large serving bowl and combine half of the lemon juice (reserving the other half), all of the lemon zest, scallions, walnut oil (you can substitute olive oil if you desire), pine nuts, and goat cheese.
3. Check the quinoa and kale when the cooking time has completed -- the water should have absorbed, and the quinoa will be tender but firm, and the kale tender and bright green. If the quinoa still has a hard white center, you can steam a bit longer (adding more water if needed). When the quinoa and kale are done, fluff the pilaf, and tip it into the waiting bowl with the remaining ingredients. As the hot quinoa hits the scallions and lemon it should smell lovely. Toss to combine, seasoning with salt and pepper, and the remaining lemon juice if needed.

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

Green Top Carrots  
Potatoes Mix  
Sweet Corn?  
Tomatoes  
Cucumbers  
Onions  
Sweet/ Bell Peppers  
Strawberries  
Cherry Tomatoes  
Green Beans?  
Herb  
Winter squash?



From our farm event taking a walk out to the chickens