



# BLACKBROOK FARM

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## Welcome to Early Fall!

It seems that the weather has taken a turn for the cooler this week. Here on the farm, that means that the tomatoes are phasing out more quickly than we thought they would, but you still got a nice handful this week. Next week, it may only be a few. The cooler weather is bringing us some nice new crops. This week you will see we have included braising mix in the box. This is a tasty and tender mix of mustards, kale and tatsoi that are great for a spicy raw salad or braised in a pan or soup. This week some folks are seeing the start of winter squash, too. We had a pretty good year for winter squash and have a lot of great varieties out there to share with you. Tomorrow, we will be harvesting it all before the potential frost on Friday night. We will put it on the tables in the greenhouse to cure so the skins toughen a little.

Also on the list to harvest from the field because of the impending frost are sweet potatoes! Yes, we can grow these in the north, but it is not easy. As of now, we are not sure what the yield is because we have not harvested them yet, but we are thinking it might be a good year. This year, we planted the sweet potato slips into IRT plastic so they were able to stay warm all summer long. We also kept them completely weed-free and gave them lots of fertility. Fresh, sweet potatoes are so good you will not want to go back to the store-bought ones. We hope to put these in boxes next week after they are done curing in the greenhouse.

So, this box is kind of our transition to fall box. We still have summer crops, but fall crops are creeping in. You will also notice blue potatoes in the box. These are called All Blue and they are very tasty. They take a little longer to size up in the field, and even then they tend to be on the smaller side. They are one of our favorites, because we like a firmer potato that you can fry up. Supposedly, purple potatoes pack a punch with all the nutrients they contain, too. The antioxidants found in blue potatoes come from the flavonoid family, similar to blueberries, which helps fight cancer and boost immunity. Blue potatoes also help strengthen the integrity of our DNA and capillaries as well as help to lower blood pressure. So they are definitely a superfood!

## What's in the Box:

**Tomatoes-** Still a nice mix of heirlooms and red slicers. This may be the last week that you get a nice amount of tomatoes.

The weather has taken a turn for the colder.

**Sweet/Bell Peppers-** The peppers are still looking great out in the field. It will be a shame when the frost comes and take them out. The red Carmens are looking and tasting great! Everyone got Carmens (long, red, sweet- not to be confused with the cayenne which is long and skinny and red, too, but smaller) as well as Bells.

**Hot Peppers-** Jalapeno and red cayenne (small, long, red-smaller than Carmens)

**Tomatillos-** Full shares only. Another batch of tomatillo salsa or roasted?

**Green Top Carrots-** Sweet mokum variety. We will have a lot of carrots going into the fall! They are looking great and are only going to be getting sweeter with the cooler weather. Recipe included.

**Melon or Thelma Sanders Squash-** Full shares only. This is the last of the melons for the year. We did not have enough so we thought we would dig into the squash. Thelma Sanders are an heirloom acorn squash that are really sweet and tasty! So either way, you get something sweet, right!!!?

**Thyme/Sage/Oregano Bunch-** A nice big bunch of fresh herbs to accompany your many vegetables. These store well in a jar of water in the fridge or on the counter or you can dry them and crush them into a jar.

**Blue Potatoes-** Aren't these beautiful? They are best fried, because they are a firmer potato that does not turn soft very easily. Very tasty. Enjoy!

**Yellow Onions-** Nice bunch of storage onions for you. Store in a dark place.



Onions curing in the greenhouse



The Pigs are getting big! We still have pork shares available.... So tasty and local!

### Here is the break down in pricing:

Whole Hog: finished weight is about 140 lbs at 5.5= \$770 (half down amount \$385)

1/2 hog: Finished weight is about 70 lbs at 5.80 = 406 (half down amount \$203)

1/4 hog: Finished weight is about 35 lbs at 6.25 = 218.75 (Half down amount \$110)

You get all the cuts, including cured bacon, ham, chops and sausage, etc...

### Creamed Braising Greens

from the nytimes.com

2-3 tablespoons butter  
1 clove garlic, minced  
1 shallot, thinly sliced  
1/3 cup heavy cream  
Pinch freshly grated nutmeg  
Salt  
1 lb pound braising greens- stemmed and finely shredded.

1. In a saucepan, heat 1 tablespoon of the butter over high heat until it foams. Add the garlic and shallot and cook over medium-low heat, stirring, until softened and golden, 5 minutes. Add the cream, bring to a simmer and cook until slightly thickened, 10 minutes. Add the nutmeg and salt to taste. Using a hand blender, purée until

Well, we are still looking for another intern to replace the one that left unexpectedly. Again this week, we want to thank Seed to Seed Farm (fellow farmer in Clear Lake, WI and his crew, Maggie and Justin) and to James' sister, Soon, for helping harvest and pack all of our boxes with us. It was a late Wednesday, but we got it done and are hoping to have someone hired by next week. Luckily, it's no longer July and we don't have to be out there irrigating (ha! What's irrigating? It's been so long since we've had to water anything!), weeding or planting anything. This is what we call HARVEST season! We are now mainly pulling all those crops in that we have been waiting all year for like leeks, brussel sprouts, winter squash, sweet potatoes, storage potatoes, carrots, beets and eventually popcorn. In the coming weeks you can expect to see all those things as well as radishes, turnips, arugula, salad mix, and more.

Also in your box this week is a flyer for an event happening out here at the Hungry Turtle Learning Center in Amery, WI. From their website: "Hungry Turtle Learning Center (HTLC) is an organization committed to supporting sustainable agriculture and land stewardship through education, innovative partnerships, and programming. HTLC believes promoting nutrient rich foods and sustainable living strengthens communities, encourages economic growth and development, and builds healthy societies."

HTLC will be hosting an evening of music with Chris Koza and Rogue Valley. IT should be really fun! Get your tickets at <http://www.eventbrite.com/e/an-evening-of-music-with-chris-koza-rogue-valley-at-hungry-turtle-farm-tickets-12636007639>. Check it out!

We also want to remind you of our **Fall Harvest Party that is happening on Sunday, October 5th**. It will be a potluck, with hay rides and pumpkin patch pickin'. Come look at the animals and walk around the farm and meet our new little Ronia Willow!

Stay warm and have a great week!  
Your farmers, James, Ayla and Ronia



Completely non-farm related, but still very cute!

**Braising Mix-** This is a great fall mix of mustards, tatsoi and baby kale. It is best braised, but can be eaten raw, too. recipes included.

**Snap Bean Mix-** Our next succession of beans are in! They are so sweet and crispy right now! Recipe included.

**Cherry Tomatoes-** These keep on coming because they are planted in the high tunnel.

We'll see how long they last this year. But in the meantime, enjoy!

**Strawberries-** rotating. WASH FIRST!!!!

### **Creamy Braised Greens Soup** from [relish.com](http://relish.com)

1 slice thick-cut bacon, diced  
1 large onion, peeled and diced  
1 large carrot, peeled and diced  
2 cloves garlic, minced  
1/2 pound sausage, dried chorizo or smoked sausage, diced  
6 medium potatoes, peeled and diced  
7 1/2 cups chicken broth  
2 1/2 cups mixed braising greens-thoroughly washed, stems removed, and cut into very fine strips  
1/2 cup heavy cream  
1/2 teaspoon kosher salt  
1/2 teaspoon hot sauce (optional)  
Coarsely ground black pepper

Sauté bacon in a large pot or Dutch oven over medium heat until crisp. Remove bacon with a slotted spoon and set aside, reserving drippings in pan. Crumble bacon when cool.

Add onion and carrot to pan; cook over medium heat until soft and translucent, stirring occasionally. Add garlic and sausage; cook, stirring frequently, until sausage is lightly browned, 5 to 8 minutes.

Add potatoes and broth; stir to combine. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, stirring occasionally, until potatoes are fork tender, about 15 minutes.

Add greens, cream and salt and continue to simmer until soup is thoroughly heated, about 5 minutes. Add hot sauce, if using, and black pepper to taste.

Ladle into soup bowls and garnish with reserved bacon.

### **Noodles with Crispy Green Beans, Garlic, and Chilies** from [molliekatzeen.com](http://molliekatzeen.com)

2 teaspoons Chinese sesame oil  
1 pound green beans, cut into 2-inch pieces  
1/2 teaspoon salt  
2 tablespoons minced garlic  
1 3-inch jalapeno chile, thinly sliced (seeding optional)  
1/2 pound vermicelli, cooked and drained

1. Place a medium-sized nonstick wok over high heat. After about 30 seconds--or when the pan is good and hot--add the oil and the beans. Stir-fry for about 3 minutes over strong heat, then sprinkle in the salt. Stir-fry for about 5 more minutes (depends on the thickness of the beans).

2. Stir in the garlic and minced chile, and stir-fry for about 2 to 3 minutes longer.

3. Add the noodles, and toss with tongs or a long-handled fork until combined and heated through. Serve hot or warm.

### **Roasted Potatoes with Fried Sage, Brown Butter Recipe**

about 2 lbs potatoes, washed, cubed  
2-3 tablespoons olive oil  
salt to taste  
handful of fresh sage leaves  
about 2-3 tablespoons butter, if you have clarified butter--even better  
Preheat oven to Roast 400°F.

smooth.

2. In a large pot, heat the remaining butter over high heat until it foams. Add the greens and cook, stirring constantly, until tender but still bright green, about 5 minutes. Sprinkle with salt and add the cream mixture. Lower the heat, cover and let simmer until cooked through, 5 minutes more. Taste for nutmeg and salt, season to taste and serve hot.

### **Grilled Carrots with Fresh Thyme** from Sur la Table

1 pound slender carrots (about 6), well scrubbed but not peeled

1 tablespoon extra virgin olive oil  
2 teaspoons finely minced fresh thyme  
Kosher or sea salt

Procedures:

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

If the carrots are uniformly slender, leave them whole. If they are considerably thicker at the top than at the bottom, cut them crosswise into 3- to 4-inch lengths and halve the thick ends to make pieces of about the same size.

Put the carrots on a platter, drizzle with the olive oil, and then roll the carrots to coat them lightly and evenly. Season with thyme and salt.

Place the carrots over indirect heat, cover the grill, and cook, turning occasionally, until the carrots have softened, about 20 minutes. For the final minute or so of cooking, uncover and move the carrots directly over the coals or gas flame to char them slightly. Serve hot.

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

these are some of the crops we are hoping

for next week:

Green Top Carrots  
Potatoes  
Sweet Corn?  
Tomatoes  
Cucumbers  
garlic  
Sweet/ Bell Peppers  
Strawberries  
Cherry Tomatoes  
Green Beans?  
parsley  
Winter squash  
sweet potatoes  
greens

In large bowl, toss cut potatoes, about 3 sage leaves (minced) and enough olive oil to coat potatoes. Add salt to taste

Place potatoes on sheet pan and roast in oven for about 30-45 minutes, or until golden brown. Turn potatoes at least once during the roasting period.

In frying pan, gently melt butter. Don't melt the butter too quick, or it will burn.

Once butter melts and starts to bubble, add the rest of the sage leaves. Fry sage leaves on both sides, until crispy.

Keep an eye on the butter as you fry the sage & the butter browns. Skim as needed (using clarified butter will reduce this step). Take butter off heat when it is nicely brown, think a rich caramel color, and strain the butter to remove any sediment.

Toss potatoes with the brown butter and fried sage leaves.