



BLACKBROOK FARM

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Thinking Ahead

Hello Members! Well, it feels like a transition has come this past week with the frost last Friday night and the cool night temperatures. The tomatoes, corn, melons and basil are all done for the year. And the cucumbers, peppers and beans are coming to an end soon. But with all those crops ending, we are just getting into winter squash, sweet potatoes, fall greens, turnips, radishes, brussel sprouts and leeks.

This week you received all the tomatoes we had left in the field. Some are not the prettiest, but blight and cool weather makes tomatoes ugly sometimes. You also got some green tomatoes. We knew they wouldn't ripen on the vine at this point, so we thought we would give you a chance to practice some southern cooking this week. Fry some green tomatoes with grits and make some sweet potato fries and you are all set. I guess we should have included collard greens had we grown them, but you can braise the kale with bacon fat, too, if you want!

Looking ahead at this point, we see crops that we will have excess of in the field after the last box. So, we have decided to offer a **fall share** again this year. This will be a **3-week 3/4 bushel share**. The first box will start on the 30th October and it will run through the 13th of November. A share costs \$85. You can expect anything that we have left at this point in the season: leeks, brussel sprouts, onions, potatoes, carrots, beets, winter squash, kale, fall greens, rutabagas, radishes, turnips, etc... These boxes will be a good value and will provide you and your family with fresh veggies for 3 more weeks into the fall, if you are not sick of vegetables at that point! Please email us if you are interested. We are offering 75 shares, which is a little less than half of our summer CSA shares, so sign up quickly if you want a spot!

A reminder that **we still have hog shares for sale**. These shares come cut, cured, vacuum-packed and frozen to your doorstep! We home deliver when they are ready, which will be in mid-October. This is a great way to insure you are eating the healthiest, most humanly raised meat available on the market at

What's in the Box:

Red Cabbage- Fresh, crispy and tender fall cabbage! Red cabbage is our favorite around here, and it is really great for you, too. Keeps for weeks in the crisper- just peel outer layer off that has become soft if you don't use it soon. Recipe included.

Sweet Potatoes- 2.5 lbs small shares, 3.5 lbs full shares. Freshly harvested! These are not cured and will sweeten up a bit more if you keep on the counter or warm place for a few days before eating. Very fresh and tasty!

Garlic- 4 full, 3 small. Still small, but garlic nonetheless.

Delicata- Great for stuffing! Store in cool, dark place. recipe included.

Cucumber- Full shares only. only 1 this week. Cool nights slow them down.

Green Top Carrots- We figure that if there is one crop that everyone uses a lot it is carrots, and since these are such a sweet little snack we might as well give them to you two weeks in a row. Mokum variety. Top to keep crispy.

Parsley- A very versatile herb. Keeps well in plastic bag in fridge. Recipe included. Great in soups and stews

Ripe and Green Tomatoes- Eat ripe ones soon and fry the green ones! The green tomatoes will not blush and ripen. Last of the year for these. recipe included.

Peppers- These didn't seem to be affected by the light frost we got on Friday night, so we are going to give them to you until they are gone. Still some tasty carmens and bells out there.

Kale bunch- We are in a bit of a greens lull, so we are giving you kale again- but there are so many things to do with kale and it is so healthy for you we hope you don't mind.

Snap Beans- 1 lb full, 1/2 lb small shares.



Box #14



Harvesting Winter Squash before the first frost. Note Kenny inside of the the pallet box!

Over The Rainbow Cabbage Salad with Tahini-Lemon Dressing

from ohsheglows.com

About 6-7 cups of roughly chopped red/purple cabbage (I used 1/4 of a large cabbage)
 1 carrot, shaved with a peeler into 2-3 inch strips
 3 celery stalks, chopped
 1 red pepper, thinly sliced
 2 handfuls of fresh parsley, chopped finely
 3-4 tbsp of toasted sesame seeds
 salt and pepper to taste
Lightened Up Tahini-Lemon Dressing :
 1/8 cup Tahini
 1 garlic cloves
 1/4 cup fresh lemon juice (about 2 lemons)
 1/8 cup Nutritional yeast or a bit more, to taste
 2 tbsp Extra virgin olive oil, to taste
 1 tsp kosher salt + freshly ground black pepper, or to

a great price! Please email us if you are interested. 1/4, 1/2 and whole available. Red wattle and Berkshire heritage breed hogs.

Another reminder that our **Fall Harvest Party is on October 5th**. Show up around 3 to settle in and take a look around. **Potluck will be at 4pm**. Please bring a dish to share. We will be roasting chickens and/or venison burgers. We will plan on giving hay rides out to the pumpkin patch. Come out and meet the hogs and chickens and grab a pumpkin to carve! Bonfire for the folks who stay late. All are welcome and we hope you can make it! We will clean the farm up and everything for you- and you can meet Ronia Willow! If you are going to make it out, it would be great to hear from you so we know how many to expect, but if you are on the fence and don't let us know, please come out anyways!

We hope you are enjoying these veggies and being part of a CSA! We have had a great time this year so far!

Your Farmers,
James, Ayla and Ronia Willow

Earthsong Fall Apples Add-on

Our farming friends over at Earthsong Farm are offering bushels and 7/lb bags of Zestar and Redfree varieties of apples.

bushel for \$40.00

7 lb bag for \$8.00

These apples would be delivered with your boxes starting next week and will be offered through the end of our CSA. Email if interested.



Fall kale looking great in the field!

The frost didn't seem to get our beans this past weekend, so you get another load this week. We'll see about next! They are so sweet and crispy right now!

Strawberries- rotating- WASH FIRST! Last week for strawberries.

Eggplant- Rotating. Last of the season.

Crispy Baked Sweet Potato Fries

<http://cookieandkate.com/2010/baked-sweet-potato-fries/>

Sweet potatoes. I'd plan on at least one per person. Medium-sized sweet potatoes with smooth, firm, evenly toned skin usually make the best sweet potato fries.

Corn starch. A big sprinkle's worth. (optional)

Olive oil. A couple of tablespoons or so. Enough to lightly and evenly coat the fries.

Salt, pepper and spices. Amy suggested cumin, but I much prefer cayenne pepper, paprika or curry powder. Garlic is great as well. It's up to you!

INSTRUCTIONS:

Preheat the oven to 425 degrees Fahrenheit. Peel the sweet potatoes and cut them into fry-shaped pieces (see photos). Try to cut them into similarly sized pieces so the fries will bake evenly.

Toss the uncooked fries into a mixing bowl or a plastic bag, or just onto your baking sheet. Sprinkle with cornstarch (if using) and pour in a few tablespoons of olive oil, enough to lightly coat the fries. Season with salt, pepper, and spices.

I'd try to use half a teaspoon per potato or so. Mix/shake to distribute evenly (corn starch should be evenly mixed in so there are no powdery spots).

Pour the fries directly onto a non-stick baking sheet for best results (lining with aluminum foil produces mixed results and parchment paper can burn in the hot oven). Arrange your fries in a single layer and don't overcrowd, otherwise they will never crisp up.

Bake for 15 minutes, then flip the fries so they can cook on all sides. I find the easiest way to flip them is with a metal spatula. Section by section, scoop up about ten fries and flip them with a quick turn of the wrist.

Bake for 10 to 15 more minutes, or until the fries are crispy. You'll know they're done when the surface of the fries change from shiny orange to a more matte, puffed up texture. It's essential to bake them long enough, otherwise they won't be crispy. Don't worry if the edges are a little bit brown; they will taste more caramelized than burnt.

Skillet-caramelized winter squash

from casayellow.com

1 2-3 pound winter squash, roasted and flesh scooped from the skin

1 tablespoon unsalted butter

1 tablespoon olive oil

10 sage leaves

Kosher or fine grain sea salt

Black pepper

3 ounces aged or smoked mozzarella, grated

3 tablespoons fresh parsley leaves

1 clove garlic

Directions

In a non-stick or well-seasoned cast iron skillet, heat the butter and oil over medium heat until the butter is melted. Add the sage leaves and cook for a minute or two to flavor the oil. Place the roasted squash into the skillet, seasoning it with a good pinch or two of salt and a few grinds of pepper. Press it into the skillet, smoothing it over so it evenly fills the pan.

Cook the squash, undisturbed, for 15 minutes. After 15 minutes, scrape it up from the bottom of the pan and smooth it down again, exposing new parts to the hot metal. Do this as many times as you have time for—the more browned bits, the better.

Meanwhile, chop the parsley and garlic together finely. When you've sufficiently caramelized your squash, smooth it over once more, sprinkle the mozzarella across the top, and cover. Cook 1-2 minutes more, until the cheese is melted and bubbling. Top with the parsley garlic mixture, and serve from the pan.

taste

2 tbsp water, or as needed

1. Preheat oven to 325F. Toast the seeds for about 8-10 minutes, watching closely. Remove and set aside.
2. Add several cups of water into a kettle and bring to a boil. Lightly rinse the cabbage and slice in half, through the stem. Slice each half, in half again and roughly chop. You'll want about 6-7 cups.
3. Add chopped cabbage into a strainer in the sink and pour the boiling water over top. Quickly rinse with cold water. This helps soften the cabbage slightly. Roughly dry the cabbage with a hand towel.
4. In a large bowl, mix the chopped celery, pepper, cabbage, shaved carrot, and parsley.
5. Prepare the dressing by whisking all ingredients together in a medium sized bowl. The salad tastes best when the dressing is mixed just before serving, so I suggest you portion out how much salad you will be eating for the meal and then add on your desired amount of dressing & mix well. Wrap up any leftover salad and place in the fridge and do the same with the leftover dressing.

Grits with Goat Cheese and Fried Green Tomatoes

For the grits:

2-1/4 c water

1/2 c grits

1 T unsalted butter

4 oz. goat cheese

2 T heavy cream

4-6 leaves fresh basil, cut chiffonade

For the grits:

In a saucepan, bring the water to a boil and slowly stir in the grits. Reduce the heat to medium-low, cover and cook another 12 to 14 minutes or until thickened. Stir occasionally. Next add the butter, cream and cheese and stir until incorporated throughout. Top with basil and fried green tomatoes to serve.

For the Fried Green Tomatoes:

Slice the tomatoes 1/4" thick. (Too thin and they won't hold up to the frying process.) Whisk the eggs and milk into one shallow dish, add the flour to another, and combine the bread crumbs and cornmeal in a third shallow dish.

First coat each tomato in the flour. Next soak them in the egg mixture and finally dredge in the bread-crumbs to coat. Fill a large skillet with canola oil until about 1/2-inch deep. Heat the oil over medium heat. When a little pinch of bread crumbs bubbles in the oil, add the tomatoes. Fry the tomatoes for about 3 to 4 minutes per side, or until golden brown. Once fried, remove the green tomatoes from the oil and place on paper towels to drain. Serve the tomatoes over the grits while still warm.

What's in store for next week?

these are some of the crops we are hoping

for next week:

potatoes
sweet potatoes
red onions
winter squash
salad mix
salad turnips
leeks
rutabaga?
bell peppers
Green top beets
Celery