



BLACKBROOK FARM

827 15th St, Clayton, WI 54004 | 828-702-0444 | blackbrookfarmstead.com | blackbrook.farm.llc@gmail.com

Fall is here!

Happy Thursday everyone! This week brings you a very packed full box. We thought it would get easier to pack when tomatoes we over, but not this week! You will see the return of all those spring crops, like turnips and spinach (most full shares). Next week we are hoping to harvest salad mix, arugula and radishes for boxes. Unfortunately, our broccoli is being very slow to head up, and it is possible that we will not have it for the boxes. If we do not, we will most likely have it for the fall shares, so you should probably sign up for that!

Out here on the farm, the leaves are really turning! Last week everything was still green and now the maples and other trees are in full color change mode and there is a general browning of grasses. We only have three boxes left- time has really gone by fast! This is the time of year we start cleaning up the fields and putting the farm "to bed." That means taking out raccoon fencing, pulling plastic from the field, taking out tomato stakes and mowing down a lot of old crops. We will also be planting garlic in the next month and cleaning out the hightunnels and planting spinach for winter and spring harvest. We still have about an acre of potatoes and 1/2 an acre of carrots to harvest (a bit daunting...) a lot of which will be wholesaled throughout the fall/winter months. So, even though the CSA is soon coming to an end there is still plenty to do on the farm before winter!

On another note, we have recently been CERTIFIED ORGANIC through MOSA on a portion of our farm! We were able to get certified on a small part of our farm that we are growing beets and carrots on because it did not have corn on it when we bought this farm. The rest of the farm will be certified next year. Although it is not that important to us to put a Certified Organic label on our produce, because we are already organic in all other ways, it has become increasingly important for us to have this label for wholesaling produce. So, this winter we are focusing on building our wholesale markets and it will help us to sell our product, as well as helping the price point. To most CSA farms, being organic is not that much of a priority because it's members (you!) trust that our practices are following organic standards

What's in the Box:

Salad Turnips- They are back! These sweet, slightly radishy flavored turnips are great for eating raw, but they can be roasted, as well. Make sure to cook up those turnip greens, too!

Sweet Potatoes- We harvested the rest of our sweet potatoes and since we really don't have great storage for them we decided to get them all out to you now. If you can not eat them within the next week or so store them in a cool, dark place like the basement.

Red Onions- These are beauties this week. We've had a hard onion year with all the rain, but these made it through! Great raw or cooked.

Yukon Gold Potatoes- If you are feeling bombarded with potatoes store in cool, dark place for later.

Purple Carrots- Cosmic Purple. These are so long and straight! This makes us proud farmers. Store in fridge with green tops removed. Recipe included.

Bell/Sweet Peppers- We loaded you up with all the peppers we had left. 6 full shares, 4 small shares. Recipe included.

Leeks- First of the year! Stores well in fridge, in a plastic bag. Great in soups and in quiche! Recipe included.

Spinach or Braising Mix- Full Shares Only. Some of our spinach seed got washed away with all the torrential rain we had a few weeks back,, so we had to substitute some braising mix. But they are both very tender and tasty this time of year.

Spaghetti or Kabocha/Red Kuri Squash- The spaghetti squash have some blemish spots, but they have not penetrated into the flesh. We are not sure why this happened, but we had to throw most of them away, which is why some of you are getting kabocha or kuri (red) instead. Recipes included.

Sweet Dumpling or Carnival Dumpling Squash- Very Very Sweet! Great sliced thin in half moons onto cookie sheet and drizzled with melted butter and maple syrup. Bake in oven until soft and golden brown. It's the best!

Cucumbers- 2 per member. We'll see what next week brings us. It really depends on the night temps at this point.



Box #15



Konia and Ayla on packing day!

Creamy Carrot Leek Soup

from aspicyperspective.com

2 lbs. carrots
3 large leeks
3 garlic cloves, minced
4 Tb. butter
1 Tb. fresh thyme leaves (1 tsp. dried)
1 tsp. lemon zest
8 cups low-sodium vegetable stock (or chicken stock)
1 cup springy white wine, like Sauvignon Blanc
1/2 cup Real California Sour Cream or Creme Fraiche
Salt and Pepper
Trim the carrots and chop them into rough 1/2 inch chunks. Trim the root-end off the leeks and cut the white section into quarters. Slice across into small 1/2 inch pieces. (Save the greens for homemade stock.) Place the chopped leeks in a colander and rinse thoroughly--they are often sandy.
Place a large pot over medium heat. Add the butter, carrots, leeks and garlic and saute for 10 minutes, stirring regularly.
Then add the thyme, lemon zest, stock, wine, 1 tsp. salt, and pepper to taste. Cover and bring to a boil. Stir and cover again. Simmer for 20-25 minutes, until the soup looks murky and the carrots are soft.
Ladle the soup into a high-powered blender. (You might have to do this in two batches.) Place the lid on the blender and open the top vent for steam. Lay a dish towel over the top of the blender

and understand that it is not essential to pay an institution to "Certify" it. So, now you know for sure that we are organic through and through and do our best to grow nutrient-rich food for you! Hopefully this winter you might see some of our produce in a co-op near you! We also sell to some restaurants throughout the cities including Lucia's, Tilia, Heartland, Foxy Falafel, Modern Times, Seward Café and more! The co-ops we are working with are Hampden Park Food Co-op, Lakewinds and Seward Co-op.

Ronia would love to see you at the **Fall Harvest Festival!** She is now smiling alot, so it's pretty cute! Please come out **October 5th starting at 3 pm, potluck at 4pm Bring a dish to share and a blanket or chairs. Wagon rides and pumpkin patch picking!**

Have a great week!
James, Ayla and Ronia

Spicy Thai Peanut Sauce over Roasted Sweet Potatoes and Rice

Cookie and Kate Recipe

Spicy Thai Peanut Sauce:
 ½ cup creamy peanut butter
 ¼ cup reduced sodium tamari
 3 tablespoons apple cider vinegar
 2 tablespoons honey (or agave nectar, to taste)
 1 teaspoon grated fresh ginger
 2 cloves garlic, pressed
 ¼ teaspoon red pepper flakes
 2 tablespoons water
Roasted vegetables:
 2 sweet potatoes, peeled and sliced into 1x1x1/2-inch wide chunks
 1 red bell pepper, cored, deseeded, and sliced into bite-sized strips
 about 2 tablespoons coconut oil (or olive oil)
 ¼ teaspoon cumin powder
 sea salt
Rice and garnishes
 1¼ cup jasmine brown rice (or any variety of long-grain brown rice)
 2 to 3 green onions/chives, sliced into thin rounds (green and white parts)
 cilantro, torn
 peanuts, crushed
 sriracha/rooster sauce (optional)
Prep: Bring a large pot of water to boil. Preheat the oven to 425 degrees Fahrenheit with a rack in the middle and another rack near the top.
Roast the vegetables: Toss the sweet potato chunks with a generous tablespoon of coconut oil, the cumin and a sprinkle of salt. Toss the bell pepper with about a teaspoon of coconut oil and salt. The vegetables should be lightly coated with oil on all sides.
 Arrange the sweet potatoes in a single layer on a large baking sheet. Arrange the red bell peppers on a separate, smaller baking sheet. Roast the sweet potatoes on the middle rack for about 35 minutes, tossing halfway, and roast the peppers on the top rack for about 20 minutes, tossing halfway. The vegetables will be tender and caramelized on the edges when they are ready.
In the meantime, cook the rice: Once the water is boiling, pour in the rice and give it a stir. Boil the rice for 30 minutes, then turn off the heat and drain the rice. Return the rice to the pot and cover the pot. Let the rice steam that way for 10 minutes. Remove the lid, fluff the rice with a fork and season with salt to taste.
Make the sauce: in a bowl, whisk together the sauce ingredients. If the sauce is too thick or too spicy, whisk in a little more water.
Serve: Top rice with roasted vegetables, a heavy drizzle of sauce, and a sprinkle of chopped green onions, cilantro and peanuts.

Roasted Red Kuri Pumpkin & Coconut Soup

from *thekitchn.com*
 4 to 4 1/2 pounds red Kuri or kabocha
 2 tablespoons vegetable oil or butter
 4 cloves garlic
 4 small shallots or small onions
 1 tablespoon fresh grated ginger, from a 3-inch long piece
 2 tablespoons tomato paste
 1 teaspoon curry powder
 1 dried red chili, about 2 inches long
 One 13.5 ounce can coconut milk
 4 cups chicken or vegetable broth
 1 1/2 teaspoons salt
 Juice of 1 lime, about 2 tablespoons
For topping:
 1/2 cup unsweetened coconut
 Heat the oven to 400°F. Use a heavy, sharp knife or cleaver to cut the squash into quarters. Place these quarters in a roasting pan and bake for 1 hour. (Alternate method: Place each squash directly in the oven, whole. Bake for 20 minutes or until soft enough to cut in half with little effort. Cut in quarters, place in a baking dish, and roast for 40 more minutes or until the skin can be easily peeled away from the flesh.)

and hold firmly as you turn the blender on. Pressure from blending hot liquids can blow the top off and burn you, so be careful--open vent, cover with towel, hold tight! Puree until smooth. Then add the sour cream to the blender and puree again. Pour both batches back into the sauce pot and stir to blend. Serve warm.

Baked Spaghetti Squash Carbonara

from *thekitchn.com*
 3-pound spaghetti squash
 8 ounces bacon (8 to 10 slices), diced
 1 small yellow onion, diced
 4 large eggs
 1/2 cup ricotta cheese
 1 1/4 cups Parmesan cheese, or mix of Parmesan and pecorino, divided
 1 teaspoon salt
 1 teaspoon black pepper
 Heat the oven to 350°F. Cut the squash in half lengthwise with a sharp chef's knife. Scrape out the seeds and seed flesh with a spoon and discard. Pour 1/2 cup water into a 9 x 13-inch baking dish and place the squash cut side down in the water. Roast for 45 minutes or until tender.
 In a heavy skillet, cook the bacon over medium heat until the edges crisp. Add the onions and cook for 5 to 6 minutes or until soft and beginning to brown. Remove from the heat.
 In a large bowl whisk the eggs, then whisk in the ricotta. Fold in the cooked bacon and onions, then 1 cup of grated cheese and the salt and pepper. When the squash can be easily pierced with a fork, remove it from the oven and turn the heat up to 375°F. Remove the squash from the baking dish and let it cool slightly. Dump out any water left in the baking dish, wipe it dry and then grease it lightly with cooking spray.
 Shred the inside of the squash with a fork into spaghetti-like strings and remove from the outer shell. You should have approximately 6 cups. Mix the squash strings into the egg and onion mixture. Spread in the baking dish and top with the remaining 1/4 cup of cheese.
 Bake for 45 minutes or until firm and golden on top.

Put the squash aside for 15 minutes or until it is cool enough to be easily handled. When cool, peel the skin away from the squash flesh. You should have about 3 packed cups of roasted squash.
 In a 4-quart or larger pot or Dutch oven, heat the oil or butter over medium heat. When the oil is hot, add the garlic, shallots, and ginger, and fry in the oil for about a minute. Add the tomato paste and fry for another minute. Turn the heat down and cook for about 5 minutes, or until the shallots are beginning to really soften. Add the curry powder and crumble in the red chili. Fry for another minute, then add the squash. Turn the heat back up to medium and fry the squash with the aromatics for about 5 minutes, stirring occasionally. Stir in the coconut milk and chicken broth and bring to a light simmer. Lower the heat and cover the pot. Simmer for 30 minutes.
 Turn off the heat and puree the soup with a hand blender, or pour the soup in batches into a blender and carefully puree it there, holding the top down with a towel. Add the salt in 1/2-teaspoon increments, tasting as you go, and stir in the juice of the lime. Serve immediately, with the garnishes.
For the topping:
 Heat a small skillet over medium heat and add the coconut. Cook for 3 to 5 minutes, stirring frequently, until the coconut is lightly toasted and brown. add to top of soup

Fall Shares still available

We have plenty of fall shares still available. Don't want the CSA season to end? Buy a fall share! It's 3 weeks of fall crops packed into 3/4 bushel boxes. The fall shares will run from October 30th through November 13th. We will deliver to the dropsites you already pick up at. A lot of these crops you will be able to store for a while, so you can use them for Thanksgiving!!

\$85 for a 3 week Fall share

Please email us if interested.

What's in store for next week?

these are some of the crops we are hoping for next week:
 Potatoes
 brussel Sprouts
 Arugula
 winter squash
 garlic
 salad mix
 cucumber
 Snap Beans
 Herb
 Touchstone Gold Beets
 Rutabaga
 Radishes??