



BLACKBROOK FARM

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

What's in the Box:

Well this week on the farm has been pretty darn cold and wet! But hey, it makes the greens that much nicer and the warm house that much more inviting! The days are definitely getting shorter, but that just means we strap on those headlamps and keep on going. We bought a new (old) farm truck this week! It has 4-wheel drive, which is great when it rains like it has been out here. Our other (very old) truck just gets stuck every time we try to drive it when it's wet. So, this is a great improvement AND it has a wide flat bed in the back which is great for when we are harvesting and bringing bins in from the field. Yay for improvements in efficiency on the farm!

You will notice that there are beautiful flyers in the boxes this week from Red Clover Herbal Apothecary. Ayla's mom, Nancy, own and runs an herbal apothecary in Little Falls, WI (outside of Amery). Earlier this year, we put flyers in the boxes for her spring herbal share. Now, she is offering an excellent Fall/ Winter Herbal Share through our CSA and others in the area. We use a lot of the products that she is offering through this share and it keeps us healthy and strong throughout the winter months. We highly recommend looking into purchasing a share. Please contact Nancy if you are interested. The shares will be delivered with your normal CSA deliveries.

We have also attached a .pdf in this email for Organic Broiler Chickens from our farmer friend Ben Prostine over at Red Wheelbarrow Farm. He has raised some 150 broilers that are delicious and organically-raised and fed. We will be roasting up about 8 of his chickens for our harvest party this Sunday, so if you come you can get a taste of what they are like. Please contact Ben (info on .pdf) if you would like to purchase chickens from him for home delivery.

This past Monday, several of our hogs went to butcher. They were pushing about 250lbs, which is a great size to butcher. Although it is always a tough thing to see animals being butchered, we are also excited to be able to offer such a high quality product to our members. They live happy and full lives out here on the

Acorn Squash- Golden Thelma Sanders Acorn (small shares)and Jet Acorn. Full shares got both. Great for any squash recipe. Buttery and sweet. Recipe included.

Nicola Potatoes-These are a great buttery potato. They roast up well and are known for being great boiled and baked. Very tasty! Recipe included

Sweet Peppers-Last of the year on these! 4 for fulls and 3 for small shares.

Hot Peppers- red jalapenos, red cayennes or orange habaneros

Yellow Onions- Great for just about any dish that calls for onions.

Scarlet Frills- 2/3 lb. These are a beautiful mustard green. A bit spicy, but wonderful eaten raw and very frilly and pretty at that! Recipe included.

Salad Mix- 3/4 full, 1/2 lb small shares. Sweet lettuce this time of year.

Beets- Gold or Red beets. Store in the fridge with green tops removed for longer shelf life.

Brussel Sprouts- 2 Full shares/ Small fojr small shares. These are looking really good! Snap off the stalk and trim the brussel nubs off. Recipe included. Great with bacon!

Snap Beans- Full Share only. Still kicken, but just not as much so only full shares this week.

Radishes- Full Share only. Just getting big enough to pick, much more next week. Greens look great, too! Saute up like a turnip green.



Harvesting greens in the rain!



Ronias first day at Midtown Farmers Market!

Gypsy soup

adapted from Moosewood Cookbook

4 tablespoons olive oil
 3-4 medium yellow onions, chopped coarsely
 6 stalks celery, chopped
 8 medium cloves garlic, minced or pressed
 2 acorn squash, peeled and chopped into 1-inch pieces
 4 carrots, sliced into thin coins
 28 ounces canned, diced tomatoes, drained
 50 ounces soaked chickpeas (canned is fine)
 6 cups liquid (Mollie Katzen's recipe calls for water; I used half vegetable broth and half water)
 3 teaspoons kosher salt
 2 teaspoons turmeric
 4 teaspoons mild paprika
 1 bay leaf
 Dash of cayenne
 3/4 pound bitter greens
 Asiago cheese for topping
 Directions

In your biggest pot, heat the olive oil. Sauté the onions, garlic, and celery until aromatic and

farm, eating veggies and grubs right up until they are butchered. **We have 2 hogs still available for members. If you would like a ¼, ½ or whole, please email us.** The next round of pigs to be butchered will be in about 3 weeks.

We hope to see you this Sunday, October 5th for the Harvest Party. The weather looks like it will be nice, but cold. So, please bring appropriate clothing and chairs or blankets to sit in/on. We will provide plates, cups, silverware, etc... Bring a dish to share and come at about 3 for settling in and walking around. Potluck will be at 4 pm.

We really look forward to meeting you and sharing our farm with you and your family, James, Ayla and Ronia

Directions from Twin Cities: Take 94E past Hudson/River Falls to Exit 19, Baldwin. Go North on 63. Follow 63 all the way to the farm. You will take a right at the round about and continue on 63. You will then take a left a few miles down, going north of 63. Drive past Clear Lake and the Lake Magnor Store. We are south of Clayton on 15th st. You can see our farm from the road.

Fall Shares

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 share 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 you want a share

What's in store for next week?

these are some of the crops we are hoping for next week:

Cabbage
Potatoes
Arugula
pie pumpkin
garlic herb
Carrots
Rutabaga
Radishes
Turnips
Leeks
Tatsoi

Quick Roasted Brussels Sprouts w/ Coconut Ginger Sauce

by cookie and Kate

Spicy coconut ginger sauce
½ cup light coconut milk
1½ teaspoons fresh grated ginger or ¼ teaspoon powdered ginger
1 teaspoon agave nectar or sugar
1 teaspoon reduced sodium tamari or soy sauce*
½ to 2 teaspoons chili garlic sauce (to taste)**
1 teaspoon rice vinegar (or lime juice)
Brussels sprouts
¾ pound Brussels sprouts, nubby ends cut off, discolored leaves removed and sliced in half (smaller sprouts are better than large sprouts)
1 tablespoon coconut oil
Sprinkle of sea salt

Preheat your broiler. In a small saucepan over medium heat, combine the coconut milk, ginger and agave nectar/sugar. Add chili garlic sauce, to taste. Whisk the ingredients together and simmer for a couple of minutes to infuse the flavors, stirring often. Remove the pan from heat and stir in the rice vinegar.

Set a 12-inch cast iron skillet over medium-high heat on the stove. Let it heat up for two to three minutes. It should be so hot that a few drops of water sizzle and quickly disappear after contact. Toss the prepared Brussels sprouts with olive oil and salt. Toss well, so that the sprouts are evenly coated in a thin layer of oil. Once the pan is hot, dump the sprouts into the pan and quickly rearrange them so the flat sides are face down. Let them cook for about two minutes, or until they are starting to brown on the bottom.

Transfer the pan to your broiler. The pan will be heavy and hot so use oven mitts and be careful! Let the Brussels broil for about three minutes. Check the sprouts for doneness—their tops should be a little browned and the bottoms caramelized. How long you should leave them in there depends on your preferences and your oven.

Transfer the sprouts to a bowl(s), drizzle with coconut ginger sauce and serve.

Raw mustard greens, pears, pecans, parmesan cheese & lemony-thyme vinaigrette.

adapted from honestfare.com

Scarlet Frills Mustard Greens
1 firm but ripe pear
1/3 cup pecans
1/3 cup shaved or grated parmesan cheese
Juice from 1 lemon
Splash white balsamic vinegar
1-2 Tbs agave or honey
About 1 Tbs fresh thyme leaves
Kosher sea salt
Cracked black pepper
Olive oil

DIRECTIONS

Place lemon juice, vinegar, olive oil, agave, pinch of salt & pepper and fresh thyme leaves into a jar and secure lid. Shake until well combined and dressing begins to thicken. Set aside.

Wash and dry mustard greens and tear leaves into bite-size pieces. Slice pears into thin slivers using a sharp knife or mandolin. Break the shelled pecans into pieces. Place mustard greens into large serving bowl and toss with desired amount of dressing. Add pears and cheese and pecans and toss again a little additional dressing.

beginning to soften. Add squash and carrots and continue to sauté, stirring occasionally, until onions are translucent. Add tomatoes, chickpeas, broth/water, salt, turmeric paprika, bay leaf, and cayenne. Stir and bring to a boil. Reduce to a rapid simmer, stirring occasionally until chickpeas and squash are tender. Taste for seasoning and add more salt, cayenne, or paprika as necessary. Reduce to a low simmer. Stir in greens, allowing to wilt before removing soup from heat.
Serve with a good dusting of asiago cheese.

Roasted Winter Potato And Squash Salad

Add chunks of sweet apple and crunchy walnuts for an even heartier meal.

1 pound Nicola or fingerling potatoes, about 8
1 small squash, about 1 pound
2 tablespoons olive oil
1 teaspoon salt
¼ pound fresh cranberries, about 1 cup
2 tablespoons granulated sugar
3 packed cups bitter greens or arugula

Dressing:

½ medium shallot, minced, about 1 ½ tablespoons
¼ teaspoon salt
Several grinds of black pepper
1 tablespoon maple syrup
1 teaspoon grated ginger
1 teaspoon Dijon mustard
2 tablespoons + 2 teaspoons cider vinegar
2 tablespoons walnut oil
3 tablespoons vegetable oil or light-tasting olive oil

Set three racks in the oven and preheat to 425 degrees. Halve the squash, remove the seeds and cut into 1/8-inch slices, leaving the skin on. Cut the potatoes into 1/8-inch slices. Toss each vegetable with ¼ teaspoon salt and 1 tablespoon olive oil and spread evenly onto separate sheet trays.

Toss the cranberries with the sugar and spread onto a third sheet tray.

Roast the cranberries for about 10 minutes, or until the sugar melts and the cranberries begin to break down and shrivel. Roast the potatoes and squash for about 20 minutes, or until the edges begin to brown, rotating the pans once in the middle of cooking. Allow the vegetables to cool slightly and place in a wide serving bowl.

While the vegetables roast, make the dressing: In a small bowl, mix the shallot with the salt, pepper, maple syrup, mustard and the vinegars and let sit for five minutes. Drizzle the oils in slowly, whisking constantly to emulsify. The dressing can be made up to two days in advance.

Just before serving, add the arugula to the bowl with the roasted vegetables and toss with the vinaigrette. Add salt and pepper to taste. Serve.

