



BLACKBROOK FARM

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

2nd to last CSA week...

Hey Folks! This is the second to last box! That means that next week will be the last. It's always mixed emotions out here when this time of the season comes. It is a great relief to have gotten through the year smoothly, especially with the terrible weather conditions farmers had to deal with this year. It is also a sign of winter coming and an end to doing what we love, which is working outside in the dirt! It's also crazy because we are already starting to think about next year. There are some seeds and things that we have to order now for next year and we are starting to plot out where our crops are going to be planted. But overall, we can start to relax a little bit and enjoy the feeling of having finished another year as organic farmers. It feels really good.

Thank you to everyone who came out to the Harvest Party! It was cold, but it was fun! The hay rides were probably the highlight for me. It was really fun to see all the kids picking out their pumpkin to bring home. The food was great and it was really nice to actually put faces on all the names I see every week! We hope you had a nice time seeing where your vegetables are grown and who grows them.

This week on the farm, the mornings have been so frosty that we have had to wait a couple of hours to harvest anything. If you harvest veggies while they are still frosty, it will permanently ruin their leaves or greens, giving them a bruised translucent look. So, mornings have been a time to clean up and do things other than harvesting. But overall, the days have been sunny and great! No rain, which we like around here.

So, with the regular CSA season coming to an end, we are looking at the fall shares. We had 75 spots available and have only sold 30! We thought members might be more interested in continuing to eat fresh vegetables, but we have heard of such a thing as "CSA fatigue!" We know it is a lot of work to try and figure out what to do with all these veggies, some of which you might not like or know what the heck they are. However, you still need to eat after CSA ends, right? (or are you like a bear and go into hibernation- it that's true you might need to get some pork from us to pack on the pounds before you go to sleep for 4

What's in the Box:

Kabocha or Carnival Squash- FULL SHARES ONLY. We tried to give the members who did not get a red kabocha squash a couple weeks ago one this time. The other got a carnival sweet dumpling squash.

Pie Pumpkin- It's actually quite easy to make a pumpkin pie from scratch. Just bake this and scoop out the meat and make the pie! So many things to do with a pumpkin other than sitting it on your kitchen table. Recipe included.

Kennebec Potatoes- These are a great white storage potato. Try making french fries with them. Store on dark place.

Leeks- These are great in quiche, soups, stir fries and scones. Recipe included.

Green Cabbage- Full shares oddly-huge cabbages. Some of them weighed in at 6.5 lbs!!! Can you believe it? Small shares got "normal" cabbages!

Carrots- The usual, sweet carrot. Recipe included.

Garlic- small bulbs, so use more cloves in recipes than you normally would.

Radishes- These are taking forever to size up with the cold nights! so they are small bunches this week. Easter egg and cherriette varieties.

Salad Turnips- Sweet and spicy! Eat raw or saute or put in a stirfry. Recipe included.

Arugula- 1/3 lb. Beautiful baby arugula. Tender and spicy. Great in salads or on sandwiches. Recipe included.

Tatsoi - 3/4 lb Full shares, 1/2 lb small shares. This is known as Asian spinach. It is tender and not that spicy. It's great sauteed up like spinach or eaten raw in a fresh salad. Recipe included.



Punkin Pickin'!



Soon and massive Cabbage

Greek Pumpkin and Leek Pie from the nytimes.com

2½ pounds pumpkin, cut into large chunks
6 tablespoons extra virgin olive oil
3 large leeks about 1 1/2 pounds, white and light green parts only, cleaned and chopped
2 large garlic cloves, minced
¼ cup chopped fresh dill
¼ cup chopped fresh mint
¼ teaspoon freshly grated nutmeg
1 cup crumbled feta cheese (about 4 ounces)
3 large eggs, beaten
Salt
freshly ground pepper
12 sheets phyllo dough

1. Preheat the oven to 425 degrees. Cover a baking sheet with foil. Place the pumpkin pieces on the baking sheet, drizzle 1

months !!). So, all this is to say that if you still plan on eating vegetables after next week, we think you should consider getting a fall share from us. We have so many crops in the field that we would love to see be used rather than not. You can expect a bushel box full of veggies for 3 weeks in a row from Oct. 30-Nov. 13. It is \$85 for the share, which is a great deal!

Now, a plug for Foxtail Farm, who many of you already know quite well! They have an awesome Winter CSA that runs from the end of November through the winter. It would work great in conjunction with our fall CSA share, which ends in the middle of November. We have attached a .pdf of a flyer with the newsletter this week for you. Paul and Chris do a stellar job at their Winter CSA. It is not only fresh vegetables, but frozen summer veggies, too, like sweet corn, peppers and tomatoes. They also include canned goods like sauerkraut and pickles. Everyone we know who has gotten a winter CSA from them has been thrilled with the value and quality of the veggies.

Well, enjoy the sunny days out there! Hears to good eatin'!

James, Ayla and Ronia

What's in store for next week?

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

- Spinach
- Brussel Sprouts
- Butternut Squash
- Onions
- Arugula
- Carrots
- Popcorn
- Rutabagas
- Radishes
- Kale
- Potatoes
- herb

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

Stir-Fried Rice Vermicelli with Tatsoi

adapted from recipessforsustenance.wordpress.com/

8 ounce rice vermicelli (about 1/2 a package)
 3 tablespoons soy sauce (use tamari for a gluten-free option)
 2 tablespoons Chinese rice (cooking) wine
 1 teaspoon sesame oil
 1 tablespoon sugar
 2 tablespoons water
 1 teaspoon sriracha (optional)
 1 teaspoon cornstarch
 1 tablespoon canola oil
 1 small onion, sliced
 3-4 cloves garlic, minced
 1-inch piece ginger, peeled and minced
 2 carrots, peeled, cut into thirds, and julienned
 4 ounces mushrooms, sliced
 1 bag tatsoi, chopped
 crushed peanuts
 You can use radishes or turnips in here, too!
 Prepare the ingredients before starting to cook. Once everything is ready, this stir-fry comes together fairly quickly.

Soak the rice vermicelli in a large bowl with enough hot water to cover for about 15 minutes or until they soften. Drain in a colander and set aside.

In a small bowl, combine the soy sauce, Chinese rice wine, sesame oil, sugar, water, sambal olek (or sriracha), and cornstarch. Set sauce aside.

Heat a wok (or large sauté pan) over high heat. Add 1 tablespoon of oil and then add the onions. Stir-fry until the onions start to soften. Add the garlic and ginger and stir-fry until fragrant, about 1 minute. Add the carrots and mushrooms and continue to stir-fry until the mushrooms start to release some of their liquid. Next, add the tatsoi and cook another minute. Add the softened and drained rice noodles and the reserved sauce. Stir-fry until everything is heated through and the noodles have absorbed the sauce. This may take up to two or three minutes. Serve the noodles hot or at room temperature with a sprinkling of crushed peanuts on top.

tablespoon of the olive oil on top and cover tightly with foil. Place in the oven, and roast for 1 1/2 hours or until thoroughly tender. Remove from the heat, transfer to a strainer or a colander set over a bowl or in the sink, and allow to cool and drain. Turn the oven down to 375 degrees.
 2. Peel the cooled pumpkin, and place in a large bowl or in a food processor fitted with the steel blade. Purée coarsely or mash with a fork. Stir in the herbs, nutmeg and feta. Season to taste with salt and pepper.
 3. Heat 1 tablespoon of the olive oil over medium heat in a large, heavy nonstick frying pan. Add the leeks. Cook, stirring, until tender and just beginning to color, five to 10 minutes. Add the garlic, and continue to cook until fragrant, 30 seconds to a minute. Remove from the heat, and add to the pumpkin. Beat the eggs, and stir into the pumpkin mixture.
 4. Brush a 10- or 12-inch tart pan or cake pan with olive oil and layer in seven sheets of phyllo dough. Place them not quite evenly atop one another, so that the edges overlap the sides of the pan all the way around. Brush each sheet with olive oil (or a mixture of olive oil and melted butter) before adding the next sheet. Fill with the pumpkin mixture, and fold the edges over. Brush the folded-over phyllo with olive oil, then layer five more sheets of dough over the top, brushing each with olive oil (or a combination of melted butter and olive oil). Crimp the edges into the sides of the pan. Pierce the top of the pie in several places with a sharp knife. Bake in a 375-degree oven for 40 to 50 minutes until the top is golden brown. Serve warm or at room temperature. Re-crisp the crust if necessary in a low oven for 10 to 20 minutes.

Arugula and Carrot Salad With Walnuts and Cheese

nytimes.com

4 cups wild or baby arugula
 2 cups grated carrots
 2 tablespoons broken walnuts (1/2 ounce)
 1/4 cup grated Parmesan or crumbled blue cheese (1 ounce)
 1 tablespoon finely chopped fresh tarragon

For the dressing:
 1 tablespoon fresh lemon juice
 1 tablespoon sherry vinegar
 1 teaspoon balsamic vinegar
 Salt to taste
 1 teaspoon Dijon mustard
 1 small garlic clove, pureed or finely minced (optional)
 1/4 cup extra virgin olive oil
 2 tablespoons walnut oil

1. Combine the arugula, carrots, walnuts, cheese and tarragon in a salad bowl.
2. In a small bowl or measuring cup, combine the lemon juice, vinegars, salt and mustard. Whisk together, and add the garlic. Whisk in the oils.
3. Shortly before serving, toss the salad with the dressing.

Yield: Serves four to six.

Advance preparation: You can combine the salad ingredients several hours before serving and refrigerate in a covered bowl.

