



# BLACKBROOK FARM

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## What's in the Box:

Hello Fall Share members!  
We hope this box finds you warm and well.

This week around the farm we have been taking down hightunnels, pulling mulch out of the fields and digging tators!

We are really happy to have the chance to get the rest of all these goodies out of the field and put them to good use in your homes. We still have so many great crops out there. If you find you are starting to stockpile some of those potatoes, you can find a cooler, dark place for them and they will keep for months. Some people use a little sand in a box to store things like beets, carrots, parsnips, potatoes and rutabaga. This keep the humidity up, which is what keeps the tubers from going soft. Some of these crops like to be in a very cold place, like parsnips and carrots, so they do just fine in a plastic bag in the fridge. If you are finding that you have too much squash, you can either store it like the others or your can cube it up an freeze it in plastic bags. Some people say to blanch it first and some people say you don't have to. I'll leave that up to you!

We feel this has been a beautiful fall! The mornings are crisp and the days are sunny. It has been a joy to work outside and let Ronia discover the falling leaves. Now we just have to convince her that clothes are a good thing! She got pretty used to going in

**Savoy Cabbage**- This is a sweet green cabbage that can also be used like a napa cabbage. Also great in soups. Recipe included.

**Onions**-Yellow storage.

**Salad mix**- 3/4 lb of sweet fall lettuce.

**Radishes**-These are a bit on the big side, but they are still tasty, They are not too spicy, either, because of the cool fall days.

**Blue potatoes**- 5 lbs! We are stocking you up so you can store them over the next few months Keep in a cool, dark place Recipe included

**Buttercup squash and delicata or sweet dumpling**- The strange dark green one is the heirloom buttercup. It is a vibrant orange inside and great for creamy soups. You either got 2 sweet sumpling or 2 delicata. These are similar in taste and are both very sweet.

**Cauliflower**- Nice heads this week. Keep in a plastic bag in the fridge. If your head was a bit small you might have gotten two or a little broccoli to accompany it.

**Rutabaga**- 2 lbs. These are great mashed or in roasted roots. Keeps well in the crisper drawer of fridge.

**Sage**- Either dry or dehydrator or hung upside down. Or you can freeze it or use it all in the next week or so.

**Peppers**- Still coming as we have not actually had a hard frost yet...so strange!

**Collards**- Recipe included. Blanch first to break them down a little and then fry them up!



Ronia loves riding on tractors!



Stephen taking the purlins down on the high tunnel

### **Savoy Cabbage and Farro Soup**

3 tablespoons extra virgin olive oil  
 1/4 pound pancetta, chopped  
 1 small yellow onion, minced  
 4 cloves garlic, minced  
 2 tablespoons minced fresh Italian parsley, plus more for garnish  
 2 teaspoons minced fresh rosemary  
 1 cup farro  
 1/2 pound Savoy cabbage, cored and coarsely chopped  
 1 large or 2 small carrots, peeled and

the nude all summer long, so this cold weather has proved to be something of a challenge! At any rate, it has been a great fall to be a farmer! I am thinking we just saw the last of it, though. Tomorrow's high is 42 degrees out here!

Thank you for continuing to receive our fall bounty! We hope you enjoy cooking this week!

Your farmers,  
Ayla, James and Ronia

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

these are some of the crops we are hoping for

Parsnips  
beets?  
brussel sprouts  
kale  
turnips  
peppers  
garlic  
winter squash  
potatoes  
sweet potatoes  
oregano  
cauliflower/broccoli  
leeks  
onions

### Creamed Coconut Collard Greens

If you want, you can blanch the collard greens first to make them more tender and quicker to cook. Remember to transfer the greens to an ice bath to stop the cooking process. Drain them well, stem and chop the collards.

Saute minced garlic and chopped onion or shallots in coconut oil. Add the collard greens to the pan, toss to coat them in the oil and saute for several minutes.

Make a cream sauce by pouring one cup of coconut milk or non-dairy creamer into the pan and season it with salt, pepper and a pinch of ground nutmeg. Cook, stirring often, until the greens are tender and the sauce is thickened, about 5-7 minutes.

Taste for any seasoning adjustments. Serve as a decadent side dish.

coarsely chopped  
2 quarts chicken broth (if canned, use equal parts broth and water)  
Kosher or sea salt and freshly ground black pepper  
Freshly grated pecorino or Parmigiano Reggiano cheese  
Heat the olive oil and pancetta in a large pot over moderately low heat. Cook, stirring occasionally, for about 5 minutes to render some of the fat from the pancetta, but do not let the pancetta crisp. Add the onion, garlic, parsley, and rosemary and cook, stirring often, until the onion softens and just begins to color, 5 to 10 minutes.

Add the farro, cabbage, carrot, and broth and season with salt and pepper. Bring to a simmer, then adjust the heat to maintain a gentle simmer. Cook uncovered, stirring occasionally, until the farro is tender, about 40 minutes. Cover and set aside for 10 minutes.

Taste and adjust the seasoning. Divide the soup among warmed bowls. Garnish each portion with some grated cheese and a sprinkle of parsley. Serve immediately

### Roasted Potatoes with Fried Sage, Brown Butter

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.

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.

Getting Ready to Pack Boxes

