



# BLACKBROOK FARM

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## Fall Box #2

**H**ello fall share member,  
**A**nother week goes by! This week in the box you will find some of the usuals, sweet potatoes and spinach! Fall spinach is a favorite for its sweetness. We have been waiting for it to size up! Enjoy it fresh or cooked. We like it just as a salad. Please store your sweet potatoes in the fridge as they will not keep very long on the counter. We use them just like potatoes or make soup with them. Your herb, oregano, will keep for a long time in the fridge in a glass of water. You can also dry it by hanging it upside down for a while.

**O**n the farm this week we will be having the butcher out again to take 3 more of the hogs. We are really pushing to get all the potatoes and carrots out of the ground and more the high tunnels are coming down! We are lucky to still have three of our interns staying on for the foreseeable future so that we can get all these things done before the ground freezes.

**W**e hope you can find ways to preserve some of this food so that it can get you into the winter a little ways. Cubing and freezing the squash is a good way to store it. The garlic, onions and potatoes will store for a long time. You can pickle the turnips and peppers. The herbs can be dried. Or, you might just find a use for them all now!

**I**t's been such a lovely fall, we hope you have had time to get out and enjoy it! Ronia has taken to jumping in the leaves and finding mud puddle to play in wherever she can!

**W**e hope you enjoy the produce! Til next week,

**A**yla, James and Ronia

## What's in the Box:

- Spinach-** 3/4 lbs fresh sweet spinach!
- Leeks-** a bunch of smaller leeks for you. Great as an onion substitute or in a soup.
- Salad Turnips-** Very sweet. Eat like an apple, roast, or slice onto a sandwich. Don't forget to cook up the greens, too!
- Nicola Potatoes- 2 lbs.** waxy, french potato. Store in a cool, dark place.
- Sweet potatoes-** NOT CURED> KEEP IN FRIDGE. This will help them avoid goin soft. Great in a potato hash or cut up tossed with olive oil and spices and roasted.
- Broccoli or Cauliflower-** Getting near the end of the season for these. Store in a plastic bag in the fridge.
- Bulk Purple Carrots-** 2 lbs! These will store for a long time in the fridge just like they are in the bag.
- Red Kuri and Carnival Squash-** The kuri squash is actually great in a curry! It is known for itis use in soups. The carnival squash is a sweet dumpling type and is very sweet and great for roasting in halves. recipe included.
- Eggplant-** Before the first major freeze we went out and harvested all that we could of these. You can roast them, put them in soups, or make a roasted dip with them. Recipe included.
- Garlic-** You can never have enough garlic!
- Peppers-** Last week for these! I am sure you are going to be just fine with that. I hope you have found some good used for all these peppers.
- Brussel Sprouts-** 1 lb They will need to be cleaned up a little bit before roasting.
- Oregano-** Great fall savory herb.



broccoli stems!



Breaking up garlic bulbs for planting this fall

### Carnival Squash Risotto

roamingvegangnome.blogspot.com  
 3.5 cups vegetable stock  
 1 tbsp olive oil  
 1 shallot, diced  
 1 cup Arborio rice  
 2 cloves garlic, minced  
 1 tsp each of dried basil & oregano  
 1 roasted carnival squash (method to follow)  
 basil leaves (optional)  
 salt and pepper to taste

Preheat oven to 375 degrees. Split the squash in half and scoop out the loose flesh and seeds. Rinse seeds in strainer and set aside.

## Fall Box #2

What we might expect next week:

parsnips  
beets  
tatsoi/vitamin green  
potatoes  
winter squash  
onions  
garlic  
celeriac  
turnips/radishes

### Winter Squash Bread

from hobbyfarms.com  
1½ cups all-purpose flour  
1/2 cup sugar  
1/2 cup brown sugar  
1 tsp. baking soda  
1/4 tsp. baking powder  
1/2 tsp. salt  
1/2 tsp. cinnamon  
1/2 tsp. ground nutmeg  
1 cup cooked, mashed winter squash (baked or steamed)  
2 eggs, beaten  
1/2 tsp. vanilla or maple extract  
1/2 cup butter, melted  
1/4 cup walnuts or pecans, chopped

#### Preparation

Combine dry ingredients. In a separate bowl, mix together squash, eggs, vanilla or maple extract and butter. Add to flour mixture along with nuts and stir just until all ingredients are moistened. Pour into a greased and floured 9- by 5- by 3-inch loaf pan. Bake at 350 degrees F for 50 to 60 minutes or until a toothpick inserted in the center comes out clean. Let loaf stand for 15 minutes, then turn out onto a wire rack and cool completely.

### Eggplant Parmigiana

from food52.com

For the sauce:

1 pound plum tomatoes (about 5)  
1 tablespoon medium garlic clove, chopped  
1/4 teaspoon red pepper flakes (optional)  
1 tablespoon olive oil  
1/4 cup red wine  
1/2 teaspoon sugar  
1/2 teaspoon salt  
1/4 cup basil leaves  
Peel the tomatoes with a vegetable peeler, remove the stem ends, halve vertically and scoop out as many seeds as you can with a small spoon (or don't, I didn't bother with the seeds), puree in a food processor. Heat the olive oil in a skillet over medium heat, add garlic and red pepper flakes, heat until garlic is golden, about 5 minutes, then add the tomatoes, wine, sugar, salt and basil leaves. Cook until thickened, 20-25 minutes.

For the eggplant

1 large, firm, shiny eggplant  
1/4 cup olive oil + 1 teaspoon for walnut topping  
Salt  
2 tablespoons plain bread crumbs  
2 tablespoons walnuts, chopped  
1/2 cup grated pecorino (or parmigiano) cheese  
3/4 cup mozzarella, shredded  
Salt

Preheat oven to 450 degrees Slice the eggplant into rounds 1/2" thick, lay the eggplant onto a cooking sheet. Sprinkle salt and brush olive oil onto each side. Cook each side for 15 minutes turning once. Both sides should be nicely browned. When both the sauce and the eggplant are ready prepare a pan that can accommodate the eggplant by brushing the bottom and sides with olive oil, then add a layer of sauce. Cover the sauce with one layer of eggplant then spoon some sauce over it, sprinkle one half of the mozzarella and one half of the pecorino, then add another layer of eggplant followed by the sauce and both cheeses. This recipe should only make two layers, if you come up with more, keep going until you are ready to add the topping. Mix the breadcrumbs and walnuts in a small bowl with 1/4 teaspoon of salt and 1 teaspoon olive oil. Sprinkle the topping over the final layer of eggplant and bake about 20-25 minutes.

In a pot, heat stock over low heat and keep warm.

In a heavy pot, heat oil over medium heat. Add shallots and cook until softened. Add rice and stir until rice is coated in olive oil and heated through. Add garlic, basil, oregano and 1 cup stock. Cook, stirring, for 30 seconds. Add stock 1/2 cup at a time until mostly absorbed. When stock is mostly absorbed, scoop roasted squash into pot and stir until stock is completely absorbed.

Top with basil leaves and roasted seeds and enjoy! I've included a small pictorial for your viewing pleasure.

### Carrot, Turnip and Potato Colcannon

adapted from cooking.nytimes.com

10 ounces Yukon gold potatoes, scrubbed  
1 pound carrots, peeled, quartered, and cut into 3-inch lengths

1 pound turnips or rutabaga, peeled, quartered, cored and cut into 3-inch lengths

Salt to taste

1 tablespoon extra virgin olive oil  
1 medium leek, white and light green parts only, cleaned and chopped

2 to 3 tablespoons unsalted butter (to taste)  
¾ cup milk

Freshly ground pepper

1 tablespoons chopped fresh dill or chervil (optional)

#### PREPARATION

Place potatoes, carrots, and turnips or rutabaga in a saucepan and cover by an inch with water. Add salt to taste, bring to a boil, reduce heat to medium-low and cover partially. Simmer until tender, 25 to 30 minutes. Drain, return to pot and cover pot tightly. Leave to steam in covered pot for 5 minutes. Peel potatoes.

Meanwhile, heat olive oil over medium heat in a heavy skillet and add leek. Cook, stirring often, until it begins to wilt, about 3 minutes. Add salt to taste and continue to cook, stirring, until very tender, 3 to 5 more minutes. Remove from heat.

Mash vegetables with a potato masher or in a standing mixer fitted with the paddle, or put through a food mill. Combine milk and butter and heat until butter melts. Gradually add to purée, stirring or beating on low speed. Stir in leeks and mix until well blended. Season to taste with salt and pepper. Put through the fine or medium blade of a food mill, or press through a medium-mesh strainer. Garnish if desired with dill or chervil. Serve hot.

