



# BLACKBROOK FARM

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## Fall Box #3

Well, folks, it seems we are already three weeks into our fall share and next week is the last week! The temperature has dropped significantly this week and we are looking forward thinking we may have to get everything out of the field in the next week to avoid them getting a deep freeze. Some crops can recover from that and some cannot.

The box is packed with lots of fresh roots crops this week! It's a heavy one. The parsnips and celeriac are odd ones, but are actually really versatile and tasty. Think if the celeriac as celery and use it as such. Soups are a common thing to make with them, but really anything where you want that flavor, cooked or uncooked. The parsnips like to be cooked, because they are a bit tougher, but they are great mashed up with lots of butter, cream and garlic and potatoes! Can't go wrong there. I know beets can throw people off, but don't be daunted! They are so sweet. Just grate them into a salad or bake them up with your potatoes. If you roast them with olive oil at a low temp for hours, they will get that soft, shiny texture that is great in a cold salad with greens and goat cheese.

Well, this year I think Ronia will be wearing a carrot costume for Halloween even though we are not going anywhere! It seems appropriate for a farmers daughter to wear a vegetable, right?! I just don't think we are quite ready to be introducing candy into her diet!

We hope you all have a great Halloween!

Your farmers,

Ayla, James and Ronia

## What's in the Box:

**Parsnips-** These white carrot-like roots like to be cooked and have an earthy taste, similar to a carrot. Recipe included.

**Celeriac-** These are similar to celery. They can be shaved into a salad or used in a soup stock. Recipe included.

**Beets/Carrots-** Full shares Beets, Half shares Beets/carrot mix. Keep our beets and carrots in a plastic bag in the fridge to keep them crisp.

**Salad Turnips-** These are back again because they look so good out in the field. They are best eaten like an apple! Very sweet this time of year and great for a snack.

**Buttercup and Acorn Squash-** Just adding to your collection of squash. These will all keep for quite some time in a cool, dark place. So, don't feel you need to eat squash for every meal! Buttercups are very creamy and acorns are known for being great for stuffing.

**Yukon/Desiree Potato Mix/Sweet Potatoes-** Full shares 5 lb potato mix, half share 2.5 lb potatoes and 2lbs sweet potatoes. These are smaller, roasting potatoes and will be a great mix of flavor and color when baked together.

**Asian Greens Mix/Spinach-** 3/4 lb. Greens Mix for full shares and Spinach for half shares. The Greens mix can be used fresh or cooked down into a frittata, hash or put into a soup.

**Lacinato Kale-** Very sweet kale this time of year! "Dino" Kale, a favorite kale among many!

**Onions**

**Garlic**

**Thyme**



Ronia helping assemble our new barrel washer!



Piggies eating hundreds of pounds of pumpkins!!!

### Winter Root vegetable Au Gratin from driftlessorganics.com

½ c. yellow onions, thinly sliced  
2 cloves garlic, minced  
1Tbsp. fresh thyme  
8 cups thinly sliced mixed winter root vegetables  
1 c. milk  
1 c. heavy cream (or condensed milk)  
1 c. grated cheese of choice such as parmesan, asiago, Gruyere, aged cheddar  
salt & pepper to taste

## Fall Box #3

**What we might expect next week:**

Squash  
potatoes  
onions  
garlic  
Carrots  
Greens  
Red Cabbage  
Beets  
rutabaga/celeriac?

**PLEASE RETURN ANY OLD BOXES AND EGG CARTONS YOU MAY HAVE LAYING AROUND EITHER THIS WEEK OR NEXT WEEK WHEN YOU GO TO PICK UP YOUR BOX.**

**THANK YOU!!!**

### **Celeriac Soup Recipe** *from buckhillfarm.net*

2 tbsp. butter  
1 med. onion, finely chopped  
4 cups chicken or veg. broth  
1 large potato, chopped  
1 large celeriac, peeled and chopped  
1 tbsp. chopped fresh thyme  
1 c. heavy cream  
½ c. dry white wine (optional)  
1 apple, finely chopped  
1 c. shredded Cheddar cheese  
sea salt and freshly ground black pepper

In a large pot over medium high heat, melt the butter and cook the onion until soft. Add the wine, if using, and cook a few minutes longer. Add the broth, potato, celeriac, and thyme. Bring to a boil over high heat. Reduce the heat to medium low and simmer for 1 hour, or until the vegetables are soft. (I have also made this soup in a hurry and just boiled the roots in the broth until tender, which takes less than half the time.)

Puree soup. Add the cream and stir until just blended. Stir in the apple and season with salt and pepper to taste. Top bowls of the soup with the cheddar cheese. (You can also serve the soup as is and offer the apple and grated cheese on the table to top the soup. It looks very pretty on top and I like the slight crunch of the apple.)

Instructions:

Preheat oven to 350 degrees.

Oil a 7" x 11" baking dish.

In a large bowl, mix all ingredients but the cheese & pour into baking dish.

Press down any veggies that are sticking out.

Top with grated cheese & bake uncovered for 45-60 minutes, rotating if necessary, until vegetables are tender & top is crisp.

Remove from oven & let stand a few minutes before serving.

### **Thyme Roasted Chicken with Fall Vegetables**

2½ to 3 lb. whole chicken (preferably free-range organic)

3 Tbsp. butter, softened

3 Tbsp. fresh thyme leaves

½ tsp. sea salt

½ tsp. pepper

½ onion, quartered

1 lemon, quartered

6-8 small potatoes

4 medium carrots, halved lengthwise

2 turnips or rutabaga quartered

1 medium sweet potato, cut into 6 pieces

Instructions

Preheat oven to 400 degrees.

Rinse chicken under cold water & pat dry.

Mix 2 Tbsp. of the softened butter with the thyme leaves, salt, & pepper.

Gently release the skin of the tail end & slide your hand under the skin, breaking the connection between the skin & flesh without breaking the skin.

Rub the butter-thyme mixture onto the flesh below the skin as far as you can go.

Stuff the inside cavity of the bird with the onion, lemon, thyme stems (& some more whole sprigs if you have them), & some more salt & pepper.

Truss the legs over the opening & place the bird breast side up in a roasting pan.

Roast for 30 minutes & add the vegetables, stirring them into any accumulated liquid at the bottom of the pan.

Roast another 30 minutes or so, until the chicken juices run clear when pierced (a meat thermometer should read 180 degrees) & the vegetables are tender.

Transfer to a serving platter & serve immediately or keep warm in the oven turned down to 250 degrees.

Make a sauce with the drippings - over medium heat, add some flour to make a roux & whisk in chicken broth & white wine until desired consistency is reached.

Save the bones & scraps to make broth