



BLACKBROOK FARM

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Final Fall Box #4

Hello Members!

This is it...the end the CSA share season. We hope you are feeling adequately stocked up for the fall and early winter. We are looking forward to beginning our big move now that the boxes are finished, our garlic is planted, potatoes are out of the ground and markets are done for the year.

This week in the box you will find the favorite butternut squash. This stores the best out of all squashes and tastes so sweet, too. You will also get either a pie pumpkin (great for pies or muffins) or an heirloom thelma sanders acorn squash. Both are great for savory or sweet dishes. The red potatoes are great for soups, they are a crisp white n the inside with a beautiful skin. The cabbage is so sweet this time of year, we have been just shaving it right into the greens to add to a salad. It is also great braised up with onions.

We really appreciate your dedication to the CSA model of farming. It is a tough job, but we wouldn't think of doing it any other way. We know it takes a lot of effort on your part to figure out how to use all these veggies that you might not otherwise buy, so we really don't take that for granted. We try to give you what you might want on a weekly basis while also giving you some fun things that you might end up loving. We can't please all, though, and we know that there are things you all would change if you could. The surveys were an interesting mix of answers, that gave light to some of the changes we should make. They also had an equal amount of "too many turnips" and "too little turnips" or "too many greens" or "too little greens." So, it is hard to know what to do with that

What's in the Box:

Carrots (Parsnips half shares)- 2lbs carrots or beets for half shares. Store in plastic bag in the fridge.

Butternut Squash- A creamy squash, great for soups or pies.

Pie Pumpkin or Thelma Sanders Squash- either or for everyone. Keep in a cool, dark place.

Red Onion- 3-4 storage onions. Keep in a cool, dark place.

Red Cabbage- Keep in the fridge and this will keep for months, you will just have to peel back the outer, softer layer. Recipe included. Very sweet this time of year!

Garlic

Red Potatoes-5 lbs of Colorado Rose red potatoes. A favorite for soups and roasting. Store in a cool, dark place. They are cured so they do not need to be kept in the fridge.

Brussel Sprouts (and parsnips half shares)- These brussels will keep very well in the bag. Trim and peel outer layer off before roasting. Parsnips need to be cooked, and there is a recipe in last weeks newsletter.

Rutabaga- These are a favorite around here. They are really great as a mashed "potato."

Salad Turnips- These still are looking good out there, so we decided to just give them to you again. We hope you like them! Remember to cook up those greens, too.

Braising Greens- 3/4 lb. These will cook down quite a bit. Recipe included. Or you can just eat them as a spicy salad.

Parsley- This goes great with soups. You can dry it, too, by hanging upside down or putting in a dehydrator.



Sometimes we find the funnies carrots!



Thank you from your farmers! (James, Ayla, Ronia, Sula)

Mustard Greens Frittata

www.sauvieislandorganics.com

- 1 1/2 tablespoons olive oil
- 2 cloves garlic, thinly sliced or chopped
- 1 large bunch mustard greens, washed, trimmed of any ratty stems and leaves cut in half lengthwise and then crosswise into thin strips (use turnip greens or braising mix)
- Salt
- 5-6 eggs (or more if you want to feed more or have a higher ratio of egg to greens)
- 1/2 cup grated sharp cheddar or cheese

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information other than try to give everything in moderation as best we can given the kind of season it is and continue to listen to your concerns.

Thank you for being part of our farm!

Have a lovely fall and winter, you will be hearing from us in January. We will have our form up on the website soon if you want to sign up early for 2016.

Your farmers,
Ayla, James and Ronia

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!!!

Mustard Green Salad with Peanut Dressing

1/2 bunch kale (or any green), well washed and any tough stems trimmed and then cut as thinly as you can

1/2 bunch mustard greens

1-2 medium carrots, grated on the large holes of a box grater (optional—but pretty and a nice sweet addition)

3/4 cup fresh mint, chopped

3/4 cup dry roasted peanuts, roughly chopped

Peanut/Sesame Dressing:

3 tablespoons smooth peanut butter

1 tablespoons tahini (optional—I like the combination very much though)

2-3 tablespoons hot water

3 tablespoons rice wine vinegar

1 tablespoon soy sauce

1 tablespoon lime juice, plus more to taste

2 cloves new garlic, minced

1 2-inch piece ginger, peeled and minced

2 teaspoons sesame oil

Salt

1/4 - 1/2 teaspoon dried red chili flakes (or more if you want a bit more heat) or 1/2 a jalapeño minced

Toss the chopped greens, mint and the peanuts together in a large bowl.

Whisk all the dressing ingredients together in a bowl until smooth. Loosen with a little more hot water if too thick but be sure not to make it too runny or the salad will be watery.

Pour two-thirds of the dressing over the salad and toss well, making sure you're really covering the kale well. You might want to use your hands—messy but fun and effective. Taste and adjust seasoning.

of your choice—a bit of crumbled fresh goat cheese is delicious here too

Heat oil in a heavy sauté pan or well-seasoned cast iron pan or non-stick (if it's heatproof and can go in the oven). Add the garlic and mustard greens and a few pinches of salt to pan and toss well and sauté for just 2-3 minutes until the greens are wilted.

Set your oven to broil.

Lightly whisk the eggs until they're just broken up—no need to get them frothy or really well mixed. Add a few generous pinches of salt. Pour eggs over the vegetables and tilt the pan to evenly distribute the eggs. Top with cheese, if using. Cover and cook on medium heat for a few minutes. When the eggs begin to set around the edge take the pan off the heat and set under the broiler (uncovered) until the eggs are cooked and slightly puffed and golden.

Let sit for a few minutes before cutting and serving. It will come out of the pan much more easily that way. Enjoy warm or at room temperature

Braised Red Cabbage with Apples

1 large red cabbage, 2 to 2 1/2 pounds, quartered, cored and cut crosswise in thin strips

2 tablespoons canola oil

1 small onion, thinly sliced

2 tart apples, such as Braeburn or granny smith, peeled, cored and sliced

About 1/3 cup balsamic vinegar

1/4 teaspoon ground allspice

Salt

freshly ground pepper to taste

Nutritional Information

PREPARATION

Prepare the cabbage, and cover with cold water while you prepare the remaining ingredients. Heat the oil over medium heat in a large, lidded skillet or casserole, and add the onion. Cook, stirring, until just about tender, about three minutes. Add 2 tablespoons of the balsamic vinegar and cook, stirring, until the mixture is golden, about three minutes, then add the apples and stir for two to three minutes.

Drain the cabbage and add to the pot. Toss to coat thoroughly, then stir in the allspice, another 2 tablespoons balsamic vinegar, and salt to taste. Toss together. Cover the pot, and cook over low heat for one hour, stirring from time to time. Add freshly ground pepper, taste and adjust salt, and add another tablespoon or two of balsamic vinegar as desired.