



BLACKBROOK FARM

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

A letter from our intern, Kenny:

When my wife told me that her brother and soon-to-be sister-in-law needed an intern for their summer CSA season and wanted to offer me the job, I couldn't help seeing it as a nice bit of synchronicity. I was just finishing up an associate's degree at Minneapolis Community and Technical College, I was sick to death of my part-time jobs and looking for something new once school was over. And I was newly radicalized around food.

While my degree was in liberal arts, much of my studies were focused on environmental, agricultural, and food justice issues. I became convinced that industrial agriculture is killing us all, along with the planet—drowning us in chemicals and petroleum, mining and degrading our soil, and driving the rapid acceleration of climate change, all to churn out brightly packaged "food" with no nutritional value and high profit margins. Our future depends on transitioning our entire food production system to one based on small-scale, localized, organic farming. By my last semester I was ranting all of this at anyone and everyone who would listen. If I learned one thing in college, it was how to build a soapbox. Here was a timely chance to walk the walk if I was going to do all that talking.

I accepted the internship and as soon as school was over I moved into James and Ayla's extra bedroom at their new farm in Clayton, Wisconsin, just missing the final freakish fourteen-inch snow of May. When I arrived the ground was a vast expanse of mud. I expected hard work, and my

What's In the Box:

New Potatoes- Yukon Gold. These are excellent mashing potatoes because they soften up so well as you cook them. They're also good frying potatoes since their starches develop quickly and thus crisp up well in the pan. Store these in the fridge.

Peppers- Yellow, purple, green and red peppers. These store really well in the fridge, but there are so many uses for them why wait to eat them?

Hot Peppers- A mix of jalapeno (small dark green), portugal hot peppers (long, skinny, tapered and very hot!), and hungarian hot wax (yellowish-light green in color and large tapered type. hot, but not excessively.)

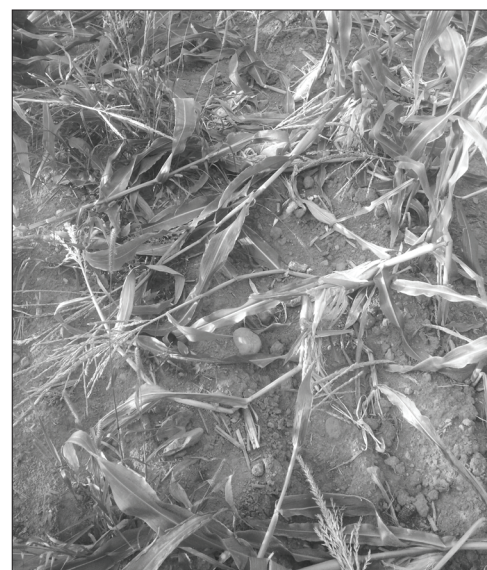
Cucumbers- Recipe included.

Carrots (Full Share only)- These are Mokum carrots, and they are sweet and small. They are sometimes called pencil carrots. We eat them raw for the fullest flavor.

Eggplant- I know eggplant is pretty foreign to alot of people, but really its grown right



Potato Digger!



Devastated Sweet Corn...

Wedding/ Harvest Celebration is on September 7! PLEASE RSVP

This is a reminder that you are invited to our harvest party. This is a **POTLUCK** event, so please bring a dish to share.

Our ceremony starts at 4, which you are welcome to attend, and the festivities start at about 5 pm. There will be a pasture to camp out on if you want, too! Please come as this is going to be really fun and you can see where all your veggies are grown.

Amazing Dinosaur Kale Salad

By Yours Truly
Serves 4

Salad:
1 bunch kale, de-spined
¼ cup feta
½ cup walnuts, chopped
¼ cup dried cranberries

Fold dino kale bunch in half the long way and slice thinly so as to shred the kale. Combine with other ingredients.

Dressing:

In a dressing jar, mix:
¼ cup salad oil

a letter from Kenny,cont'd....

expectations were met and exceeded. Whenever the rain let up for a couple days straight we rushed to get crops in the ground, late and half-drowned. In the meantime we put the farm together: putting up their new hoophouse, fixing tractors, running fence for the pigs and chickens. We had to move their walk-in cooler; a nine-foot square plywood box, from the old farm to the new; getting it on and off the trailer involved two suicide jacks, a pile of cinderblocks, a tractor and chain, chutzpah, and several moments of raw terror. The work was different every day, and it was all new to me, with daily lessons. How to handplant squash into plastic mulch. How to trellis tomatoes. How to harvest kohlrabi. Best was learning to drive the tractors and implements, from largest to smallest: the 560, pulling a disk tiller over a field; the DB, dragging the transplanter; the Cub, cultivating with the finger weeder; the riding lawnmower.

Now, three months in, the ground has dried out, summer is waning, harvesting schedules run our lives, and still every day has a new lesson. I'm glad I did this. The work is satisfying and the surroundings are beautiful. Between the work and the food (several pounds of amazing super-fresh vegetables per person per day. Plus eggs and bacon and tacos and what-have-you. Seriously, we eat like crazy people here) I'm healthier than I've ever been in my life. The hardest part has been only seeing my wife on the weekends, but I'm working on her to join me out here next summer, as James and Ayla will be expanding production. Because I'm pretty sure I want to do this again next summer, and maybe for a lot of summers. It seems like a pretty nice life. And if we're going to slay the mechanized behemoth that is modern corporate agriculture, we're going to need a lot of farmers.

What's in the Box

alongside peppers and tomatoes and goes so well with them in many dishes. Recipe included.

Salad Mix- Here's salad mix again. We picked off a slightly older succession that has sweetened up with the cooler nights. It may still be on the sharp side, so try a little honey in your salad dressing if you don't like sharper lettuces.

Tomatoes- There's finally enough for everyone! We gave everyone a mix of heirloom and slicers and some that are ripe right away and some you should leave on the counter for later. **DO NOT REFRIDGERATE!**

Broccoli- No shortage of broccoli this year, but who's complaining?!. There is always an upside to cooler weather in the heat of summer.

Fresh Onions- (full share only) These should be stored in the fridge as they are not cured.

Parsley- You either got curly parsley or flat leaf parsley. The flavor profile varies slightly, but the uses are basically the same. Recipe included.

Lacinato "Dino" Kale- Great in quiche or in a salad. It cooks down a lot and has a great flavor!

Sweet Corn Update:

Although we have done everything we can to get sweet corn into your boxes, we are against all odds this year. They still have not matured with these really cold nights. And, although we put up a raccoon fence to keep them from eating the ears, one night they found a way in and devoured a good portion of our first succession. So, send good thoughts to the poor sweet corn plants out there and hope they ripen by next week.

See picture above

1 to 2 tbsp maple syrup (dressing should be sweet to taste)
1 tbsp dijon mustard
¼ cup apple cider vinegar.

Toss the salad with the dressing and serve.

Tabouli

Moosewood Cookbook, Mollie Katzen

1 cup dry bulgar
1 ½ cup boiling water
½ tsp salt
¼ cup fresh lemon juice
¼ cup olive oil
2 cloves garlic, crushed
Black pepper to taste
4 scallions finely minced
1 packed cup minced parsley
10 to 15 fresh mint leaves
2 medium sized ripe tomatoes, diced
1 medium bell pepper, diced
1 cucumber, seeded and minced

Directions

1) Combine bulgar and boiling water in a medium-large bowl. Cover and let stand until the bulgar is tender, 20min at least
2) Add salt, lemon, olive oil, garlic, and black pepper and mix thoroughly. Cover and re-refrigerate
3) About 30 min before serving, stir in remaining ingredients and mix well. Serve cold with warm wedges of lightly toasted pita bread.

Baba Ganoush

- 1-2 globe eggplants (totaling 2 lbs)
- 3 Tbsp extra virgin olive oil
- 2-3 Tbsp roasted tahini (sesame paste)
- 1-2 garlic cloves, finely chopped
- 1 teaspoon ground cumin
- Juice of one lemon - about 2 1/2 tablespoons
- Salt and cayenne pepper to taste
- 1 Tbsp chopped parsley

METHODS

1 **Oven method:** Preheat oven to 400°F. Poke the eggplants in several places with the tines of a fork. Cut the eggplants in half lengthwise and brush the cut sides lightly with olive oil (about 1 Tbsp). Place on a baking sheet, cut side down, and roast until very tender, about 35-40 minutes. Remove from oven and allow to cool for 15 minutes.

1 **Grilling method:** Preheat grill. Poke the eggplants in a few places with a fork, then rub the eggplants with 1 tablespoon of the olive oil. Grill over high heat, turning as each side blackens. Put the charred eggplants in a paper bag, close the bag and let the eggplants steam in their skins for 15-20 minutes.
2 Scoop the eggplant flesh into a large bowl and mash well with a fork. Combine the eggplant, minced garlic, remaining olive oil (about 2 Tbsp), tahini, garlic, cumin, 2 Tbsp of the lemon juice, the salt, and a pinch of cayenne. Mash well. You want the mixture to be somewhat smooth but still retaining some of the eggplant's texture.
3 Allow the baba ghanouj to cool to room temperature, then season to taste with additional lemon juice, salt, and cayenne. If you want, swirl a little olive oil on the top. Sprinkle with fresh chopped parsley.
Serve with pita bread and cucumber slices.