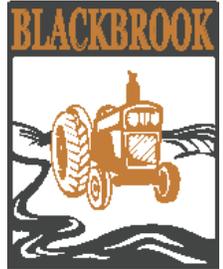


BLACKBROOK FARM

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What's in the Box:

So, it's official...this cold weather is not very kind to our summer crops. This week we were actually able to close the boxes relatively easily (on the up side)! You will notice some smaller quantities of summer crops, other than the tomatoes, which are all ripening right now and will most likely fizzle out in the next week or two. You may notice some blight spots on your tomatoes, too. It has been a tough year on tomatoes as previously mentioned and this cold weather has exacerbated the blight. All of us farmers are feeling the hit this year, but we feel fortunate that we are still able to fill the boxes and continue to give you all those summer crops, despite the weather. We hoped to put basil in the boxes for full shares this week, but the cool temps have made it pretty yellow and tough so we stuck with dill for everyone. Also, we put freshly cured garlic in the boxes this week instead of onions! We love garlic around here and look forward to this time of year. Next week will most likely be the last week for melons, too. The transitioning time to fall crops is happening a little sooner than we would like, because with all this rain we had the last few weeks we haven't been able to plant as many fall crops as we would have liked, so they have been pushed back. We plan on planting a lot of Asian greens, radishes, turnips, spinach and salad greens today.

Although we live in a bit of a rural bubble out here, I hear some kids are going back to school

Sweet Corn- half dozen this week. Store in the fridge. We will most likely have 2 more smaller deliveries of these, as our successions are petering out.

Melons- Most full shares got watermelon and half shares got cantaloupe or muskmelon.

Tomatoes- 3lbs per member again this week! We apologize for minor blight spots that you may see. Store on counter.

Peppers- 3-4 peppers this week. We are still waiting for the red to show up in our peppers. Our sweet italian peppers should be ripening soon and we will be able to put reds in the box for you.

Snap Beans- 1 lb for everyone! No doubt, we've had a great bean year! Thi is enough to make a coupel qts of dilly beans, if you are sick of just eating plain ol'beans. Recipe included

Eggplant/Potatoes- Our eggplant is not happy this year. We have heard from a few other farmers that they have no eggplant at all. So, if you did not get eggplant this week we hope to get it to you next. Otherwise, you habe yukon potatoes, which most of you would probably orefer anyways! Recipe included

Arugula/Lacinato Kale- *Arugula for full shares, Kale for half shares. This arugula is spicy!*

Awesome on BLTs...that is our favorite. This is the sweetest of kales, store in plastic bag in the fridge.

Garlic- 2-3 bulbs depending on size. This is a bit smaller garlic, whereas we will be putting some larger bulbs in later in the season. Keep out of fridge and use as you would any garlic... in everything! recipe included

Carrots/Beets- *Carrots for full shares, bulk beets for half shares. These beets are gorgeous! The carrots are either a sweet orange, or cosmic purple variety. Top them in order*



Ronia and Papa Phil working the market stand!



And this is only half of them!

Organic Ratatouille from driftlessorganics.com

2 Tbsp. olive oil
1 cup onion, sliced
2 sweet peppers, cut in half & thinly sliced
1 patty pan squash or zucchini, cut in half & cut in ¼" sliced
1 medium-large eggplant, cut into 1" pieces
4 tomatoes, quartered
3 Tbsp. fresh rosemary & thyme (or 3 tsp. dried)
½ cup basil, chopped
4 cloves garlic, minced
salt & pepper to taste

Heat olive oil in large skillet. Saute onion & garlic for a minute or two.
Add peppers & saute another minute. Add squash/zucchini, & eggplant, salt, & pepper, cover & cook for 10 minutes on medium-low heat.
Add tomatoes, herbs, & basil.

this week! It seems like summer just flies by. We hope you all had a wonderful summer filled with fresh veggies eating, adventuring and exploring. I also hear that the State Fair is starting today. I think we are going to miss the honey ice cream and french fries this year, so if you go, can you eat some things on sticks for us farmers (we need to even out the scales a little and eat more fried things anyways!).

Lately, on the farm, we have been seeing lots of little critters about. It seems that the frog population has quadrupled. We are also seeing lots of snakes, bees, spiders and there is a black bear around here, too! Sometimes it can come as quite the surprise when you are picking cherry tomatoes and stick your face into a garden spider's web! It is nice to work among these living things and all have our place. A sign of wildlife on a farm is a good sign for all.

Thank you for being great members!

Ames, Ayla and Ronia

to keep them from becoming spongy in the fridge.

Summer Squash- The squash is petering out just like all the summer crops, which I am sure you are not too sad about! Just 1-2 this week. We may have another week for these, but it is unlikely.

Dill- Like I said in newsletter I wanted to put basil in for full shares and dill for half shares, but the basil was on the tough side so we stuck with dill for all. A lovely summer herb to put in potato salad, soups, egg salad, or a tomato and feta salad.

What's in store for next week?

these are some of the crops we are hoping for next week:

Sweet corn
Tomatoes
Cherry Tomatoes
Peppers
Hot Peppers
Eggplant
cilantro
tomatillos
fennel
melon/cabbage
onions/garlic
collards? baby kale?
purple majesty potatoes

Cover & cook for another 20 minutes or so, until vegetables are tender. Adjust seasoning & serve with pasta. Delicious as pizza topping!

Lacto-Fermented Dilly Beans

from culturesforhealth.com

2 quarts water
4-6 tablespoons sea salt
1 pound young green beans, trimmed
2 tablespoons red pepper flakes, or to taste
4 garlic cloves, peeled and smashed
1 teaspoon black peppercorns
2 large handfuls of dill

Dissolve sea salt in water to make a brine. Set aside.

Divide the red pepper flakes, garlic cloves, peppercorns, and dill between 2 quart-size glass jars.

Place the green beans on top of the seasonings, straight up if they are long and thin or sideways if thicker and cut into chunks. Cover with brine solution, leaving 1 inch headspace at the top of jar.

Cover the jar with a tight lid, airlock lid, or coffee filter secured with a rubber band. Culture at room temperature (60-70°F is preferred) until desired flavor and texture are achieved. If using a tight lid, burp daily to release excess pressure.

Once the beans are finished, put a tight lid on the jar and move to cold storage. Makes 2 quarts.

Garlic and Rosemary Roasted Roots

6 carrots, peeled and diced
6 medium potatoes and diced
1 beet (optional)
2 teaspoons crush or finely chopped rosemary
3 garlic cloves, peeled and finely minced or put through a garlic press
2 teaspoon fine sea salt
freshly ground pepper
4 tablespoons oil of choice (coconut oil, olive oil, sesame oil)

1-Preheat oven to 425 degrees and get out two jelly roll pans.

2-Prepare all of the vegetables, making sure they are cut about the same size

3-Divide between the two pans.

4-Mix the oil, garlic, rosemary, salt and pepper together in a small cup or bowl and then divide the mixture over the two pans. Using your hands, mix the vegetables with the oil mixture until well coated. The vegetables should be in a single layer on the sheet for proper roasting.

5-Place in the oven and roast for about 40 minutes or until the root vegetables are soft and a bit browned.

