



# BLACKBROOK FARM

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## Happy Autumn!

Don't forget the...  
**Fall Harvest Party**  
**Saturday, October 3rd**  
**4 pm**

- apple cider press
- Pig roast
- Potluck
- Hay wagon ride
- animal watching
- Pumpkin picking
- bonfire
- music

Bring a dish to share, a blanket or chairs and warm clothing!

Happy Autumn to you! It is officially fall now although we haven't even had a frost yet. There has been plenty of rain, though. The maple trees are turning color and loosing their leaves and the mornings are crisp here on the farm. Things are not slowing down, though. We are working on beginning the "big move" to the new farm. That means taking all of the hoopouses and greenhouse down and putting it back up this year before the ground freezes. We have begun moving some equipment, but for the most part we have needed it at the current farm so haven't been able to move it yet. Luckily for us, most of our crew will be staying on into the winter so we will have enough hands to get the move done, get the winter crops into storage and finish building the new house. Ahhh!

The first of our 4 pigs went to butcher this week. They were the "hogs" of the bunch and were taking up all the feeder space. Little did they know that meant they were the first to go! Now, without them, the rest can fatten up more quickly. They lived a good life here on the farm and had all the space, food and shelter they could have wanted. We fed them and now they feed us. Next year, we are thinking of adding broiler chickens to the animal mix. We love us a roasted chicken, so why not grow them our selves?! Of course, it isn't as simple as that, but if we

## What's in the Box:

**Yukon Gold potatoes-** 2.5 lbs. Great for mashing or roasting. A favorite among many!

**Red onions-** 2-3 depending on size. These work well in a roasted root dish or just sliced up on a sandwich. Store in dark place with potatoes

**Multi-colored carrots-** Gigantic carrots! Some of those white ones look more like a massive parsnip, but they are as sweet as ever. We topped them because they were not fitting in this packed box very well! Roasted roots, eat raw, grate onto a salad.

**2 brussel sprouts-** This is a DIY (do it yourself) kind of activity. Take the brussels off the stalk and store in a plastic bag in the fridge. When ready to eat, clean up by taking the outer skin and base off the brussel. Recipe included.

**Salad mix/Baby kale-** Salad mix for Full shares and tender Baby Kale for half shares. The kale is great for making a tossed salad or juicing.

**1-2 butternut-** Everyone's favorite squash! So creamy and buttery. Great in soup or just roasted up with herbed butter. Recipe included.

**2 lb Rutabaga-** Store these in the crisper drawer and they will keep forever. Great mashed or roasted.

**Italian herb bunch-** Sage, Thyme and oregano bunch. These herbs can be stored in a plastic bag in the fridge, put into a jar of water or dried (dehydrator or hung upside down). The are great for fall dishes.

**Fall broccoli-** These are nice and tender stalks. Great fall broccoli! We love broccoli and onions sauteed up in some eggs for our second breakfast.

**Peppers/cauliflower/eggplant-** Since we did not have enough cauliflower and eggplant again, we are rotating those around. So you might have gotten cauliflower and peppers, eggplant and peppers or just lots of red carmen peppers. Recipe included for the peppers so you can make sure to use them up. Or you can blanch and freeze them.



*Itty Bitty Butternut, a perfect size for Ronia!*



*You could make this!*

## Roasted Garlic-Butternut Squash Lasagna

from brookfordfarm.com

- 1 box lasagna noodles- no boil preferable
- 2 heads roasted garlic, squeezed from skins
- 1 large organic butternut squash, halved and seeded
- 2-3 cups organic brussel sprouts, halved
- 1 pint whipping cream
- 1 block feta cheese, crumbled
- several tbsl italian herb leaves, removed from stem
- Extra Virgin Olive Oil

were to choose to start that enterprise we would need to do a couple hundred of them to make it worth it- so that is something for you to think about for next year! We also have been thinking about raising beef because the new farm has so much pasture land...it's a slippery slope this farming stuff!

There are only 2 weeks left of the CSA. We hope you have enjoyed the bounty so far. If you are interested in continuing eating local veggies from us, we still have spots left for the FALL CSA SHARE . There are only a couple more egg share add-ons available, so if you want those you will want to sign up very soon. We are happy that we can offer 22 weeks of vegetables to folks here in the northern climates.

Well, these boxes lend themselves to lots of soups and roasting, I think. We love brussel sprouts roasted at a high heat with bacon fat and then tossed with fresh parmesan. The butternut squash is creamy and delicious in a soup and rutabaga is great cooked and mashed up with butter and milk like potatoes. As for the peppers, we have included a recipe that helps preserve them if you are having a hard time finding a use for so many. It turned out to be a fine year for peppers!

Have a great week and Happy Fall!

Your farmers,

Ayla, James and Ronia

### Preserved Roasted Red Peppers

8 red peppers, or really any colored peppers  
2 tablespoons olive oil  
1 cup vinegar (any kind)  
Kosher salt  
Canning jars  
A chopstick or butter knife  
Roast your peppers. arrange your peppers on a broiling pan and broil them. you will need to turn your peppers from time to time as the skins char and blacken. When the peppers are mostly blackened, remove them to a paper grocery bag and roll up the bag to seal in the steam. You want to steam the peppers in their own juices. Let the bag sit for 20 to 40 minutes. After the peppers have cooled enough to handle, take them out one at a time and remove the skins, stems and seeds. Do not run the peppers under water, as this robs them of flavor. Once each pepper is cleaned — get as many seeds out as you can — drop it in a bowl. Do all the peppers before proceeding.  
Once all the peppers are cleaned and in the bowl, get a shallow bowl or small casserole pan and pour in some vinegar. Dredge each pepper through the vinegar a few times to get it good and coated. Place it in another bowl.  
Sprinkle the bowl of peppers with kosher salt. Gently mix the peppers together like a salad. Sprinkle a little more salt and repeat. Sprinkle a little salt into the bowl with the pepper juice — the original bowl.  
Gather canning jars and pour a little vinegar into each one; enough to cover the bottom of the jar. Pack in the peppers, leaving 1 to 2 inches of space at the top. Use a butter knife or chopstick to run down the sides of the jars, releasing air bubbles. You will notice the level of

### What's in store for next week?

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

Acorn/Sweet Dumpling  
garlic  
celeriac  
sweet potatoes  
parsnips/carrots?  
tatsoi/Asian greens  
radishes  
peppers  
cauliflower  
broccoli  
herb

liquid drop. Fill it with the salted pepper juice — but still leave room at the top of the jar. Once the air is out to the best of your ability and the vinegar-pepper juice it right at the top of the level of the peppers, pour in olive oil on top of everything to a depth of 1/4 inch. Screw the lids on the jars and you're done. No sealing needed. These peppers will last a year in the refrigerator, although they will soften over time.

### Roasted Brussel Sprouts or Broccoli or Cauliflower with Bacon

adapted from nomnompaleo.com

1½ pounds Brussels, broccoli or cauliflowerettes  
2-3 tablespoons butter or bacon grease  
Kosher salt and pepper  
4 bacon slices, diced  
Aged balsamic vinegar  
Preheat your oven to 400°F. Trim the ends and any old outer leaves from the Brussels sprouts. (Don't throw away the leaves – toss 'em in a container and keep 'em in the fridge so you can make some Brussels Sprouts Chips later!)  
Cut the sprouts in half.....and toss them with melted fat of choice, salt, and pepper. Dump them on a foil lined baking sheet, making sure to keep everything in one layer. Sprinkle the diced bacon over everything...and pop the tray in the oven.They take about 30 to 35 minutes to roast, so set your timer for 10 minute intervals to regularly rotate and flip the sprouts 'n swine. Check for seasoning and drizzle some of the aged balsamic vinegar on the finished dish.

Salt & freshly ground pepper

Heat oven to 450 degrees. Lightly coat butternut squash in olive oil and sprinkle generously with salt & pepper. Place cut side down on a greased baking sheet. Roast for 30-45 minutes or until soft and golden. Meanwhile, coat brussel sprouts in olive oil, salt, pepper and place in a single layer on another baking sheet. Roast until golden. Remove both baking sheets from oven and cool slightly. Reduce oven temperature to 400 degrees. When the squash is cool enough to handle remove the squash meat from skin and place in a large pot with roasted garlic. Add pint of cream and puree with an immersion blender. Adding water if necessary to create a thinner sauce-like texture. Lightly grease a 9X13 casserole dish. Add a ladle full of sauce to the bottom of the dish, layer with 4 lasagna noodles, scatter 1/2 of the brussel sprouts, another two or three ladels full of sauce, sprinkle lightly with feta cheese and then repeat layer one more time. The final layer should just contain sauce and feta. Sprinkle with thyme leaves, cover with foil and bake in oven for 45-60 minutes or until bubbling. Remove foil and bake until golden. Allow to sit for 10-15 minutes and then serve

\*Note-to quick roast garlic place peeled, crushed cloves in a skillet with ½ olive oil. Place pan over medium-heat and cook, stirring frequently, until fragrant and golden. Add oil to squash puree.

### Well-Thymed Rutabaga

from Linda Halley  
1 1/2 to 2 lbs. rutabaga  
chicken or vegetable stock  
1 cup sour cream  
1 to 2 tablespoons minced fresh thyme or lemon thyme  
salt and pepper  
Peel rutabaga, dice the flesh and place in a saucepan. Add just enough stock to cover rutabaga, bring to a simmer, and cook until tender. You can serve this three ways:

- (1) Soup: Stir in the remaining ingredients.
- (2) Side dish: Drain off stock and stir in remaining ingredients.
- (3) Puree: Drain off most of the stock and puree rutabaga with remaining ingredients, using immersion blender, food processor or blender.