



BLACKBROOK FARM

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Indian Summer Autumn

What amazing weather we are having! It is making this whole farming thing really enjoyable. Today I felt like I might get a little burnt! What with the rain we had and this warmth, all the crops are looking really green and healthy in the field. So much so that we can't believe next week is our last box! This week in the box you will notice a few new crops. This time of year veggies that have been waiting all year to come out of the ground are ready at last. The rutabaga, sweet potato and brussel sprouts (last week) go in early in the year only to sit there growing and waiting for frost to come. Well, frost has not come yet, but since we have had some low night temps (mid 30's) they seemed ready. This is because the low temps help convert the starches in these veggies into sugar. So they are sweeter and tastier. That is why when you ate your brussel sprouts (and you did eat you brussel sprouts, right?) they were not bitter like the ones you get in the store that were grown in warm, sunny California. You will also notice that our sweet potatoes are very sugary and do not need sugar added to them when you make the fries.

Other than the crops looking good, we also just bought a rather good looking old Farmall cub to add friendship to our other one. Yes, that is right, we bought another tractor. And in another month we will be buying another one (I am not joking, James is bent on another DB 990...go figure). That will make 5 tractors on a 6 acre farm. Well, next year we will be scaling up to 9 acres so it is completely justified...

What's In the Box:

Butternut Squash- This is the squash most people wait for! These store well, but why wait? Great in soups-rich and creamy. recipe included.

Sweet Potatoes- We can't believe we for anything out of these! Most people don't even grow sweet potatoes for many reasons-not the right climate, deer pressure, rat pressure, weed pressure and not adequate water. But despite all these things, you are getting them in the box this week. We had them for lunch using the recipe below and they were amazing- I used cinnomon, curry and salt for seasonings. store in fridge.

Yellow Onions

Rutabagas- Another new item this week. These are not everyones favorite, but they are great for root mashes, roasted roots or in soups, Stores well in fridge.

Green Top Beets- Some of got alot of small ones and some of you for a few big ones. Roast with beets, onions and potatoes!

Salad Turnips- These are so good this



Cub Buddies



Peas and Oats cover crop

Baked Sweet Potato Fries

from sallysbakingaddiction.com

Sweet potatoes - 1 per person
 2 teaspoons of cornstarch per large potato
 1 Tablespoon of olive oil (or coconut oil) per large potato
 cinnamon-sugar or salt, cayenne, curry, pumpkin pie spice, garlic - anything you please
 See Fun Halloween Dessert Recipes
 Directions:

Preheat oven to 400F degrees. Line a large baking sheet with parchment paper or a silicone baking mat. 2 large sliced potatoes are usually too crowded on 1 sheet, but it depends on their size. You may need an additional sheet. Set aside.

Wash and peel the potatoes. Cut off the ends.

With a *very* sharp knife, cut the potatoes into thin slices about 1/4 inch wide. Place in a large bowl or ziplock bag and toss with cornstarch. You want a nice thin coating. Pour the potatoes into a strainer to get rid of any extra cornstarch. Discard the extra cornstarch out of the mixing bowl too. Place potatoes back into the bowl and add the olive oil and seasoning(s) of choice.

Line the sweet potatoes onto the baking sheet. Try not to crowd them or else they won't bake, they'll just steam. Bake for 15 minutes. Remove from the oven and flip. Place back into the oven for 10-15 more minutes. Make sure to rotate the pan to avoid uneven browning. Don't fret if the edges are a little brown, they will taste

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The nice man who sold it to us had it for 60 years and used it a few days ago to mow his lawn as a last farewell. We told him we will use it for another 60 years and that made him happy. It just made me feel tired.

On another note our 2 remaining pigs are looking mighty good out there. In about a month we will be bringing them to the butcher and are looking for a couple folks who might want to buy ½ a hog. This will be on a first come first serve basis. The hanging weight for ½ a hog would be about 100 lbs. We will charge a reasonable amount per lb (tbd) and you would pay for the butcher fee and would be able to choose the cuts. Please email us at blackbrook.farm.llc@gmail.com if you are interested.

Also we will be offering a **fall Ashare box** for members who are interested. This is a one time box that will be loaded with any and all crops we have left. This delivery is set for **Thursday, October 31**. The produce will be delivered in a larger box and will be **\$40**. The value will be between \$50-\$60 You can expect to get some or all of the following: potatoes, onions, garlic, rutabagas, cabbage, broccoli, spinach, carrots, beets, squash, sweet potatoes, black Spanish radishes, turnips and herbs.

We want to apologize for not having fall broccoli for you. Our new succession is just starting to put on heads, but most likely will not be ready for next weeks box. If you get our fall box you will most likely get out tasty broccoli.

Thank you!!

Ayla and James

What's in the Box

time if year! Slice onto a sandwich or salad.

Red Potatoes- Full Share Only

Cherry Tomatoes- Last week only the full share got these (we forgot to mention that) but this week everybody gets them!

Arugula- Mix with the salad mix for a spicier salad or add to a saute, sandwich or soup.

Salad Mix- This is the first cutting from a new succession- so its nice and tender.

Dill- Great for soups or in dressings.

more caramelized than burnt.

Turn the oven off and keep the fries inside as the oven cools down for about 30 minutes. This step will help the fries get crispier. Enjoy immediately.

Coconut Curry Butternut Squash Soup

from eclecticrecipes.com

1 medium butternut squash, split seeds removed
2 tablespoons olive oil
1 teaspoon salt
1 cup chopped carrot
1 cup chopped onion
2 teaspoons curry powder
1 teaspoon garam masala
1 teaspoon cumin
1 teaspoon salt
1 (14 oz) coconut milk
4 cups chicken or vegetable stock

DIRECTIONS:

Heat oven to 350°. Drizzle 1 tablespoon olive oil on butternut squash and sprinkle with 1 teaspoon salt. Place cut side down on cookie sheet. Roast for 30 - 45 minutes (depending on size) or until tender.

Drizzle soup pan with 1 tablespoon olive oil. Add carrots and onion to pot with 1 teaspoon salt. Saute until tender. Add coconut milk and vegetable stock. Add curry powder, garam masala and cumin. Add roasted butternut squash.

Bring to a boil and reduce to a simmer. Simmer, while breaking up roasted butternut squash for 15 - 20 minutes, or fragrant. Use a submersible blender to smooth soup or add to a blender to smooth.

Garnish with fresh thyme if desired.

Mashed Rutabaga with Sour Cream and Dill

from simplyrecipes.com

2 to 3 pounds of rutabagas, peeled and chopped into 1 inch chunks
Salt and black pepper
2 teaspoons butter
1/4 cup to 1/2 cup full-fat sour cream (more or less to taste)
2 Tbsp chopped fresh dill or chives

1 Cover the chopped rutabaga with about 1 inch of cold water and bring to a boil. Add a generous pinch of salt and boil until tender, about 30-40 minutes. Drain and return to the pot.

2 Reduce the heat to low and let the rutabaga steam for a minute or two. Mash with a potato masher. Add the butter, sour cream, and salt and pepper to taste. Just before you serve, mix in the chopped dill or chives.