



BLACKBROOK FARM

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Farewell!

Cheers to a sweet end to a bitter saga. You hardly remember now, probably, our bickering and complaints from under our sweaty summer brows. Remember how much we complained about weeds? Remember how much we complained about pests: or transplanting acres of crops; or the snow storm we had on May 2nd? Remember how much we complain? You're not really going to miss us this winter. You'll be thankful that with your last delivery of fall veggies you finally get to say good riddance to bad rubbish, silly farmers always complaining about weather and bad crops. Maybe you'll go back to the Co-op looking for organic veggies coming from warmer parts of the country. Or maybe you'll take another plunge into the world of CSA by choosing to extend your season with a winter share from Foxtail Farm, another local, organic vegetable farm. For more info go to foxtailcsa.com, email Paul and Chris at foxtailcsa@yahoo.com, or call them at 715-294-1762. Their first delivery is October 31, so don't wait up. You could spend your whole winter with another with yet another ornery farmer bickering in your ear about their woes.

While the summer CSA saga is over for you this week, the saga goes on for us. There's still new ground to be broken before snow flies, literally and otherwise. With residency on our new farm come new challenges, one of which is growing our business to a sustainable size. To do that, we need to think critically about our infrastructure. Some things are as simple as putting down gravel so that we can pass through

What's In the Box:

Pie Pumpkins- These are for making pies, pumpkin pancakes and anything else you want. Yes, they are decorative, but you should also cook with them.

Delicata Squash- These are great squash for stuffing and baking. Very sweet.

Red Popcorn- This is also very decorative and you can use it as your centerpiece until it dries enough to pop it! Wait a few weeks until it is easy to wring the kernels off like the cob. This is some very tasty and flavorful popcorn!

Brussel Sprouts- Cut the brussels off with a sharp knife and sear in a skillet or oven with oil and garlic.

Kennebec Potatoes- These are a great storage potato, so if you don't use them right away just store them in the dark somewhere. Great for french fries.

Mustard Greens/Tatsoi/Scarlet Frills Mix- Full Share Only. This mix very tender and great as a fresh salad mixed with the spinach or braised with olive oil and garlic, or cut up into a stir fry or saute.



James and Kenny at the packing station



Goodbye, From Blackbrook Farm!

Pumpkin Pancakes

from the curvy carrot.com

serves 2

Ingredients

- 1/4 cup all-purpose flour
- 1/4 cup whole wheat flour
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 1/2 teaspoon pumpkin pie spice
- 1/4 teaspoon salt
- 1/2 cup skim milk
- 1/2 cup pumpkin puree (bake pumpkin, then puree with blender or cuisinart)
- 2 large eggs, separated
- 2 tablespoon unsalted butter, melted
- 1/2 teaspoon vanilla extract

See Kid-Friendly Halloween Desserts

Instructions

1. In a large bowl, whisk together the flours, sugar, baking powder, pumpkin pie spice, and salt.
2. In a separate bowl, combine the milk, pumpkin puree, egg yolks, melted butter, and vanilla extract together, mixing well until smooth.
3. Add the wet ingredients to the dry ingredients, mixing with a spatula until just combined.
4. In another small bowl, using an electric hand mixer (or whatever you have on hand), beat the egg whites until thick and stiff.
5. Gently fold the egg whites into the pancake batter, mixing until smooth.
6. Meanwhile, heat a frying pan over medium heat.
7. Lightly spray the pan with cooking spray,

Farewell!

our everyday roadways, or putting up basic housing for our growing workforce. Other things are more complicated, like devising a marketing strategy to sell the veggies we need to on the specific scale we need to sell them at. As happens with CSAs, we are at different levels of efficiency with different crops—and therefore also different levels of profitability. For us to maximize the profit we can glean from certain crops, we need to zero in on those crops and tailor our marketing strategy to them. There are only so many carrots and potatoes we can put in CSA shares, so this means that we have to go out into the large and frightening “free market” to sell more of these. The market is not really free, as it is run by the big players, just like in the rest of our society. Even local behemoths like Gardens of Eagan make it difficult for a small farm to edge into the wholesale marketplace, not to mention the thousand acre operations of Salinas Valley. Here I go bickering again... I guess my point is that even though there will be no more CSA shares to pack for us until next June, there's a long road ahead for the farmers of Blackbrook Farm.

On another note, this doesn't actually have to be your last box from Blackbrook Farm. We're offering an extended season box that will be dropped off at your usual drop site on Thursday, October 31st. The box will be a bushel and 1/9 box (larger than usual 5/9 and 3/4 share sizes) and cost \$40.00. It will contain a variety of veggies, including fresh greens from the field, heaping mounds of storage crops like bulk carrots, bulk beets, potatoes, onions, winter squash, and cabbage, so most of the items will keep well in your fridge or basement indefinitely until you're ready to use them. As usual, it will be a bargain. And you get to support your local farmer rather than the not-so-family-sized farms of Salinas Valley. Win, Win!

What's in the Box

Red Cabbage- Stores for weeks in the fridge.

Spinach- This is the first cutting off of a variety that makes huge, smooth leaves, called Space. It is very tasty!

Carrots- Most of you got some pretty good looking large Bolero variety carrots this week, while a few others got the Cosmic Purple carrots.

Herb Bunch- These will store well in a jar of water on the counter or you can dry them by hanging them upside down out of direct sunlight. Great with potatoes!

Leeks- Some of these are a little small, but still just as tasty and great in soups.

Red Onions

It's been great having such wonderful supporters this year. Thanks for choosing to support what we do with your food dollars. It makes a big difference, for us and for the world. Please tell your friends about our CSA, as we are trying to expand membership next year. Word of mouth is our most effective advertising.

Thanks to all! Stay warm,

James, Ayla, Kenny, and Sula

and, in 1/4-cup increments, cook each pancake until lightly browned on each side, about 1 minute per side.
8. Repeat with the remaining batter.
9. Top with maple syrup and enjoy.

Korean Slawchi

from koreanamericanmommy.com

1/2 Red Cabbage, Sliced thin
2 Medium Carrots, Shredded
1 Small Onion, Sliced thin
3 Spring Onions, Diced
2-1/2 tbsp Rice Wine Vinegar
1 tbsp Agave Syrup (to your liking)
1 tbsp Korean Red Pepper Flakes (to your liking)
2 tsp Minced Garlic
2 tsp Sesame Oil
1 tsp Salt
1/2 tsp Fish Sauce
2 tbsp Toasted Sesame Seeds

Directions

1. Thinly slice the red cabbage and onion. Shred the carrots. Add the rice wine vinegar, agave syrup, korean red pepper flakes, minced garlic, sesame oil, salt, fish sauce, spring onions and toasted sesame seeds in a separate bowl or a measuring cup and mix well. Pour onto the cabbage, carrots and onions and toss.

Roasted potatoes, Carrots and Brussel Sprouts with Thyme

potatoes, large dice
Brussels sprouts, trimmed and halved
carrots, Large dice or strips
1/4 cup olive oil (or less)
fresh thyme leaves
4 garlic cloves, crushed
salt and pepper to taste

Preheat oven to 425 degrees. Line large roasting pan (you may need 2) with baking paper.
Mix all ingredients (except garlic) together and spread vegetables over the trays in a single layer.
Roast for 20 minutes.
Add garlic and roast a further 20 minutes until golden and tender