



BLACKBROOK FARM

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Hello Vegetables!

Well folks, it's time to kick off one heck of a season. This spring has been very nerve racking for us and other farmers in the area. Given that we had fourteen inches of snow on the ground only about six weeks ago, we're truly impressed that we can start the box this early. All the springtime chills and rain have finally begun to evaporate and give way to summertime sun.

Other than making us work really hard in two-day bursts of dryness, this weather has actually held a silver lining for us as we settle into our new farm and home. Unlike last year, we were not out in the ground back in March and early April. Temperatures never came anywhere near last year and the fields remained a complete mud pit all the way up until about two days ago (well, not really, but there are still several parts of the farm we can't till). So, instead of hustling out in the dirt to try to make things grow early, we were forced to take a little more time out and pull things together around the periphery. After all, moving a farm does not happen overnight. We're talking three tractors, a greenhouse, a walk-in cooler, a pack shed, and what looks like an implement graveyard full of old farm equipment—not to mention moving ourselves into our new home. So, looking back from this increasingly warm and sunny June, we're thankful that Mother Nature gave us a little extra time to settle in. But seriously, Seattle can keep this crappy weather for itself next spring!

On the order of housekeeping, we will be hosting a few events throughout the year, the first of which is being held next Tuesday, June 25th. In connection with Land Stewardship Project, we will be having people out for a farm tour and herb walk by herbalist

What's In the Box:

Head Lettuce- A mix of Green and Red leaf varieties. Very tender and sweet this time of year.

Arugula- Starting to get a little more peppery with this warmer weather. Mix this in with the salad mix or braise to put over pasta.

Broccoli- We had to delay planting our brassicas by weeks because of the wet ground. Unfortunately, this has made the broccoli choose to head up sooner than it should, so for now we have "brocollini." Its actually more tender and you'll enjoy eating the whole stem as well.

Radishes- Cherriette variety. Slice up on sandwiches, salads, or pasta. You can saute these, too, but they loose some bite. Some folks use the greens for curries

Baby Kale- This baby red russian kale is very tender. It is great for sautees with garlic and onions, raw in a salad, or cooked into entrees.

Spinach- The spinach varieties we buy are all supposed to be "smooth leaf," but they always grow more variegated leaves



A view of our new farm and some of our fields



James driving the DB to the new farm

A Few Side Notes:

1. We are an organic farm, so we get rid of weeds through mechanical cultivation, hand hoeing, and occasionally hand weeding, so inevitably a few leafs of grass might end up in the salad mix or spinach. We try our best to remove them during the wash. You should not worry too much about these: they are extra fiber.
2. Everything that comes off our farm has been washed at least once in cold water. However, we encourage everyone to give things a second wash. We don't have the equipment for "triple washed" or "ready to eat" greens, so you'll want to give things one extra rinse before consuming.

Wilted Greens with Coconut

By Richard Ruben, The Farmer's Market Cookbook

Wilted Greens with Coconut
 2tbsp Seseme Oil
 1lb Greens (Spinach, Kale, Broccoli)
 2 to 4 tbsps unsweetened, Shredded Coconut

Heat a sautee pan or wok until hot and add the oil. Sautee the greens until just wilted, then add coconut and toss to combine. Season with salt and pepper (or anything else you might enjoy). Serve immediately

Hello Vegetables!, Cont.

Nancy Graden. We will give a walk around of our new farm and share our struggles and successes throughout the process of settling in. Nancy will be doing an herb walk to inform visitors about medicinal herbs that grow wild in our area. The event will be from 5pm to 8pm. We will have snacks and bug repellent is recommended. Also, as we host other events during the season, remember to check here in your weekly newsletter for announcements and details. Our goal is to have all of our members out at least once during the season. So, please stay posted.

Though we are including a few recipes in each newsletter to give you ideas on what to do with your seasonal odds and ends, we want to encourage you to subscribe to Sam Grover's blog, which you can find at www.cookingat45degrees.com. We can tell you that Sam, whose blog we have sponsored with a CSA share, will devote far more attention toward creative and accessible uses for the contents of your share than we have time to. We think you will find it a very useful resource for practical cooking ideas as you begin to dig into your spring and summer veggies.

On a final note, please, please, please return your waxed boxes to your dropsite each week as you go to pick up your share. Not only do they cost us money to replace if they are not returned, but the best way to recycle is through direct reuse; so please try hard to remember. Thank you in advance.

Enjoy!

Yours Truly,

James and Ayla

What's in the Box

like a "tyee" spinach. Whatever, it still tastes great.

Pac Choi- Great for grilling, stir fry, or sauteeing with garlic and onions. Use the crunchy stems and the green tops.

Salad Turnips- FULL SHARE ONLY.

These are great raw or grilled. They're very sweet with a mildly radishy aftertaste.

Fresh Herbs- FULL SHARE ONLY

Having Deja Vu? That's because these are over-wintered herbs from last year on the old farm. You may have received sage, oregano, or mint.

Herb Pot- These happy looking herb pots contain five herbs apiece. You may get any combination of rosemary, sage, oregano, thyme, or marjoram, though they all come with parsley and basil. You should separate the herbs out by transplanting them either outside or into separate pots. Remember that oregano tends to creep outwards along the ground, so give it room and don't let it get shaded by the taller and leafier parsleys or basils.



Our Intern, Kenny, Planting Melons into Plastic

Pac Choi Provencale

From Featherstone Farm Cookbook

1 Head Pac Choi, Chopped
1 clove garlic
1 large Onion
Olive Oil
2 eggs
1 cp mozzarella cheese, shredded
2tbsp fresh mint, chopped
Salt and Pepper to taste

Preheat oven to 375. Sauté the Pac Choi, garlic, and onion in olive oil until the garlic and onion are tender and the Pac Choi is just wilted. Beat the eggs and cheese together in a baking dish and blend in the sautéed Pac Choi mixture. Add the mint, salt, and pepper. Bake in the oven for 15 minutes or until the eggs are firm. Serve immediately.