



BLACKBROOK FARM

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The Power of Purple Produce!

It's purple produce week! This week in your box, you will find purple (red) cabbage, purple onions, purple (red)kale, MOST of you will find Cosmic Purple Carrots (we did not have quite enough so some of you got a multi-colored bunch or orange carrots-some of which are kind of small-apologies) and some purple beans in your mix! Did you know that purple produce is especially good for you? It is full of anthocyanins, an anti-oxidant that helps fight cancer; lower blood pressure, help with aging, promote healthy eye and heart health and helps control obesity and weight-gain. The list goes on and on about why you should eat purple, blue and red foods 4-5 times a week. We also grow blue potatoes and purple eggplant- but these aren't ready for harvest yet. So, now you can have a healthy, purple-themed dinner tonight!

So the big news around here is we are now officially Certified Organic! Since we keep really complete and comprehensive records, it really was not as difficult as we heard it might be. We were also able to take part in a cost share program through the WI Department of AG, which was great! It is really nice to be able to say we are certified and be respected by buyers and consumers. Since we wholesale a lot throughout the Twin Cities, we are able to capture a higher price point because of this, too.

What's in the Box:

Carrots- Either purple, mixed-color or orange (some are a little small). The mixed bunches have some white ones in there that we just tast tested and do not of approve of eating raw- cook these!

Torpedo Onions- These are beauties! Grill, saute or chop up raw.You can eat the green stems, too.

Red Cabbage- This will hold for months in the fridge. Slice thinly for a coleslaw.

Red Curly Kale- This curly kale tastes just like the green curly kale you see in stores. Put in a plastfc bag in the fridge so it does not wilt.

Broccoli- 1 lb. These are heavy on the side shoots this week, as we are coming to the end of picking this succession. The new broccoli is looking good and should be heading up soon.

Cucumbers-Again, an abundant cucumber year.

Summer Squash-Yellow and green and pattypan. Some are a bit big, as we had lots of volunteers harvesting and packing and some big ones got slipped in there. Make zucchin bread!! Recipe included.

Snow/Snap Peas- .6 lbs Last week for these. Still very sweet and crunchy!

Snap Beans- 1.1 lbs! multi-colored yellow wax, dragon's tongue, amethyst and green colors.-What a gorgeous mix of beans! Lots of yellow wax in there this week. Store in plastic bag in the fridge. Eat raw!

Salad Mix .75 lbs-We have been trying to go light on the salad mix this year as last year in the surveys we got an overwhelming amount of people saying too much. But here it is! Nice and tender and not bitter at all.

Parsley-Great with cukes. Recipe included.

Cherry tomatoes- half shares only



Love Carrot!



Tree frog in the beans!

Sesame Green Beans

- 1 tablespoon canola or olive oil
- 1 1/2 teaspoons sesame oil
- 3/4 lb fresh green beans, washed
- 1 tablespoon soy sauce
- 1 tablespoon toasted sesame seeds

Warm a large skillet or wok over medium heat. When the skillet is hot, pour in canola and sesame oils, then place whole green beans into the skillet. Stir the beans to coat with oil. Cook until the beans are bright green and slightly browned in spots, about 10 minutes. Remove from heat, and stir in soy sauce; cover, and let sit about 5 minutes. Transfer to a serving platter, and sprinkle with toasted sesame seeds.

In with new...out with old

So, if you ever wondered if we were actually good stewards of the land, now you know you can trust that we are!

HOGS! We still have 6 whole hogs left. The orders for ¼, ½ and whole hogs are trickling in and we have no doubt that we will sell out by the time they are ready to be butchered. So, if you have been on the fence about going in on a whole lotta goodness, think no further! Please email us for the online form if you are interested. Our hogs are looking really good and a few might even be ready in September because their grain efficiency is so high with the apple cider vinegar we are giving them and all the extra produce they eat everyday. Your pork will come vacuum-packed and delivered to your door.

We also have an abundance of cucumbers and basil! Do you want to make some lacto-fermented pickles or pesto? If you want some extra, please email us and we will deliver with your next box

Cucumbers- 10 or 20 lb: \$10/\$20

Basil: 2 or 4 lb: \$20/ \$36, we will also throw in some fresh garlic for you, too!

Did you know we are on facebook and instagram? One of our interns, Trevor, is pretty technically inclined and he has been sharing in posting with us, so we are pretty consistent with updating people on the happenings around the farm. Check us out! We love to see when members post photos of recipes they make!

Have a great weekend,

James, Ayla and Ronia



What's in store for next week?

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

Cherry tomatoes/tomatoes
celery
swiss chard
cukes
summer squash
onions
green beans
cilantro
sweet corn?

Baked Summer Squash

Serves 6
from thekithcn.com

2 pounds summer squash (such as zucchini, pattypan squash, yellow crookneck squash)
1/4 cup olive oil
1/2 cup grated Parmesan cheese
1/3 cup bread crumbs
1/2 teaspoon flaked salt
1/4 teaspoon freshly ground pepper

Preheat the oven to 350°F. Remove the stem ends and slice the squash cross-wise in 1/4-inch-thick rounds. Toss with the olive oil.

In a small bowl, combine the bread crumbs, Parmesan, salt and pepper. Arrange the squash rounds in a 9-x12-inch rectangular baking dish, or 10-inch pie plate. Sprinkle the bread crumb mixture over.

Cover the baking dish with foil and bake in the oven for 30 minutes. Remove foil and bake another five minutes until the top is bubbling and crispy.

Lebanese Tabbouleh

1/2 cup fine bulgur
3 tablespoons olive oil
1 cup boiling-hot water
1.5 cups finely chopped fresh flat-leaf parsley
1/2 cup finely chopped fresh mint
2 medium tomatoes, cut into 1/4-inch pieces
1/2 cucumber cut into 1/4-inch pieces
3 tablespoons fresh lemon juice
3/4 teaspoon salt
1/4 teaspoon black pepper
Stir together bulgur and 1 tablespoon oil in a heatproof bowl. Pour boiling water over, then cover bowl tightly with plastic wrap and let stand 15 minutes. Drain in a sieve, pressing on bulgur to remove any excess liquid. Transfer bulgur to a bowl and toss with remaining ingredients, including 2 tablespoons oil, until combined well.

Zucchini Muffins

3 cups grated fresh zucchini
2/3 cup melted unsalted butter
1 1/3 cup sugar
2 eggs, beaten
2 teaspoons vanilla
2 teaspoons baking soda
Pinch salt
3 cups all-purpose flour
2 teaspoons cinnamon
1/2 teaspoon nutmeg
1 cup walnuts (optional)
1 Preheat the oven to 350°F (175°C). In a large bowl combine the sugar, eggs, and vanilla. Stir in the grated zucchini and then the melted butter. In a separate bowl, mix together the flour, baking soda, nutmeg, cinnamon, and salt. Stir these dry ingredients into the zucchini mixture. Stir in walnuts, raisins or cranberries if using.
2 Coat each muffin cup in your muffin pan with a little butter or vegetable oil spray. Use a spoon to distribute the muffin dough equally among the cups, filling the cups up completely. Bake on the middle rack until muffins are golden brown, and the top of the muffins bounce back when you press on them, about 25 to 30 minutes. Set on wire rack to cool for 5 minutes. Remove muffins from the tin let cool another 20 minutes.

We started to pick a few cherry tomatoes this week and hope to have some for you soon!