



# BLACKBROOK FARM

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## First Box!! Group A week

Hello there! Welcome to the Group B half shares! This is yet another packed box to get the season started right. This week we will see the annual return of the well-known CSA vegetable, the Kohlrabi. To many, this is a strange item and hard to find a recipe for. We like to use it just like you would any vegetable, that is to say, there is no perfect way to eat a kohlrabi. It is wonderful raw, sliced, diced, sautéed, fried and put on a sandwich! Matchsticks make a great kid snack, too. Don't be afraid of it because it looks like a flying saucer! For full shares, you may want to make some kimchi with that massive head of napa cabbage! We have never seen it so big before. We kept some of the outer leaves on there so that you can store it for a little while. When you want to use it, you can just take off a couple wilted outer leaves and the inside will be crispy and ready to use.

Here on the farm, the crops are growing and so are the weeds! But, thanks to the great farmer James we pretty much have it under control. There is always the tedious hand weeding of the carrots and rogueing (picking big about-to-go-to-seed weeds) from some crops, but overall the farm is sittin' pretty good. This week we will be doing our final round of seeding in the greenhouse and then that part of our year comes to an end. Funny to think that all the way back in the first week of March that was where we spent our entire days seeding flats. And in late July, our greenhouse will become home to our drying onions. We love the way there is a season for everything. Everything comes and goes and comes back again on the farm!

We wanted to remind members that we are hosting Dinner on the Farm on July 12. This should be a really fun time with Foxy Falafel roasting a lamb in the ground, Lift Bridge Brewing pouring beers and The Yellow-Bellied Sapsuckers playing music against a lovely background! We will be giving

## What's in the Box:

**Baby Red Russian Kale**-1/2 lb of baby kale. This is a favorite among many, as it is so easy to use. It's great for smoothies, sautees and just as a raw salad.

**Scallion bunch**-These are looking great! Use the whole thing! Chop into eggs, salads, or a pasta salad. What can't you do with a spring onion? recipe included

**Kohlrabi**-purple and white. Peel and eat the inside of the root. We do not use the greens. grate into a salad or chop into a stirfry. Recipe included.

**Herb Pot- half shares only**This year's herb pots have five different herbs in them: sage; thyme; oregano; parsley; and thai basil. In order to keep them growing green and lush, you will need to "up-pot" them by dividing the five herbs and planting each one individually. You can either plant them into ground outside by spacing them 12" apart or plant them into pots that are each about the size of the pot we are sending you. Remember, these herbs come from a dry part of the world, so don't over water them. And they need full sun to thrive. Take care of them and they will liven up your meals for the rest of the summer! Keep the basil from flowering by pinching off any flowers you see...and eat them!

**Head Lettuce**- Green and some red Romaine and Butterhead varieties. The butterhead is a creamy soft texture, great for lettuce wraps or on sandwiches, while the romaine is a bit thicker and of course great for a ceasar salad.

**Napa Cabbage/Pac Choi- Napa:Full shares only, Pac Choi: Half shares only.** Napa cabbage is notorious for making a mean kimchi. IT's also great for an asain coleslaw. Keeps well in fridge. Pac choi is a mild tasting Asian green that is in the



These guys are having too much fun...get to work!



Ronia eating dirt as always and potato plants

## **Radishes (or turnips) with salt and butter**

great on a thick slice of bread  
adapted from barefoot contessa

1 bunch of radishes, sliced thin

Sea salt

Herbed Butter

1 French baguette, sliced diagonally, and lightly toasted

**Herbed Butter**

1/8 pound unsalted butter, at room temperature  
minced scallions

minced fresh dill

minced fresh parsley

teaspoon freshly squeezed lemon juice

teaspoon kosher salt

Pinch freshly ground black pepper

tours throughout the day. If you are interested in partaking in this event, you can get tickets at <https://www.ticketfly.com/purchase/event/825311>. We hope to see you there

### Washing your produce:

We wash (and sometime double wash and spray) and you wash, too! Try as we might to get all the little dirt specs off your lettuce, we are an organic farm! So, we recommend starting your dinner preparation by washing your produce. A salad spinner is a friend in a farmer's kitchen- something to consider if you do not have one. You can trust our dirt, but you might not want grit in your teeth and that is understandable. Ronia, on the other hand, prefers her lettuce with some mud on it! Please store your produce inside of a container or plastic bag to maintain crispness and freshness and to extend the shelf life.

We still have hogs available for pre-sale. We raise our hogs on non-GMO soy-free grain ration, pasture where they root all day long and free-choice apple cider vinegar water, which boosts their grain efficiency, immune systems and gut bacteria making them healthier and tastier! They are a red wattle/ berkshire cross. They will be ready in October. This year we have 15 hogs to sell by the 1/4, 1/2 and whole. Here is the pricing break-down:

Full: 3.10/lb hanging weight

Half: 3.25/lb hanging weight

Quarter: 3.5/lb hanging weight

You pay the hanging weight and the butcher cost (slaughter, curing, sausages, etc). The hanging weight for a typical hog is around 170-180 lbs. That should yield around 125-135 lbs of actual meat. The butcher costs vary alot depending on smoking, curing, nitrate-free processing options and cuts, but it usually comes in around \$230 or so. So, the ending price is around 6-7/lb depending on what portion of hog you buy and what you want done with it. And we deliver it vac-sealed, straight to your door in the late fall! What a deal!

We like to have a down payment on the hanging weight to reserve your hog. We assume a lot of cost with the feeder pigs and grain all year, so your half down payment helps us with cash flow and reserves your hog.

Note: **Our butcher cannot offer custom processing on 1/4 hogs.** Custom processing is only available on half and whole hogs.

brassica family. It is great in a stir fry or just sauteed up with any other greens that you have around (hmmm...spinach!?) Check out last weeks recipe on the newsetter.

### Salad Turnips or Radishes- Full shares

**only.** Hakurai Turnips or Cherriette Radishes.

These are both delicious fresh or cooked,.

Top them to store in fridge. Turnip greens go well in a saute with onion, garlic. Recipe included.

**Spinach- 3/4 lb.** We love our spinach around here. We often just have it as a side salad or cook it into eggs for our 2nd breakfast (yes, that's right we have 2 breakfasts around here!)

We offer a standard package for 1/4 hogs that includes cured bacon and cured ham, as well as all other standard cuts. This is because the batch size is too small to customize. For questions about the custom processing our butcher offers, please visit <http://www.mikesnorthwoods.com/> or call Mike at 715-948-2554

You can find our Pork Share Form at <https://blackbrookfarm.wufoo.com/forms/pastured-pork-sign-up/>

Lastly, you will see a beautiful flyer in the box this week for Red Clover Herbal Apothecary. We partner with Nancy Graden (Ayla's mom) because we believe in what she does and what she can offer to our community. She is our doctor and we hope you choose to let her be yours ,too! Her shares go out in a few weeks so sign up soon!

Have a great week!

James, Ayla and Ronia

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

Pac choi (Full shares)

Napa Cabbage(half shares)

Turnips/Radishes

Large or Baby Kale

Scallions

Sping Mix/ Head Lettuce

Garlic Scapes

Peas/ Pea shoots

Kohlrabi

Combine herbed butter ingredients in bowl and mix with beater until combined. Do not whip. Spread the butter on slices of toasted bread and arrange the radishes on top with a sprinkle of salt.

### Asian Slaw

1 tablespoon sesame seeds

4 cups thinly sliced Napa cabbage (from about 1/2 large head)

1/2 cup thinly sliced green onions

peeled and grated kohlrabi, or any vegetable

3 tablespoons rice vinegar

2 tablespoons peanut oil

1 tablespoon minced peeled fresh ginger

1 teaspoon oriental sesame oil

1 teaspoon sugar

Stir sesame seeds in small dry skillet over medium heat until light golden, about 3 minutes.

Set aside.

Combine cabbage and green onions in large bowl. Add vinegar, peanut oil, ginger, sesame oil, and sugar and toss to blend. Season to taste with salt and pepper. (Can be prepared 2 hours ahead. Cover and refrigerate. Toss before continuing.) Sprinkle with sesame seeds and serve.

### Ayla's Go-to viniagrette for greens

olive oil 1 part

balsamic or apple cider vinegar 1 part

big glob dijon mustard

splash curry powder or fresh herbs

a lit of minced garlic

1 tbls or so maple syrup

Put everything in a mason jar with lid and shake vigorously for a minute.

If you want it Asian inspired put a bit of sesame oil and dry roasted sesame seeds to the mix

If toss with baby kale and spinach and whatever else you want. Hows that for exactitude?!!

### Pickled Kohlrabi and turnips

4 small kohlrabi

2 large carrots

2 T salt

1 C white vinegar

1 C water

2 T sugar

1 1/2 t pickling or kosher salt

3 garlic cloves, roughly chopped

1 t dill seeds

1/2 t brown mustard seeds

6 black pepper corns, crushed

peel and slice the kohlrabi and slice turnips.

Place in a colander and salt with 2 T salt- let sit for hr. Combine all other ingredients in a sauce pan.

When kohlrabi is done draining, rinse and pack with turnips into a quart jar.

Boil remaining ingredients until all of the salt and sugar are dissolved and pour over turnips and kohlrabi. Cover and cool on the counter then refrigerate for two days. enjoy.