



BLACKBROOK FARM

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Whoa Winter Squash!

Last Tuesday, we woke up and felt like it must have been really cold the night before, but the weather history said that it had gotten down to only 35 degrees in Clear Lake and our friends in Osceola, WI said they did not get a frost, so we relaxed. Then, on Friday we were out picking peppers and we saw that some of the leaves on the tops of the hot pepper plants looked like they had been burned to a crisp. This is frost damage. But none of the peppers were affected. Later in the day we were gearing up to do some major winter squash picking and we realized that most of the butternut and some of the heirloom pie pumpkins had the look of being bruised on their top sides. This is also frost damage. So, in the end, it turns out that we had a very light frost when no one else seemed to. Lucky us. But really, it only affected a small percentage of winter squash and they will be just fine. However, this made us realize that very soon many more crops will be on their way out. So we pulled all the squash and put them in the greenhouse to cure.

Speaking of crop damage, we're learning the necessity of a deer fence. When prioritizing our needs for our first year, we decided that we would put our money into other parts of the farm before knowing what kind of animal pressure we had on the farm. It turns out that we did not have too much crop damage this year. But it was significant enough to want a fence next year. First there were the peas, then the small brassica plants (broccoli, kohlrabi, cabbage and cauliflower) in the spring, the 4th succession of beets (25% crop loss), some popcorn and sweet corn loss (thank you raccoons), but worst off were the fall brassicas. The high grasses in an adjacent field gave the deer a nice

What's In the Box:

- Broccoli**-Very sweet and tender . Eat the whole stock, too. A couple recipes below.
- Cabbage**-Farao and Primax varieties. Great to fry up with garlic and onions over rice or in a stirfry or coleslaw.
- Cauliflower**-First of the fall crop.
- Scallions**-Tokyo Long White. Use in the place of onions. Great topped on tacos, chili, etc...
- Carrots**-Cosmic Purple or Scarlet Nantes. FINALLY, we have got some nicer, bigger looking carrots. These are really sweet with the cooler weather. Eat raw in salad or stir fry up with other veggies.
- Salad mix**-Sweeter with the cooler weather.
- Peppers**-Depending on our frosts, this may be the last week for peppers. So long summer..
- Hot peppers**- A mix of jalapeno, habanero, cayenne and ancho (not hot, actually)
- Eggplant**-Just a little eggplant this week, as this is the last week for them and



Butternut curing in the greenhouse



Fall Broccoli, cabbage and cauliflower with thyme in front

Coconut Curry Butternut Squash Soup (makes about 6 servings)

- about 2 lb butternut squash (or substitute with acorn squash, delicata squash, pumpkin, etc.)
- 1 large onion, chopped
- 1 ripe tomato, chopped
- 1 small clove garlic, minced
- 2 cups vegetable stock
- 1 can coconut milk
- 2 teaspoons curry powder
- 1/4 teaspoon cayenne pepper (optional, or more, to taste)
- salt and pepper to taste
- 2-3 teaspoons fresh lemon juice
- 2-3 tablespoons vegetable oil

Preheat oven to 400 degrees. Slice the squash in half and scoop out the seeds and pulp with a spoon. Save for another use or discard. Spread about 1 tablespoon vegetable oil on the bottom of a roasting tray and place the squash halves cut side-down on the tray. Roast for about 30 minutes, or until the flesh feels soft when poked and it has shrunk away from the skins a bit. Flip over and let cool. Once cool enough to handle, scoop out all the flesh and reserve in a bowl.

Winter Squash, cont. What's in the Box

place to bed down--kind of like a bed and breakfast. So they munched away at our little transplants until about only 2/3 of them were still standing. Now we know that blood meal might have worked as a deterrent, but at the time we were at a loss. But we overplanted for this reason and others, so we are not too bad off. You are still getting as much broccoli as we hope for you to get. It will just keep coming from here on out.

As the days get shorter, and the work here on the farm slows down to a jogging trot rather than a 24/7 sprint, we have been able to appreciate being outside and doing what we love a little bit more (maybe its just because we love this pace a little bit more, too). Although often our days take us into the dark(for which we have these handy dandy head lamps), we feel less rushed and take pleasure in the often stressful tasks of harvesting and packing. We hope you have had an eventful and fun summer and that now you are finding comfort in watching the leaves change and the weather cool as much as we are.

FALL HARVEST PARTY IS ON SATURDAY, OCTOBER 13TH STARTING AT ABOUT 2PM. It will be fun! Bring your family and a dish to share!

Have a great week,

Ayla and James

they are really on thier way out. baba ganoush?

Tomatoes-Not as many for you this week, but still a mix of heirloom and hybrids (some romas in there, too). Somehow our green zebra tomatoes just keep popping while all others are dead or dying. Wierd.

Radishes- Easter Egg or Cherriette.

A really nice bunch of radishes this week. Not too spicy, but with a bit of kick.

Winter squash- Butternut and Carnival Acorn. Store in a dry place. No need to refrigerate. Recipe included.

Potatoes-Superiors or Kennebecs. A nice white storage potato. Goof got baking.

Catnip-This can be used for a relaxing tea (very minty) or dried for your cats to eat(they love it). You can also just dry it for tea fo later.

Sage- Great in stuffing, with potatoes, etc...

Meanwhile, heat a heavy-bottomed pot with another tablespoon or so of vegetable oil and sweat the onions over medium-low heat. Season with salt and pepper and cook until translucent, about 8 minutes, stirring occasionally. Add the curry powder, optional cayenne, chopped tomato and garlic and cook, stirring occasionally, another 4-5 minutes. Add the roasted squash, coconut milk and vegetable stock. Stir to combine thoroughly and bring just to a boil. Reduce heat to a simmer and cook, covered, for about 20 minutes or so. Using a hand blender, puree the soup to a smooth consistency (this can also be done by transferring the soup in batches to a food processor or blender). Taste for seasoning. Add additional stock or coconut milk if it's too thick to your liking. Once the soup is to preferred taste and consistency, stir in the lemon juice to taste and serve.

Steamed Broccoli with Miso Peanut Butter Sauce

Ingredients

- 1 head broccoli
- Miso Peanut Butter Sauce
- 1 tablespoon light miso
- 1 tablespoon peanut butter
- 1 tablespoon sesame oil
- 1 teaspoon rice vinegar
- 1 teaspoon mirin
- 1-2 tablespoons water, to thin sauce

Directions

Steamed Broccoli

- 1 Cut stem of broccoli from broccoli crown. Gently separate broccoli crown into florets. Trim off end of broccoli stem and peel skin. Slice into 1/2 inch pieces. Steam for 5-6 minutes, until just tender.
- Miso Peanut Butter Sauce
- 2 Mix together Miso Peanut Butter Sauce ingredients until blended. Thin sauce with additional water if desired.

Pan-Seared Broccoli

Ingredients

- 1 1/2 tablespoons olive oil
- 1 head of broccoli, about 1/2 pound
- 1 1/2 tablespoons soy sauce

Instructions

1. Cut the broccoli lengthwise into individual spears so the stem portions are no bigger around than your finger.
2. In a wide heavy-bottomed pan or skillet, heat the oil over medium-high heat until it just begins to smoke.
3. Add the broccoli to the pan, carefully using tongs to avoid splatter. Reduce heat to medium, cover, and cook for exactly two minutes.
4. Shake the pan to release the broccoli, and flip over each piece using tongs so it doesn't continue cooking on the same side. Carefully drizzle the soy sauce over the broccoli and replace the cover. Cook for one more minute.
5. Once again shake the pan, turn the spears with tongs, replace the lid, and cook for one additional minute. The broccoli won't be completely soft, but should be cooked through, and browned in places but not burned.