



BLACKBROOK FARM

571 75th St Clear Lake, WI 54005 | 828-702-0444 | blackbrookfarmstead.com | blackbrook.farm.llc@gmail.com

Whats in the Box:

July is a tough month for small-scale vegetable farmers and CSAs. The cold weather, early season crops like peas, radishes, spinach, head lettuce, and others done until fall and yet our main summer crops like tomatoes, sweet corn, and melons are still not ready. Meanwhile, we watch all of our early season planning mistakes come to fruition out in the fields. Didn't plant enough carrots? Oops! Onions are behind? Oh no! And all the while, the weeds are growing, and boy it's hot, and tempers are high... Yes indeed, it's July!

Thankfully, July is almost behind us and a brighter, better August awaits. Speaking of a brighter future, we wanted to explain to our members more about why we did not choose to seek the "USDA Organic" label for our produce. Firstly, we respect your intelligence and we think that you demand more from us than what this label actually means. Under USDA Organic standards, there are more than 250 non-organic substances allowable in the production of "organic" foods. Some of those include chlorine, non-organic animal casings (intestines), spices, hops, cooking wines (from conventional grapes, part of the "Dirty Dozen"—google the term if you haven't seen this list), and even several chemical pesticides. USDA standards do not prohibit mono-cropping (1,000 acres of lettuce?), either, and whether corporate organic farms intend to farm ecologically is doubtful. If you chose to become a CSA member, you know that the problem with the food system is corporations running it! And yet "Organic" labeling not only allows but aids corporations like Kraft, Hershey's, Wal-Mart, Coca-Cola, and Kellogg in usurping this grassroots

Summer Squash and Zucchini- We

pick over 200 lbs in a given week. There is a recipe for these below.

Radishes-VERY SPICY! Seriously, slice thin and eat with other salad items! Easter Egg variety.

Peppers-Ace green bell and a purple variety. First of the year! Eaten fresh- these are really flavorful.

Eggplant- Epic and Orient Express. Recipe below. Do not eat raw. Keep in crisper drawer or in the dark (bag) on the countertop.

Carrots-Mokum. A little tiny, but still very sweet.

Cucumbers-Marketmore, Diva and General Lee slicers.

Green Beans-Grenoble, dragon tongue and provider.

Cabbage-Red Express and Red Dynasty. We sauté this up with garlic and onions all the time and eat with rice.

Collard Greens or Lacinato "dino"

Kale- For the collards, make sure to strip the stem and cook down with a little water



Tomatoes next week?

The day is coming when a single carrot, freshly observed, will set off a revolution."

- Paul Cezanne

Potato Curry

Adapted from "From Asparagus to Zucchini"

Fill this recipe out a bit by adding 2-3 c. chopped cabbage when you add the beans.

2 T. peanut or olive oil

1 t. each: curry powder, turmeric, cumin

¼ t. cayenne

2/3 c. chopped onion

1 t. garlic, minced

2 c. cubed potatoes

1 c. vegetable or chicken stock, or water

2 c. chopped cauliflower or broccoli

1-2 carrots, chopped

1 t. dried or fresh ginger

¼ lb. beans, chopped

1 T. lemon juice

Salt and pepper to taste

Heat oil in skillet. Stir in dry spices. Add onion and garlic; cook over medium heat until tender. Add potatoes and stock, cover and cook 10 minutes. Stir in cauliflower, carrot, and ginger. Cover and cook 5 minutes. Stir in beans. Cover and cook 5 minutes, stirring often.

movement that aimed at picking up the pieces of a food system decimated by industrialized agriculture. Just as Big-Ag mines our soils, so now it mines this label and its consumers. We have stronger values than that, and you do, too.

So what does “Organic” mean? To the USDA, it is a model and a label that may be manipulated, adjusted, and generally subverted for profit. To us it means much more. It means that your produce is local. It means that the soil it is grown on is fostered ecologically and will continue to be productive for future generations. It means that the fair living we and our workers make from our produce stays in the local economy. It means that we do not compete to put other farmers out of business, but that we work in communities with them and our consumers to help repair the food system. Finally, it means a new relationship between producer and consumer based on face to face transparency, wholesome food, and mutual respect. We are more than an organic farm: we are part of your community.

We hope you are all enjoying your boxes! As this is our first year, our learning curve has been tremendous. We can't wait until next year to improve upon our systems and do things better! Although we think that overall this has been a very successful year, we wish we could provide you with some crops that we have not had great luck with this year, like salad mix and herbs. This week you are getting summer savory, but overall we have been behind with our drying herbs. We planted a succession of mesclun mix (salad) but the flea beetles went to town and ate many holes in every leaf. You live and you learn. But next you week you may be getting tomatoes! So all is well and summer is definitely under way.

Ayla and James

Box Items Cont'd:

before sautéing them like a kale.

Summer Savory- Use like thyme or Italian herbs. In a sauce or a dressing is really nice. There is a recipe below.

Onions- New onions. Keep refrigerated. Very sweet.

Norland or Yukon Potatoes- These are new potatoes, so keep them refrigerated.

Jalapeños- The more “scars” they have on them (the little brown stripes that run vertical on skin) the hotter they get. And then they will turn red, but right now they are a little younger. Great in pico de gallo.

Cherry Tomatoes- Yay! So sweet and juicy. A mix of Sungold, Yellow Pear, Sakura, Purple Beauty and Sweetie



Tyra, our new, much appreciated helper, digging potatoes

Potato Curry Cont'd

Remove cover; simmer until most of the liquid has evaporated. Stir in lemon juice. Season to taste with pepper. Serve over rice and top with green onion..

French Potato Salad with Savory Vinaigrette

1 bay leaf
2 tbsp. chopped onion
1/2 tsp. pepper
1 1/2 pounds (about 12) new potatoes, cut into 1-inch cubes or 1/2-inch slices
Vinaigrette:
2 tbsp. extra-virgin olive oil
2 tbsp. white wine vinegar
1 tbsp. chopped fresh flat-leaf parsley
1 clove garlic, finely minced
1 tbsp. minced fresh summer savory, or 1 tsp. dried summer savory
1/2 tsp. freshly ground pepper
1/4 tsp. mustard powder
Dash of salt, or to taste
Cherry tomato slices for garnish

Bring a medium pot of water to a boil over high heat.

Stir in the bay leaf, onion, and pepper; add the potatoes.

When the water returns to a boil, reduce the heat to medium; cover and cook for about 8 minutes, or until the potatoes are just tender.

While potatoes are cooking, whisk together all of the dressing ingredients in a small bowl.

When the potatoes are done, drain well and remove the bay leaf.

Transfer the potatoes to a large bowl; add the dressing and toss.

Bring the salad to room temperature for serving.