



BLACKBROOK FARM

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Welcome to CSA season!

What's in the Box:

Yes, it's finally here! The first box! This is what 4 months of preparation is all about! It always feels great to pack that first box. Our season is off to a great start with a packed box full of not all green things, but potatoes, radishes, pac choi and an herb pot., too.

Throughout the season, you will see a gradual shift from heavy greens to more staple crops and summer crops coming in. Our season in the midwest is short, but packed with lots of flavor! We grow almost everything we can for this region, including sweet potatoes, tomatillos and rosemary- all of which are not usually grown here. But for now, salads are in order!

As I write this our deliverers are out on the route dropping boxes off. We hope for no glitches, but inevitably something always happens the first couple weeks! Please be patient that this is the first week. And make sure to take the box with your or your box mates name on it!! This is very important as it will lead to great confusion if someone else's box is taken and they are left wondering where it is.

On the farm these days, life is hectic and full. We are finishing up a lot of construction projects including our new walk-in cooler and root storage unit, packshed, James' shop, roads and general organizing of our new farm. Things are taking shape nicely and we will look forward to having folks out for the harvest party or before if we can find time to make another event this summer.

Herb Pot- This herb pot will need to be separated into a few pots or transplanted into the ground. In here you will find Thyme, Oregano, Sage, Italian Flat leaf parsley and Thai Basil

POTATOES! 5#- These are Desiree potatoes that we have been storing a root cellar and wholesaling them throughout the winter. They have held up nicely. We use these for mashing, frying and baking. Enjoy! It will be quite a while until you see these again.

Pac Choi- These are huge! Pac choi is an Asian green used for stirfrying or grilling. James like to toss whole leaves with olive oil, salt and pepper and then grill them. Recipe included.

Radishes- Cherriette variety. Nice sliced thin on a sandwich or chopped into a salad. Keeps best with the tops removed and kept in a plastic bag.

Salad Turnips- half shares only. These white radish-looking bunches are much sweeter and not spicy like a radish. Ronia likes to eat them like an apple! Kids usually like them. Store like a radish.

Baby Kale- full shares only. This kale is called Red Russian. We plant it densely and take several cuttings off of it when it is small. It is tender and great for chopping slightly and eating raw in a salad. Many people like it for their smoothies. We also put it in our potatoes hashes.

Red Butterhead Lettuce- These tender leaves are buttery and smooth! Keep in a plastic bag in the fridge.

Red Leaf Lettuce- These big frilly leaves would be great on a sandwich or chopped for a salad. Also keep in a plastic bag in the fridge.

Spinach- a little shy of a lb of spinach for all! It was getting pretty big out in the field



Nellie holding the biggest pac choi we have ever seen! Didn't fit in a box!



Pac Choi Provencale from the Featherstone Cookbook

- 1 head pac choi, chopped
- chopped garlic scapes
- one onion chopped
- olive oil
- 2 eggs
- 1 cup mozzarella cheese, shredded
- 2 tbs fresh mint, chopped
- salt and pepper

Preheat oven to 375
Saute pac choi, onion and scapes in olive oil until onions are tender and pac choi is wilted.

Box #1

Next week we are being filmed and interviewed on the farm by the Lakewinds Organic Field Fund crew because we were awarded a grant from them to partially fund our new walk-in cooler. So, we will be making sure our farm is looking nice by next Thursday!

We have a great and amazing crew this year and are so thankful. Back again are Stephan and Nellie for their 3rd year with us and Kenny, who took a year off, and is now back for his 3rd year. We also are pleased to have Mary and Glenn working for us this year, too. We would not be doing what we are without these fine folks.

We hope you enjoy your first box! We know it can be a bit of a challenge, hopefully fun, to use up all these new veggies. But know you are getting the freshest, cleanest organic food you and your family can get your hands on. Ronia doesn't eat vegetables from the store, which has proven difficult over the winter, so we call her an extreme locovore! But she will eat all the beet greens, spinach, arugula and radishes she can get her hands on when the season starts. So, that must tell you something about how good they are!

Have a great week and thanks for being members!

Your farmers,

Ayla, James and Ronia

with the heat, so some of these leaves may need to be chopped. We also like to saute our spinach up with your garlic scapes, onions and salt and pepper.

Garlic Scapes- These are the tops of young garlic. They need to be cut in order to the garlic heads to form fully. And they happen to taste awesome. You can chop and use the whole thing fresh in a salad or used like regular garlic.

Pea Shoots- These are a variety of pea that are used for the shoots and not the peas. We cut them young so they are tender and have a sweet pea flavor. Great for garnishing a salad. Eat raw and fresh!

Boxes and egg cartons:

Please return your box to your dropsite each week so that we can continue to reuse them. A good way to remember to do this is by bringing a canvas or reusable bag with you to your dropsite. Then you can unload all those fresh veggies into your bag and never even bring your box home! Egg Share members please return your cartons, as well. Thanks for keeping this operation as sustainable as possible!

What in store for next week?

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

- scallions
- Snap Peas
- kohlrabi
- Head lettuce
- salad turnips
- radishes
- napa cabbage
- spinach or arugula
- beets
- herb pot and potatoes(for half shares)
- kale/chard

beat together eggs and cheese in a baking dish, and then blend in the sauteed pac choi mixture. Add mint, salt and pepper. Bake in oven for 15 minutes or until eggs are firm. Serve immediately.

Garlic Farm Legacy Scape Pesto Recipe

From the Garlic Farm

1 cup (or less) freshly grated Parmesan cheese or other sharp Italian cheese
 1–2 tablespoons freshly squeezed lime or lemon juice, adjusted to taste
 1/4 pound roughly chopped scapes
 1/2 cup olive oil
 salt to taste

Puree scapes, olive oil, and juice in a blender or food processor until nearly smooth. Gently stir in the cheese or gingerly pulse the cheese into the mixture; take it easy as you mix in the cheese to avoid making the pesto gummy by overblending. Taste and then adjust juice and salt to taste. Use within two or three days. freeze for longer storage.

Bibb and Radish Salad With Buttermilk Dressing

1.4ounces country bread, cut into 3/4-inch pieces (about 2 cups)
 2.1tablespoon olive oil
 3.kosher salt and black pepper
 4.1/2cup buttermilk
 5.3tablespoons mayonnaise
 6.2tablespoons chopped fresh flat-leaf parsley
 7.1clove garlic finely chopped or scapes
 8.1head Bibb or Boston lettuce, torn (about 6 cups) (use red butterhead)
 9.4radishes, thinly sliced
 10.1shallot, thinly sliced

DIRECTIONS

1.Heat oven to 400° F. On a rimmed baking sheet, toss the bread with the oil and ¼ teaspoon each salt and pepper. Bake, tossing once, until golden, 7 to 9 minutes. Let cool.

2.In a large bowl, whisk together the buttermilk, mayonnaise, parsley, garlic, ½ teaspoon salt, and ¼ teaspoon pepper. Add the lettuce, radishes, shallot, and croutons and toss to coat.