



BLACKBROOK FARM

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What's in the Box:

Hello Members!

This week on the farm, we started irrigating our potatoes and carrots and then we got a lot of rain! So, I guess next time we want rain we just have to go through the trouble of setting up our irrigator! We hope everyone fared OK in the storm. We were not hit with any strong winds like the cities. We hope you have power now!

Exciting news this week is we have our Animal Sign-up Form up and running! So, you can now sign up and get in line for some tasty chicken and pork. Our first batch of chickens go to butcher on Monday and will be ready very soon afterwards for delivery. All of the information is on the form. Here is the link to the form: <https://blackbrookfarm.wufoo.com/forms/pastured-pork-and-chicken-sign-up-form/>. I have also included the link in the text of the newsletter email. I will also send out a separate email to members tomorrow with the animal form.

Other news on the farm this week, our garlic is looking almost ready for harvest and curing! It has been a great year for garlic. We are excited to have grown our stock more and more hardy throughout the years. This year, our garlic will be bigger and more disease resistant than any other year. Our carrots are looking really good in the field, but are still about 2 weeks out for delivery. We did a taste test yesterday, and boy, are they sweet! Ronia LOVES them!

Fennel Bulbs- Fennel is a strange one to many, but is quite common in Italian dishes and is very versatile. Chop finely to put in a marinara sauce, or stir fry. They are also great made into refrigerator pickles on brats. Recipe included.

Broccoli- Lots of this coming in now. Keep in a plastic bag in the fridge. Use the stem and all, as our broccoli is very fresh and tender and the stem also tastes great.

Green or Red Cabbage- Cabbage will keep for a long time in the fridge. Just peel any softer outer leaves off and it will be crispy on the inside. Great in coleslaw.

Summer Squash/Zucchini- This is a summertime staple around here. We put it in everything because we have so much of it. Try it in eggs or grilled. Recipe included.

Cucumber (or more Broccoli)- These are a little behind this year so we did not have quite enough for everyone. Some members just got an extra head of broccoli. Enjoy!

Green Scallions- Use in everyday cooking, raw or cooked. Recipe included for dressing.

Snap Peas- Yum! These are so sweet this week. This is the last week for them. Keep in plastic bag in the fridge.

Spring Mix- We had a hard time this year with our first couple successions of salad mix and so there is not quite a half lb for everyone. Still a nice mix to make into a salad.

Swiss Chard- So pretty and colorful! Chard is like a beet green, a little tough but becomes very tender when cooked. We recommend putting in a baked dish, like a frittata or lasagna. We also like to just saute it with garlic and olive oil and salt or tamari and have it as a side dish.

Butterhead and red leaf Lettuce- The



Broccoli!



Peppers are coming!

Quick Pickled Fennel with Orange Peel

from strawberryplyum.com

- ½ tsp. Fennel Seeds, slightly crushed
- ¼ tsp. whole Cloves
- 2 c. White Vinegar
- 1 c. Water
- ½ c. Sugar
- 2 Tbsp. Kosher Salt
- a few strips Orange Peel
- 2 large bulbs Fennel, shaved on a mandolin or sliced as thinly as possible
- 1 large Shallot or scallion, shaved on a mandolin or sliced as thinly as possible

Box #4

The tomatoes are flowering and the peppers even have little baby peppers on them. It won't be long now until we are in full summer mode. The sweet corn is just starting to tassle and the melons are vining out and starting to flower, too.

The biggest thing on our minds these days are the weeds. It is amazing how they can take over a crop if you don't stay on top of it. For the most part, we have some great systems to keep weeds out of the beds and aisles, but there is still a lot of hand weeding and hoeing to be done! But most of our days are spent harvesting, so balancing these two things can be tricky!

We hope you had a great 4th of July weekend! Enjoy the veggies.

Your farmers,
James Ayla and Ronia

butterhead lettuce is the one with a tighter ball in the middle of the head that is very tender while the red leaf is looser and more frilly. They both should be kept in a plastic bag in the fridge.

Garlic Scapes- We hope you are able to use these! If anything, make a quick pesto with them from the recipe in the first newsletter.

Cilantro- Full shares only. My favorite herb! But some people think it tastes like soap. I like it on eggs, in burritos, tacos, or made into a pesto. Keeps in a plastic bag in the fridge.

Basil- Half shares only. A favorite! Make pesto!

Strawberries- rotating through members.

These are our ever-bearing variety of strawberry that we planted this spring on our new farm. They produce all season long but not in abundance. So, it will take a while to rotate through everyone, We are doing full shares first.

Scallion Vinaigrette

from Shared Ground Farmers Coop

1/4 cup white wine vinegar
1 tbs dijon mustard
1 tsp honey
3/4 cup olive oil
3 scallions, chopped
salt and pepper to taste

Place vinegar, mustard, honey and scallions in a blender and pulse to blend. While the blender is still going slowly drizzle in olive oil to emulsify. Makes one cup.

Use on a salad with chopped peas, cucumber and broccoli.

Swiss Chard Pie

from Asparagus to Zucchini

1 onion, chopped
1 garlic clove, minced
2 tablespoons oil
1 bunch Swiss chard
6 eggs
1 cup shredded cheese
1 tsp. salt
2 pie crust

Heat oven to 400 degrees. Brown onion and garlic in oil. Trim and chop chard, add to pan, and cook down until wilted. Beat eggs in a bowl; mix in cheese, salt and chard mixture. Pour into pie crust; bake until knife inserted into center comes out clean, 30-40 minutes.

Place the fennel seeds in a medium saucepan and toast for a moment, until you can smell the fennel. Now add the cloves, vinegar, water, sugar, salt, and orange peel. Bring to a boil, stirring to dissolve the sugar and salt, then reduce to a simmer.

Simmer for about 5 minutes.

Meanwhile, pack the shaved fennel and shallot into a clean jars--I had enough to pack 3 pint jars. Alternatively, you can just pickle the fennel in a big bowl.

Slowly pour the hot brine through a fine mesh sieve into the jars to completely cover the fennel. Run a chopstick or a knife down around the edges of the jar to release any air bubbles and top off with additional brine, if needed. (You might have a little extra brine, depending on how large your fennel bulbs were. I had about 1/4 c. extra, but I'd rather have a little too much than have to make more on the fly.) Let the fennel cool to room temperature, then transfer to the refrigerator to chill completely. The fennel is best if you give it a full day to pickle before digging in.

Marinated Zucchini from Featherstone Cookbook

1 pound (2 medium) zucchini
2 tbs olive oil
Garlic scapes, minced
Basil chopped
1 tbs red wine vinegar
salt to taste

Wash and dry the zucchini and cut diagonally into long, oval-shaped 1/3-inch-thick slices. In a large skillet over medium-high heat, heat just enough oil to coat the bottom. Quickly fry the zucchini in a couple of batches (adding more oil if necessary) until it is golden-speckled on both sides and tender in the center. Drain on paper towels. Lower the heat and sauté the garlic whistles until tender. Arrange the zucchini in a bowl and sprinkle with basil, vinegar, salt, and the garlic bits. Cover and hold at room temperature until serving.

What in store for next week?

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

Ailsa Craig bunching onions
summer squash
head lettuce
cucumbers
dill
Broccoli
Beets
beans?
arugula?