



BLACKBROOK FARM

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What's in the Box:

Hello Members!

This week on the farm, we have had a lot of rain! This is good, since we had planned on irrigating everything anyways. The crops are looking great in the fields, as are the weeds!

The sweet corn started to tassle this week, which means sweet corn is on the way! Usually the later part of July to early August. The cherry tomatoes are turning color and are not far out from going wild. We have snuck a few for our eggs in the morning... they are delicious. Snap peas are finished, but green beans are right around the corner for next week.

This week is a bit of a lull between crops as we wait for the carrots and potatoes, beans and garlic to come in. We decided to really load you up with a few nice items that you could use for baking and stove top cooking. Remember that you can always blanch and freeze in a ziploc bag! We know it is hard to always use all the CSA box, and that noone wants to waste vegetables when so many go hungry. It can be a challenge! We hope these recipes can help in the process.

Big news on the farm this week is the walk-in cooler is up and running! A few weeks behind schedule, but better late than never. We are so excited to have enough room in our cooler now to properly circulate air, keep things

Beets- Top these to store longer in fridge, but don't forget to eat the tops! Cooks down like chard or kale.

Bunching Onions- Always a use for fresh onions! You can use the whole thing.

Cutting Celery- *Full shares only.* This has the taste of regular store bought celery, but it is a little more flavorful and you can use the leaves and all. Great in a potato, egg or tuna salad! Store in a plastic bag in fridge.

Fennel- *Half shares only.* Use recipe from last weeks newsletter. Also great sliced thin on a brat or hamburger. We added it to biscuits and gravy this weekend and it was delicious! Don't forget to use the fronds!

Cilantro- *Half shares only.* This herb is great in mexican cooking, as well as in eggs or made into a pesto with the scapes! Store in a plastic bag in the fridge.

Dill or Parsley- *Full shares only.* These herbs are both used frequently in many dishes. Dill is great in potato or egg salad with the cukes and celery! Parsley in great with pasta or in sauce or in tabouleh.

Summer Squash/Zucchini- We loaded you up this week with lots of squash. You can also chop and freeze it for later. Recipe included.

Cucumber- *Full shares only.* We are still only harvesting a small amount of cukes at the moment as they are just starting to really come on. Use fresh in a salad or just slice and throw some balsamic vinegar and dill on them!.

Broccoli- We loaded you up this week! Both our first and second succession are being picked off of now and so we are harvesting about 30 or so bushels a week! Great fresh, cooked, baked or you can even lightly steam or par cook and freeze for later.



Sweet corn is coming! Tassles!



box #5!

Easy Vegetarian Collard Greens

- 2 lbs collard greens
- 4 -5 garlic cloves, minced
- 1 large onion, chopped
- 3 cups vegetable stock
- 1 teaspoon salt (to taste)
- 1 teaspoon smoked sweet paprika
- 1/2 cup apple cider vinegar
- hot sauce (optional) or red pepper flakes (optional)

Wash greens well, submerging in a sink full of cold water to remove any dirt and grit. Drain well. Cut lengthwise. Cut rolled up leaves into 1" slices widthwise.

Box #5

organized and have constant temperatures that we can rely on. Also, all of our boxes of vegetables are now able to be palletized and moved around with our pallet jacks and fork lift. It really saves the back! 45 bushels of summer squash every week can take a toll!

We hope you are enjoying the tastes of summer in our boxes. I know we are excited every year when we can taste our first carrots, or grill our first broccoli. Maybe that is why we are farmers, but we hope you take pleasure in having the first tastes of the season, too!

Have a great week.

Your farmers,
Ayla, James and Ronia

What in store for next week?

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

- bunching onions
- summer squash
- cucumbers
- herb
- Broccoli
- cauliflower
- carrots
- beans
- potatoes?

Collard Greens- This green is becoming more recognized in the north. We really like it slow stewed in a crockpot with bacon and some vinegar. Cooking for a while helps break it down, but we also like it just braised. Recipe included.

Arugula- This is a spicy one! Great mixed in a pesto (parsley or cilantro, scapes...) or mixed with some other greens, put into a sandwich or lightly braised, which takes the edge off.

Strawberries- Rotating. **Very DIRTY from rain!** These will need to be washed because we had some pretty heavy rains and the plants are still small since they are the kind that fruit the same year you plant. Still very tasty!

Beet Chocolate Cake

from Asparagus to Zucchini cookbook)

2 cups sugar
3-4 ounces unsweetened chocolate
2 cups flour
4 eggs
1/2 teaspoon salt
1/4 cup oil
2 teaspoons baking powder
3 cups shredded beets
1 teaspoon baking soda

Heat oven to 325 degrees. Grease two 9-inch cake pans. Whisk dry ingredients together. Melt chocolate very slowly over low heat or in double boiler. Cool chocolate; blend thoroughly with eggs and oil. Combine flour mixture with chocolate mixture, alternating with the beets. Pour into pans. Bake until fork can be removed from center cleanly, 40-50 minutes. Makes 10 servings. Beet cake is fabulous with a cream cheese frosting, a raspberry ganache frosting or just sprinkled with powdered sugar and served with a little vanilla ice cream.

Note: We have made successful beet cakes by also cooking beets first, and then pureeing them to mixture. Some believe that the texture of the cake is improved by using this metho

Repeat until all the greens are done, and add to a large pot.

Add all other ingredients. Cover and bring to a boil over high heat, then reduce heat to a simmer. Simmer for 45 minutes or until greens are extremely tender. Serve hot, using a slotted spoon to drain the liquid from the greens.

Fresh Zucchini Muffins

1.5 cups all-purpose flour
1/2 cup white sugar
1/2 cup packed brown sugar
1.5 cups grated zucchini (about 2 small to medium-size zuccs)
1/2 tsp. salt
2 eggs
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1 tsp. vanilla extract (or vanilla paste)
1/3 cup canola oil
2 tsp. baking powder
Cinnamon and sugar for topping

1. Preheat oven to 375. In large bowl, whisk together flour, sugars, salt, baking powder, cinnamon, and nutmeg. Set aside.

2. In medium bowl, combine grated zucchini, eggs, vanilla, and oil. Stir well to combine, then gently stir into flour mixture. Be careful not to overwork this—it will lead to dense muffins!

3. Fill lined muffin tins about 3/4 of the way up with the batter and then sprinkle cinnamon and sugar on each. Bake for about 30 minutes or until golden.

