



BlackBrook Farm

1150 35th ave Amery, WI 54001 | 828-702-0444 | blackbrookfarmstead.com | blackbrook.farm.llc@gmail.com

What's in the Box:

Hello Members!

NOTE: We are still using a 1 1/9 bushel box this week due to having so much produce to give you. Your boxes will be white and not brown and they will be bigger. It helps us reduce bruising on the tomatoes when trying to shut the boxes and gives us more room. Mushroom Shares are not in the boxes, they are off to the side.

This week's box is a testament to our work as farmers. We love to pack a box, even a bigger box than usual, and step back and know that you are getting a true taste of what summer can offer here in the midwest as best as we are able to give it. This is the time when CSA farmers get to show their feathers and strut around! Although all crops are challenging and yummy in their own right, summer crops are something we all wait and wait and wait for and when we can successfully give all of them to you in abundance we hope it shows that we truly appreciate your commitment to local food and your support of local farming families and your love of sharing in the joys of eating like we do! This is what it's all about folks!

We continue to add crops (ground cherries...what!?) and explore our soil and ability as farmers so that we can always have a diverse and abundant and

Sweet Corn- 11 ears this week. We are so happy to be able to deliver to you such a hearty bunch of corn! No coon damage yet, yields are great and the weather has been hot! Keep in fridge, eat soon, eat raw or grilled with husks on. This corn is SO FRESH that the sugars have not converted to starch yet and you will not find a sweeter corn, but the longer you wait to eat it, the less sweet it will be. Also, don't overcook your corn! We rather it undercooked or not at all for ultimate sweetness.

Watermelon/Cantaloupe/Honeydew- You have either one watermelon (yellow or red flesh) and a cantaloupe or honeydew or 2-3 cantaloupe/honeydew. We are pretty stocked up on melons right now and I am sure no one will complain about a lot of fruit in the box! If your cantaloupe is very ripe (and some are!) eat right away! If not, it will be a little lighter in color, harder and not as sweet smelling. Keep on counter for a few days. Watermelon can be kept in the fridge or outside the fridge. We believe that they are all ripe at this point as we do a lot of sorting and testing of them to make sure they are. ENJOY!!

Tomatoes- 4 lbs this week! A mix of heirloom and red slicers. Some are riper than others. Keep on the counter NOT IN THE FRIDGE! Enjoy in eggs, fresh corn salsa, caprese salad, roasted or just bit into!

Cherry Tomatoes-Full shares only.

Snap Bean Mix -Half shares only.

Cutting Celery Bunch- This celery is a bit different than normal celery you see in the store. Same flavor, but it is more flavorful. You can chop leaves and all to use like you would the stalks. Keep in a plastic bag in the fridge.

Spicy Salad Mix (lettuce, arugula, baby kale) -.85 lbs of fresh greens finally! Enjoy with



We moved the chickens to fresh pasture!



Packed full box! The best of the year!

Hearty Eggplant-Zucchini Toss from Dog Hollow Farm

- 1 eggplant
- 3 medium zucchini
- 1 large onion
- 4 cloves garlic
- 3 medium tomatoes
- chopped celery
- 1 tablespoon olive oil
- 2 tablespoons tomato sauce
- 2 tablespoons oregano
- salt and pepper

Peel eggplant and cut into chunks. Cut zucchini into 3/4-inch rounds. Chop onion coarsely. Mince the garlic. Quarter or halve the tomatoes. Chop the celery. Heat oil in a large skillet over medium heat and add all the chopped vegetables, the tomato sauce, plus the oregano and salt and pepper to taste. Toss well, cover the pan, and cook, stirring the

Box #10

packed box for you. James and I both come from pretty humble beginnings and don't want organic food to be something that families can't afford or that seems elitist. So, the way we can do that is by giving you a great value for your money and support.

We may not always have everything we hoped for due to weather or crop failure of some kind, but we sure try! We hope you know we value your membership and love having so many members who come back year after year!

Thank you!!

Your farmers,
Ayla, James, Ronia
and Blackbrook
Baby-to-be in November!

What in store for next week?

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

Sweet Corn
cantaloupe/watermelon
carrots
peppers
tomatoes
eggplant
potatoes
Onions
herb
spinach?
squash and cukes
tomatillos

MUSHROOM SHARES INFO:

Farm grown Shiitake this week. Great grilled with butter, onions and garlic with pasta or rice. Or sauteed into eggs.

your tomatoes, cucumbers and peppers in a fresh salad or in a sandwich or BLT!

Ground Cherries (husk cherries)-a first or us! Instead of cutting down on crops we just keep adding them! They are a fruit and are quite sweet and should be eaten just like a cherry tomato. Take the husk off and wash if you want to, but it is not needed. You do not need to keep these in the fridge. Enjoy!

Garlic-2-3 bulbs! So many ways to use garlic. Stores for months.

Onions-We have begun harvesting our storage onions and these can be stored outside the fridge as the outer skins are now cured. use as you would any onion.

Peppers- 2-3 peppers. a mix of green, red, purple and yellow.

Eggplant- 1-2 eggplant depending on size. Again, this happens to just be a great eggplant year, which most of you probably are not too excited about! BUT, try it grilled or use one of the recipes that we have included in the newsletters. Don't let them go to waste!

Cauliflower- Slightly imperfect cauliflower. We are wholesaling cauliflower all season to many coops in the twin cities and we end up with Quite nice imperfects that are not acceptable to retail stores. There may be some spots, yellowing or chips out of them. Great grilled or roasted.

Summer Squash/Zucchini

Cucumbers- Full shares only

Fresh Corn Griddle Cakes With Spicy Salsa

1 ½ cups cornmeal
½ cup all-purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon kosher salt
2 teaspoons sugar
1 ½ cups buttermilk
2 eggs, lightly beaten
6 tablespoons melted butter or vegetable oil, plus more for greasing griddle
3 cups freshly shucked corn kernels, from about 4 ears
1 small jalapeño chile, finely chopped, or to taste
3 tablespoons finely sliced chives or scallions
FOR THE SALSA:
1 ½ cups red onion, finely diced
1 ½ cups bell peppers, finely diced, preferably a mix of colors
1 ½ cups firm-ripe tomatoes, finely diced, preferably a

vegetables occasionally. You must keep watch over this dish – i will form a watery sauce at first, and the vegetables should be stirred in it until they are all somewhat cooked, about 10-15 minutes. Then remove the cover and cook a few more minutes until the sauce is reduced. Serve as a sauce for rice or pasta.

Rustic Ratatouille

4 small zucchini (about 1 pound), cut into 1-inch pieces
1 medium eggplant (about 1 pound), cut into 1-inch pieces
2 medium bell peppers, cut into 1-inch pieces
3 medium onions, sliced
1 tablespoon chopped fresh thyme
1 tablespoon chopped fresh rosemary
1 teaspoon salt, divided
½ teaspoon freshly ground black pepper
1 tablespoon olive oil
Vegetable oil cooking spray
2 cans (14 ounces each) chickpeas, rinsed and drained
1 lb tomatoes seeded and cut into 1-inch pieces
1 tablespoon chopped garlic
1 tablespoon tomato paste
2 1/2 teaspoons sherry wine vinegar or balsamic vinegar
3 tablespoons chopped fresh basil
Heat oven to 450°F. In a bowl, toss zucchini, eggplant, bell pepper and onion with thyme, rosemary, ¾ teaspoon salt, black pepper, 2 tablespoons water and oil. Coat a rimmed sheet pan with cooking spray. Spread veggies in pan in a single layer; roast, stirring once, 25 minutes. In same bowl, combine chickpeas, tomatoes, garlic, tomato paste and remaining ¼ teaspoon salt. Add to pan with veggies in a single layer; roast 10 to 12 minutes more. Toss veggies with vinegar; divide among 6 bowls; sprinkle with basil.

fresh corn cakes continued...

preferably a mix of colors
1 teaspoon kosher salt
1 small jalapeño chile, finely chopped, or to taste
Juice of 2 limes, more to taste
1 cup loosely packed cilantro leaves, for garnish
1 cup crumbled queso fresco, for garnish (may substitute mild feta)
Stir together cornmeal, all-purpose flour, baking powder, baking soda, salt and sugar in a large mixing bowl. In a separate bowl, whisk together buttermilk, eggs and 6 tablespoons melted butter. Set both bowls aside until ready to cook griddle cakes. Finish the batter: Add buttermilk mixture to cornmeal mixture and mix briefly with wooden spoon or whisk to obtain a thick batter. Add corn kernels, jalapeño and chives and stir to combine.

For Salsa: In a serving bowl, toss onions, peppers, tomatoes, salt and jalapeño. Add lime juice and toss again. (May prepare 1 to 2 hours ahead.)Set griddle or large cast-iron pan over medium heat. When griddle is hot, grease lightly with a dab of butter, using a folded paper towel or pastry brush. Spoon slightly less than ¼ cup batter onto griddle. Adjust heat as necessary to keep griddle cakes from browning too quickly. Cook for about 1 1/2 minutes, then carefully flip with spatula and cook for another 1 1/2 minutes. Serve immediately as soon as griddle cakes are ready or keep hot in a low oven until all batter is used. Garnish with cilantro and queso fresco.