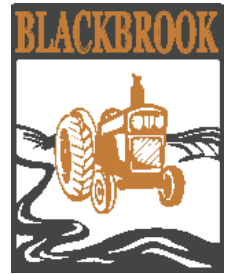


CERTIFIED ORGANIC

# BlackBrook Farm

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## What's in the Box:

Hello Members!

A few notes on the box this week: Please re-wash your carrots as they are pretty dirty this week. Sorry!

We have late blight on our tomato plants. This is a disease that its spores are carried through the air and they affect tomatoes and potatoes. It's what caused the Irish Potato famine. It goes in cycles through areas of the country. Last year was the first year that Minnesota and Wisconsin farmers have seen late blight for a while. A few of our farming friends did get hit with it last year and it took out their whole crop before they even got any tomatoes. We were spared. This year, it also hit some of our farming friends early on in our area and we only just now spotted it. It is a severe disease and has to be reported to the state and our crop has to be mowed down in order to keep it from being picked up by evaporation and rained down on someone else's farm. However, I believe everyone around here is pretty much going to get it anyways with all of the hot, wet conditions we have been seeing. It is a perfect breeding ground for late blight spores.

So, what does this mean for tomatoes? Well, since we did not get it until the plants had set most of their fruit, lots of the

Sweet Corn- Keep in fridge, eat soon, eat raw or grilled with husks on. Next week will be our last week for sweet corn.

Cantaloupe or Watermelon- either one this week. Next week will be mostly watermelon. Keep in fridge as these are mostly ripe. Some of the cantaloupe may need a day or 2 outside the fridge to continue ripening.

Carrots- DIRTY!!!! WASH THEM!! We generally pride ourselves in knowing that we do the best we can to give you clean produce...that did not happen this week with the carrots and we are sorry. Top the carrots and put them in a plastic bag in order to keep longer.

Spinach or Salad Mix-Spinach for Full shares and either Spinach or Salad mix for half shares. .5 bags.

Basil or Parsley- We came up shy on basil and will try to fill out the next time around for the folks who got parsley in stead. recipe for parsley included.

Peppers-Some more colors coming into the mix. As the season progresses we will begin seeing less green and more colored peppers.

Hot Peppers-2 per member. A mix of either jalapeno, habanero(orange), cayenne(long red) and hot wax (yellow)

Eggplant-Full shares only this week.

Cherry Tomatoes-still coming on strong in our hightunnel. The hightunnels have been spared late blight thus far.

Tomatoes-3.5-4 lbs this week again. A nice mix of reds and heirlooms. We grow over 15 varieties of tomatoes so I can not list them all. Some are very ripe and should be eaten soon (heirlooms mainly) and some could use some time on the counter.

Garlic-Half shares only. EXTRA THIS WEEK AS WE FORGOT TO PUT IT IN THE BOXES FOR YOU



Spotted Salamander friend in the potatoes!!



Ayla, Ronia and belly

## Tomatoes with Parsley Pesto

- 1 cup packed fresh parsley
- 1 garlic clove
- 1/4 teaspoon salt
- Dash pepper
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 3 medium tomatoes, cut into wedges
- Instructions

## Box 11

tomatoes themselves will be spared. However, we have to get them off of the plants. This week, you have the same amount of tomatoes as usual with lots of heirlooms and slicers in the mix. PLEASE KEEP IN MIND: James and I personally selected and went through every tomato that is in your box for blight spots. However, this disease is persistent and might show up after you receive them. Please understand that we are doing our best to give you the highest quality crops we can, but it is not always possible. You may encounter a blight spot, soft spot or something like this because of the disease. Just cut it away and eat the rest right away!

Since we have to get all of the fruit off of the plants this week, we will be storing them in a small 50 degree cooler to (ideal tomato storage) in order to continue to give them to you as long as we can. Thank you for understanding!

**F**ARM PARTY!!!! We have settled on a date of Sunday, September 25th. 4 pm-late if you want. This is a kid friendly event on our farm! We will be roasting either chickens or a pig. POTLUCK! Please bring a dish to share. We will have water and lemonade on hand. This is an informal, casual get together where you can walk around the farm, meet your farmers and mingle with other CSA members. Bring a blanket or chairs to use on our lawn. We will do a hayride or two where you can see the animals. At dusk we will have a bonfire (about 7 pm). We really hope you can make it out for a little while. Our farm is still under a bit of construction and organization as we continue

2 WEEKS AGO!!! 4 bulbs.  
Onions-3 yellow storage  
Cucumber-Full shares only  
Squash- 1-2 per member

**What in store for next week?**  
these are some of the crops we are hoping for next week:

some sweet corn  
melon  
onion  
bulk beets  
green  
herb  
tomatoes  
peppers  
beans

to move in and start and finish projects. So, it is chaotic, but it is still a beautiful place to hang out!

**A**lso, we still have pigs and chickens available. We will be making our next chicken delivery next week or weekend if you want to get in on that. Please sign up on our website, [www.blackbrookfarmstead.com](http://www.blackbrookfarmstead.com) and hit SIGN UP!!

**T**hanks for all our support and have a great week!

Your Farmers,

**J**ames and Ayla

### Fresh Corn and Zucchini Frittata

from [mnn.com](http://mnn.com)

3 tablespoons extra virgin olive oil  
1 yellow onion, diced  
1 medium zucchini, diced  
2 cups fresh corn kernels, cut from 3-4 small ears  
7 large free-range eggs, at room temperature  
2/3 cup 1% milk  
1/2 cup coarsely grated Parmigiano-Reggiano  
1/2 cup grated mozzarella  
3 tablespoons fresh basil, chopped  
2 tablespoons fresh cilantro, chopped  
Salt and pepper  
Cooking directions

Preheat the oven to 375 degrees Fahrenheit.  
In a 10-inch oven-proof skillet, heat up the olive oil on medium-low heat and add the diced

In a blender or food processor, combine parsley, garlic, salt and pepper. Cover and process until finely chopped. Add oil and vinegar; mix well. Transfer to a bowl; cover and refrigerate. When ready to serve, add tomatoes and gently toss to coat.

### Grilled Corn and Tomato Salsa Salad

Nytimes.com

¼ cup balsamic vinegar  
Olive oil, to taste  
2 ears of corn, shucked, silks removed  
Sea salt and pepper  
1 basket cherry tomatoes stems removed, quartered  
1 scallion, ends trimmed, green and white parts finely chopped  
¼ cup parsley leaves roughly chopped  
¼ cup onion peeled, finely chopped  
1 medium-sized avocado, pitted, peeled, roughly chopped

Start up grill, if using charcoal, or wait until corn is ready if using a gas grill. Or preheat oven to 350 degrees.

In a small saucepan over a very low flame, reduce balsamic vinegar to 1 tablespoon, about 15 to 20 minutes. Let cool.

Drizzle olive oil on corn and season with sea salt and pepper. Place on grill and cook until lightly browned. (Or roast in oven for 15 minutes, turning every 5 minutes.) Remove, let cool and cut off kernels.

Mix corn, tomatoes, scallion, parsley, onion, and avocado. Season with reduced balsamic, olive oil, sea salt and pepper. Toss well.

### Fresh corn Frittata CONT...

onions with a dash of salt. Cover and cook for about 5 minutes or until the onions are translucent, stirring occasionally. Uncover and turn the heat up to medium, continuing to cook the onions for a few more minutes until they turn golden.

Turn the heat up to medium-high and add the zucchini and corn kernels with an additional pinch of salt. Stirring occasionally, allow to cook until the zucchini just begins to turn translucent, and the corn kernels begin to shrink slightly, about 4-5 minutes. Remove from heat and set aside.

In a large bowl, whisk together the eggs, milk, and a dash of salt and pepper. Add the cheeses and chopped herbs and whisk again until combined.

Return the skillet to a medium heat and pour the egg mixture over the top. Stir just slightly to ensure the egg is evenly distributed among the vegetables. Cook for 1-2 minutes, until the egg mixture begins to set around the edges of the skillet, then transfer the skillet to the center rack of the preheated oven.

Cook the frittata for 20-25 minutes, or until it is fluffed up and just golden brown on the top. Remove from the oven and let it rest for about 15 minutes.