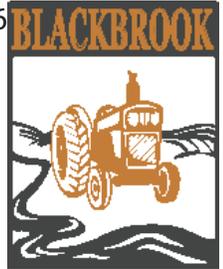


BlackBrook Farm

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What's in the Box:

Hello Members!

This week your boxes are still in the larger white box in order to not bruise tomatoes. They are not quite as full since we don't have the greens on your carrots or beets or onions anymore and lots of the crops are heavy and dense and not large. Lots of great produce coming out of the fields right now! We are transitioning to late summer/fall crops as you will notice.

Summer squash is done (woo hoo!) and winter squash as made its debut with spaghetti squash! Also, you will see some more fall greens in there and lots of peppers!

Usually about this time or a little earlier we offer bulk canning tomatoes to members. Since we did get late blight this year, we are not able to offer that to you. So, if you are in need of canning tomatoes, basil or things like that in quantity I would recommend the farmers market. I have seen some farmers who show up with bushels of tomatoes to sell at a discount. Ask if they are organic, though!!!

We apologize that we are not able to do this for you this year, but that is the way organic farming goes.

We also want to remind you that the fall harvest party is on **September 25!** Bring a dish to share, a blanket or chairs and come hang out on the farm for a

Tomatoes- 2.5 lbs this week. This is most likely the last week for tomatoes. Mostly nice big red tomatoes, with some red or green zebra mixed in there. These are the few varieties that seem to be more or less blight resistant. Good to know for future years.

Peppers- 5-6 peppers this week. A mix of italian (long and skinny) and bell peppers. These are sweet peppers and should be kept in the fridge.

Hot Peppers- 2-3 per member. A mix of orange habanero, long skinny cayenne, yellow lng skinny hot wax or green stubby jalapeno.

Watermelon- 1-2 depending on size.

These should all be ripe, You can keep them in the fridge. Yellow or red flesh.

Spaghetti Squash- First of the winter squash! These are great for baking and using as a noodle substitute. Recipe included. Keep on counter, not in fridge.

Carrots- HALF SHARES ONLY. 2 lbs. Keeps for months in plastic bag in the fridge.

Beets- FULL SHARES ONLY. nice big red beets. Keeps for months in the fridge, too.

Red Onion- 3 onions. Keep on counter or dark place. Do not keep in fridge.

Garlic- 2-3 bulbs. Keep on counter or dry dark place. Do not keep in fridge.

Potatoes- 3 lbs. Either yellow, red or white potatoes this week. They all can be kept in a dark place at this point. Leaving them in the light will turn them green.

Vitamin Green- This is an Asian green, almost like mini pac choi. It is used in stir frys or braised. Recipe included. Can be rehydrated by putting roots in water. Keep in plastic bag in the fridge.



Big Potato! This weighed in at 2.5 lbs!



Harvesting Vitamin Green

Sauteed Vitamin Greens

1 bunch vitamin greens (washed, trimmed, and roughly chopped)

1/2 red onion (sliced)

**1 tablespoon olive or grapeseed oil
salt and pepper**

In a wide Dutch oven or deep sauté pan, heat oil over medium heat. Add

Box #5

few hours. We will roast either chickens or a pig, do hayrides, have a bonfire around dusk.

We are also starting to think about Fall Shares! We are working on a form for members to sign up for fall shares. Again this year we be will offering a 4 week full and a 2 week half share. Crops you can expect in those boxes will be slowly showing up in your main season boxes throughout the remainder of your CSA, such as carrots, beets, rutabaga, greens, onions, potatoes, parsnips, winter squash, garlic, radishes, turnips, daikon, broccoli, kale, cabbage and more! More info to come soon!

Thank you and have a great week!

Your farmers,

James, Ayla and Ronia

Mushroom Share Info:

This week's mushrooms CSA is shiitake that we inoculated this spring. A special treat is shiitake ravioli. I saute the mushroom caps in olive oil with a pinch of salt. Add a little garlic before you remove from Heat, then mix with grated Parmesan cheese.

Meanwhile lay out several wonton wrappers then brush the edges with beaten egg. Place mushroom mixture in the middle and seal the ravioli. Boil in salted water until ready - about two minutes.

Served with butter, herbs, and more parmesan. Enjoy!

Salad Mix- .75 lbs. nice tender leaves this week! Keeps for at least a week in the bag. Use on sandwiches and salads. Pre-washed, but it is recommended to wash again.

Cherry Tomatoes- HALF SHARE ONLY. Last of these for the year!

Tomatillos- FULL SHARES ONLY. 2 lbs. Easy to make salsa, just take husks off, wash and toss with some oil and roast in the oven. Blend these with lime, garlic, salt, a little oil and cilantro and you have a salsa verde!

Creamy Eggs with Tomato and Peppers

from Sur La Table

3 ounces sliced pancetta or bacon
1 tablespoon extra-virgin olive oil
1 medium yellow onion, half moon slices
2 medium bell peppers, preferably of different colors, such as red and yellow or yellow and orange
3 medium cloves garlic
6 to 8 stems thyme
Kosher or sea salt
6 to 8 small tomatoes, or less large ones
8 large eggs
Large pinch crushed red pepper flakes
Water (optional)
Leaves from 3 or 4 stems curly parsley, for garnish
Spanish smoked paprika, as garnish

Cut the pancetta into 1/2-inch dice. Transfer to a large skillet and add the oil. Place over medium heat and cook for 5 or 6 minutes, stirring once or twice, until the pieces are crisp and have rendered some fat. Use a slotted spoon to transfer to the paper towel-lined plate to drain.

The following ingredients can be thrown into a mixing bowl as you work: cut onion into very thin slices. Stem and seed the bell peppers, then cut the remaining flesh into very thin strips. Mince the garlic and leaves from the thyme stems. Add those prepped ingredients to the skillet with the oil and rendered pancetta fat; place over medium heat and cook for 10 minutes, stirring occasionally, until the mixture has softened. Add a pinch of salt and mix well.

While the vegetables are cooking, cut the tomatoes in half lengthwise, then grate the cut sides against the large holes of a box grater positioned over a work bowl (down to the skins). The yield should be 1 1/2 cups. Discard the skins. Crack the eggs into a large measuring cup and whisk lightly. Cover the skillet containing the vegetable mixture and reduce the heat to medium-low; cook for 5 minutes, then uncover and add the grated tomatoes and any juices, the crushed red pepper flakes and a second pinch of salt; mix

onion and a pinch of SALT. Sauté, stirring frequently, until onions are translucent and just BEGIN to caramelize, about 5 minutes. Add vitamin GREENS and toss until the greens begin to wilt. Continue to cook, stirring occasionally, until greens reach desired tenderness, about 5 to 10 minutes. Season to taste with salt and freshly ground pepper.

Baked Spaghetti Squash with Garlic and Butter

I tend to under-bake the spaghetti squash just a bit, so it still retains just a slight crunch.

1 small spaghetti squash (about 3-4 pounds)
2 tablespoons butter

2-4 cloves garlic, finely minced

1/4 cup finely minced parsley (or basil)

1/2 teaspoon salt (or to taste)

1/4 cup shredded parmesan cheese

Preheat oven to 375F. Pierce squash a few times with sharp paring knife (to let steam escape). Bake spaghetti squash for 60 minutes, or until a paring knife pierces easily THROUGH skin with little resistance. Let squash cool for 10 minutes.

Cut squash in half, lengthwise. Use a fork to remove and discard the seeds. Continue using fork to scrape the squash to get long, lovely strands. If the squash seem difficult to scrape, return the squash to bake for an additional 10 minutes.

HEAT a large saute pan with the butter and the garlic over medium-low heat. When garlic becomes fragrant, add parsley, SALT and spaghetti squash strands. Toss well, sprinkle in the parmesan cheese and taste to see if you need additional salt. The spaghetti squash should have a slight crunch (i.e. not mushy) - but if you like it softer, cover the pan and cook 2 more minutes.

Creamy Eggs continued...

Increase the heat to medium and cook uncovered for 3 to 5 minutes to form a piperade. If it seems dry, add up to 1/4 cup of water.

While the piperade's flavors are melding, chop the parsley to yield 2 tablespoons.

Reduce the heat to medium-low; add the lightly beaten eggs and begin to stir slowly with a flexible spatula, scraping the bottom and around the edges of the skillet. Cook for about 4 minutes, stirring slowly and occasionally, then add the pancetta; cook for 1 or 2 minutes, or until the mixture is fairly creamy and custardlike, and just set on the surface. (You are not making scrambled eggs, but if you do the dish is still edible). Taste, and add salt as needed.

Divide the mixture among the warmed plates. Sprinkle each portion with the piment d'espelette, Spanish smoked paprika or sweet paprika. Garnish with equal amounts of chopped parsley; serve immediately.