



BLACKBROOK FARM

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What's in the Box:

Hello Members!

This box is definitely showing the fall goodies with squash, rutabaga and leeks, and swiss chard is back! Our favorite squash around here is delicata because it has an edible skin. It's so sweet and easy to halve, take the seeds out and cut in to half moons and then toss with maple syrup, olive oil, salt and peppers and bake in the oven. It's divine.

We really strive to not be too repetitive with crops if we don't have to be, but this week we know the braising mix and vitamin green were not going to hold for next week and so we decided to put it in there for you. I know we put braising mix in there last week, too, but we actually like it more than a spring mix for salads. It's heartier and has more taste and nutrition. Just give it a light chop and use it as a salad or braise it up with the leeks, garlic and vinegar or maple syrup or hot peppers. So many options. Same with the vitamin green.

Our harvest party is coming up! **We have decided to have it be a pig roast!** So if you want a taste of our pastured pork please come hang out with us on **Sunday, September 25th at 4pm.** We will also give a couple hayrides up to see the animals and fields. There will also be **pumpkin picking.** This is a **POTLUCK** event so please bring a dish to share. We will

- Delicata Squash-** 2-3 per member. Store in cool, dark, dry place. Recipe included
- Thelma Sanders Acorn Squash-** Full shares only. Store the same as delicata. recipe included.
- Pie Pumpkin-** Half shares only. Find recipes in last weeks newsletter. Pretty table setting, too!
- Blue Potatoes or Russet Potatoes-** 2 lbs of either. Store in cool, dark and dry place. Blue potatoes fry up very well with herbs and garlic. Russet are a great a baking potato or french fryer.
- Garlic-** 2 bulbs. Keep on counter
- Leeks-** We had a wonderful creamy leek and rutabaga soup this week. leeks have a great mild flavor. Recipe included.
- Rutabagas-** These store for months in the fridge like a beet. Mash them like you would a potato and they are great! (add cream and garlic of course!) Recipe included.
- Sweet Peppers-** More colors showing up this week. Lots of long red sweet carmens and yellow, orange or purple ones, too.
- Hot Peppers-** Mostly habanero, some jalapeno and banana peppers, too.
- Vitamin Green Bunch-** Nice big bunch of this. Store in plastic bag in fridge. Cooks up nicely in a soup. Mild flavor.
- Braising Mix 3/4 lb-** Great as a salad or braised or sauteed up.
- Swiss Chard-** Chard makes a reappearance with the cooler weather. Keep in plastic bag in the fridge. Add to any veggies dish, chop into eggs or baked dish.
- Parsley-** half shares only Use in a potato



harvesting winter squash!



Creamy Rutabaga Leek Soup

- 2 large leeks, white and light green parts only
- 2 medium rutabagas
- 2 tablespoons butter
- 1 cup whole milk
- 4 cups chicken or vegetable STOCK (reserve the dark green parts of leeks to make some)
- SALT and freshly ground black pepper to taste

Chop the leeks and let soften in a medium, heavy-bottomed saucepan or Dutch oven with the butter, about 6-8 minutes. Stir occasionally and add pinches of salt and pepper. Peel and dice the rutabagas and add them to the pot. Stir another minute, then cover with

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have pork (and buns) and drinks. We would love to see you here!

Also, we have opened up our FALL SHARES SIGN UP. There is a link to it in your newsletter email. You can find it easily at: <https://blackbrookfarm.wufoo.com/forms/2016-blackbrook-fall-share-csa/>. NOTE: Once you have hit the submit button, you will be taken to a paypal page. Some people choose to pay through paypal, but you can just close out of that page and send a check or bring it with you to the harvest party!

Thank you and have a great week!

What in store for next week?

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

- Onions
- garlic
- spinach
- peppers
- radishes
- green beans
- cabbage
- brussel sprouts
- Asian Greens
- Sweet Potatoes

Boxes and egg cartons:

Please return your box to your dropsite each week so that we can continue to reuse them. A good way to remember to do this is by bringing a canvas or reusable bag with you to your dropsite. Then you can unload all those fresh veggies into your bag and never even bring your box home! Egg Share members please return your cartons, as well. Thanks for keeping this operation as sustainable as possible!

leek soup!

Thyme/Sage Bunch- Full shares only Use with potatoes!

Crostini with Leeks and Sweet Peppers from Asparagas to Zucchini

1 1/2 tbs olive oil
2 leeks, liced into 1/4 rounds
1 large sweet pepper, red preferably, cut into small pieces
1/2 cup greek olives, chopped
3-4 tablespoons vinaigrette
salt and peppers
sourdough bread

Heat olive oil in skillet over medium flame. Add leeks; cook 3-5 minutes. Add sweet pepper; cook, stirring, until mostly tender, 3-5 minutes. Add Olives and vinaigrette; cool. Season with salt and pepper. Serve at room temp on toasted bread. Makes 2-3 cups.

Well-Thymed Rutabaga Harmony Valley Farm

1 1/2-2 lbs rutabaga
chicken or veggie stock
1 cup sour cream
1-2 tbs minced fresh thyme
salt and peppers to taste

peel rutabaga, dice the flesh, and place in a saucepan. Add just enough stock to cover rutabaga, bring to a simmer, and cook until tender. You can serve this three ways: 1) Soup: stir in the remaining ingredients; 2) Side dish: Drain off stock and stir in remaining ingredients; 3) Puree: Drain off most of the stock and puree rutabaga with the remaining ingredients, using an immersion blender, food processor or blender. Makes 4-6 servings.

the stock. Bring to a boil, then reduce heat to a simmer and cook, covered, 45 minutes to 1 hour.

Reserve a couple spoonfuls of the leeks only. Transfer the rest of the mixture to a blender or food processor to puree several seconds until completely smooth. Transfer back to the pot and add the reserved leeks. Bring just to a boil again and stir in the milk. Taste for seasoning, adding salt and pepper as desired. Heat completely through, and serve.

Maple Roasted Delicata Squash

2-3 MEDIUM Delicata squash (about 3 pounds), halved lengthwise, seeded, and cut into 1/4-inch thick slices- half moons
5 garlic cloves, peeled and smashed
4 fresh thyme sprigs
1/2 teaspoon red-pepper flakes, optional
3 tablespoons extra-virgin olive oil
2 tablespoons maple syrup
Kosher SALT
freshly ground black pepper

Arrange the racks in the upper and lower rungs in the oven and preheat the oven to 425°F DEGREES. Place the squash, red onion, garlic, thyme, and red pepper flakes in a large bowl. Drizzle with olive oil and maple syrup, and sprinkle generously with salt and pepper; toss to coat.

Spread vegetables evenly onto two large, rimmed baking sheets. Bake the squash on the upper and lower racks of the oven, tossing, rotating, and switching the pan positions half way through cooking, until tender and browned, 25 to 30 minutes. Taste and season again with more salt and pepper, if desired.

Baked Acorn Squash with Brown Sugar and Butter

1 acorn squash, cut in 1/2
2 tablespoons brown sugar
2 tablespoons butter, softened
2 tablespoons maple syrup
Salt
Freshly ground black pepper

Preheat oven to 400 degrees F. Scoop the seeds and stringy pulp out of the squash cavities and discard. In a small mixing bowl, combine the brown sugar, butter, syrup and salt and pepper, to taste. Rub the squash cavities and cut sides of the squash with the butter mixture and place them on a baking sheet, cut side up. Bake in the preheated oven for about 1 hour until the squash is tender when pierced with a fork. Serve 1 half per person.