



BLACKBROOK FARM

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What's in the Box:

NOTICE: The last box of the season is October 13th. The last box for Group A week half shares is next Thursday, October 6th.

Thank you to everyone who made it out for the Harvest Party! Despite the cold and slightly damp weather we had a great turnout. Over half of the hog was eaten and the food you all brought was absolutely delicious! We really appreciate you taking the time to come out and see the farm. Next year we will try to have a couple events to make sure as many of you can make it out as possible.

Thanks again!

This is the final stretch of the CSA. It always goes by so fast! This time of year things really start to sweeten up with all those cold nights turning starches into sugars in the crops. We hope you are thinking about getting a fall share so you can extend the local food a little longer. We anticipate our cauliflower to come when the fall share starts and we will definitely have lots of broccoli, too. There is more spinach to come in the fall share, too!

This time of year we start getting lots of the crops out the field like winter squash, potatoes, beets and the like. Since we grow many winter crops for wholesale through the

Red Kuri/ Buttercup Squash- Full shares

only This is a great squash for curries and creamy soups. Recipe included.

Butternut- Half shares

A favorite among all. use recipe from last weeks newsletter.

Brussel Sprouts- 1 lb qt.

trim bottoms and roast in the oven with olive oil or bacon grease, salt and pepper. Recipe included.

Desiree Potatoes-

Great frying potato or to make french fries. Pink on the outside and yellow on the inside. A favorite for many farm to table restaurants.

Sweet Potatoes- Half shares only

We did not have a great year from sweet potatoes so there are not many. Eat soon as these are not cured and will not store well. Great as roasted fries in the oven. So sweet!

Baby Pac Choi-

These look so beautiful this time of year! Store in the fridge in a plastic bag. Sear on the grill or saute. Recipe included.

Green Beans/heirloom mix-1 lb mix

for you. Crunchy and sweet! Keeps well in the bag.

Salad Turnips-

Big bunches for you! Top these to make the turnips keep longer. Use the greens, too! Keep roots in a plastic bag or jar of water in the fridge to keep crisp.

SO SWEET! Recipe included.

Spicy Salad Mix- .5 lb mix.

Mixuna, tatsoi and scarlet frills. This is slightly mustardy, spicy mix that you can eat fresh as a salad or braise.

Bulk Beets-

nice golden or red beets. keep these in your crisper. They will keep for a long time, Roast with herbs and olive oil or a sweet treat. Very good for



lots of squash!



Ronia helping to move pallets around!

THAI GREEN CURRY WITH RED KURI OR BUTTERCUP SQUASH from carpeseason.com

- 1 tbsp. olive oil
- 2 small onions
- 5-6 garlic cloves, thinly sliced
- 2-in. piece of fresh ginger, peeled and grated
- 1 1/2 tbsp. green curry paste (less or more depending on the spiciness of your paste)
- 2 tbsp. Indian curry powder
- 1 (14 oz.) can of coconut milk
- 2 1/2 tbsp. soy sauce

Box #16

winter we are not quite putting our farm to bed yet, but there is plenty of field clean up to do.

Have a great week!

your farmers,

James, Ayla, Ronia
and baby to be

What's in store for next week?

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

Leeks
Parsnips
Potatoes
garlic
salad greens
radishes
winter squash
broccoli?
Dill
carrots/beets
popcorn (half shares)

Sesame Oil Pac Choi

pac choi
2 tbsp nut oil
2 tbsp toasted sesame oil
1 large garlic clove, crushed and finely chopped
1 mild green chili, seeded and finely chopped
1 tbsp Thai fish sauce (optional)

Cut a thick slice from the pac choi root to separate the leaves. Rinse and drain. Heat the nut oil in a large wok over a medium heat and add 1 tbsp sesame oil, the garlic, chilli, fish sauce (if using) and pac choi. Toss until coated and clamp a pan lid over them. Reduce the heat and cook for 3-6 minutes, tossing occasionally, just until the leaves have wilted (the stalks should be tender-crisp). Add the rest of the sesame oil and salt. Toss the leaves and serve immediately.

you.

Cilantro- Yay! Finally cilantro again! It took a couple tries but we have it here again. We love cilantro with roasted squash or in any mexican food. It is also great sprinkled on soups. Put in plastic bag in the fridge to keep longer. RECIPE INCLUDED.

Sweet Peppers- Last of the year for these. We cleared out the patch, so there are some pretty small peppers in the mix. Goodbye sweet peppers! RECIPE INCLUDED

Collard Greens- These get better as it cools down outside. Cook long and slow. Recipe included.

Red Onions- 3

Roasted Brussel Sprouts with Garlic

from the nytimes.com

1 lb brussels sprouts
4 to 6 tablespoons extra virgin olive oil, to coat bottom of pan
5 cloves garlic, peeled
Salt and pepper to taste
1 tablespoon balsamic vinegar
Heat oven to 400 degrees. Trim bottom of brussels sprouts, and slice each in half top to bottom. Heat oil in cast-iron pan over medium-high heat until it shimmers; put sprouts cut side down in one layer in pan. Put in garlic, and sprinkle with salt and pepper.
Cook, undisturbed, until sprouts begin to brown on bottom, and transfer to oven. Roast, shaking pan every 5 minutes, until sprouts are quite brown and tender, about 10 to 20 minutes. Taste, and add more salt and pepper if necessary. Stir in balsamic vinegar, and serve hot or warm.

Sauteed Fresh Turnip Greens

fresh turnip greens
1 tsp. SALT
1 hard cooked egg
2 tsp. fresh lemon juice
1/3 c. chopped onion
1/2 tsp. sugar
2 strips bacon
1/4 tsp. black pepper
1) Wash turnip greens thoroughly. Trim off coarse stems.
2) Fry bacon UNTIL crisp and remove it from the fat. Save for later use. Add onion to bacon fat and sautee until limp.
3) Coarsely chop turnip greens and add to onions. Stir to mix WELL.
4) Cover tightly and cook 10 - 15 minutes, Add

2 tbsp. sweet chili sauce
4 c. red kuri/ambercup squash, cut into 1-in cubes (about 2/3 of a squash)
1 tbsp. brown sugar
1-2 tbsp. lime juice
1/4 c. water
salt to taste
1-1 1/2 green beans, carrots, or any veggie
1 bell pepper, cut into thin slices (flash-frozen bell peppers work great in this recipe!)
1/2 c. fresh chopped cilantro
2 green onions, thinly sliced

Heat the oil in large skillet over medium heat. Add the onions, garlic, ginger and sauté for about 3-5 minutes.
Add the curry paste and curry powder and cook for 1 more minute, stirring constantly. Stir in your coconut milk, soy sauce, chili sauce, brown sugar, lime juice, squash and water. Bring to a boil, then lower heat. Simmer, uncovered for around 15 minutes or until squash is tender but not mushy. (In other words, you can slide a fork through it pretty easily without it falling apart).
Add your veggies (broccoli or green beans, plus bell peppers) and simmer for 5 more minutes or until vegetables are tender-crisp. Serve over rice, and garnish with cilantro and green onions. Get someone to cook this while you rake so that you have a tasty incentive to actually finish.

Hakurai Turnip Gratin

1 Tablespoon Butter
1 Bunch Turnips, tailed and topped
1 teaspoon dry thyme
3/4 teaspoon salt
1/4 tsp. freshly ground pepper
1/8- 1/4 teaspoon cayenne pepper
1/2 cup heavy cream
1/2 cup chicken or vegetable stock
1/2 cup parmesan cheese

1) Slice turnips into 1/4 inch thick slices (do not peel).
2) Melt butter in non-stick skillet and layer slices in the pan
3) Sprinkle the turnips with the herbs and cook 3 minutes over MEDIUM heat
4) Add cream and stock, cover and cook 20 minutes over medium heat until turnips are cooked.
5) Remove the cover and cook additional 5-10 minutes to reduce liquid
6) Sprinkle parmesan on top and serve.

sauteed turnip greens cont...

salt, black pepper, sugar and lemon juice. Toss lightly.
5) Turn into serving dish and garnish with crisp, crumbled bacon and slices of hard cooked egg.