



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!

This is the last box for Group A half shares and the second to last for B shares and Full shares. Time has flown by! We still are accepting Fall shares and would love to have you on board if you don't want your veggie boxes to end! The link is in today's newsletter email. Expect fall greens like spinach, carrots, beets, parsnips, potatoes, sweet potatoes, culinary herbs, broccoli, cauliflower, kale, cabbage, winter squash, watermelon radishes, regular radishes, brussels sprouts, rutabaga and more.

We are so appreciative for your membership this year! Thank you for sticking with the challenge of using random veggies given to you each week. We have heard from plenty of you that it is like Christmas each week, with lots of surprises! We will be sending out a survey in the next week for all to fill out so we can better serve you next year. Many things that happen are a year to year thing and we plan to improve every year. We have found the land here on the new farm to be great to work with, but heavy on weeds. Some good, some bad! But overall, we hope this was a great year for you, too.

It is looking like it will frost tomorrow evening. That means

Acorn Squash- Jet (dark green) for Full shares and Thelma Sanders (light brown, yellow) for half shares. These are well known to be baked in half and scooped out with butter and brown sugar!

Sweet Dumpling Squash- 2 per member. These are a very similar taste and texture to delicata. Very Sweet!

Broccoli is back!- Yum! Fall broccoli is the best! So dark green and sweet. Enjoy!

Leeks- Great as Potato Leek soup with the dill. Recipe included.

Parsnips- A special treat! These take forever to grow and are similar to a carrot, but need to be cooked. They are great in a stew or fall soup. Stores very well in plastic bag in the fridge. Recipe included.

Peppers- I guess we were able to eek a few more out of the field. These are not the biggest, but we wanted to get them to you anyways.

Brussels Sprouts- *Half shares only.* Tasty brussels are best roasted olive oil or bacon grease at a high heat. Use the recipe from last week's newsletter.

Popcorn- *Half shares only.* YES, THIS IS EDIBLE POPCORN! But, you have to wait at least a month for it to dry out a bit more. Use it as decoration and then pop off the kernels and pop with lots of coconut oil or high heat oil on the stove using a thick bottomed pan with lid. It actually pops very well if you know how to pop it the old-school way!

Rutabaga- about 2 lbs. Stores very well in the fridge. We really like this as a mashed potato substitute. Recipe included.

Radishes- *Full shares only.* Although these



There very lots of these living on the dill!



Piggies getting big! Still 5 left! Sign up today!

POTATO LEEK SOUP WITH BACON AND FRESH DILL

from nourishedkitchen.com

- 4 oz pasture-raised bacon, (fried and crumbled with fat reserved)
 - 4 leeks, (rinsed well with white and light green parts sliced very thinly)
 - 1 lb potatoes, (scrubbed well and cubed)
 - 1 quart fresh chicken or veggie broth
 - 2 bay leaves
 - 2 cups fresh whole milk
 - 1 small bunch fresh dill, (chopped fine)
 - unrefined sea salt and freshly ground white pepper, (to taste)
 - sour cream
- In a heavy-bottomed soup pot, heat reserved bacon fat over a medium flame until melted and sizzling. Add the thinly sliced leeks to the melted bacon fat and fry until they begin to soften

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that any frost sensitive crops will no longer be with us. Peppers, winter squash, some herbs, etc will take a hit. Luckily, we have all of that out of the field now. So bring it on weather!

We hope you have a great week!!

Your Farmers,

Ayla, James, Ronia
and baby to be

What's in store for next week?

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

celeriac
red or green cabbage
popcorn!!
green top carrots
Brussels Sprouts
kale
parsley/dill
broccoli
pac choi
winter squash
onion
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!

are on the larger side, this is a variety that does not get hollowed out or "pithy" when it gets big. Enjoy sauteed with butter or sliced thinly on a sandwich. crunch crunch.

Potatoes- Red for Full, Pink Desiree for Half. Stores well (months) in a cool, dark place. Roast in tinfoil with herbs, butter salt and pepper. You won't be dissatisfied! Or small dice and toss with olive oil and fresh sage or rosemary, salt and pepper and roast in oven on high heat. Done when a little crispy. YUM!

Salad Mix- .5 lb for all. This is a bit sweeter with the cool nights. Keeps well for a week.

Swiss Chard- Use stems and all! Chop small and put in any stir fry or saute or cassarole. Light flavor is able to adapt to most recipes, including soups. Put in plastic bag in the fridge.

Dill- Finally! Big ol' bunches for you. It took us all year to get enough to give to everyone! Great in soups!

Yellow Onion- Full shares only

Swiss Chard and Rice Soup

1 bunch swiss chard
1 tablespoon extra virgin olive oil
1 medium onion, chopped
2 stalks celery, finely diced
Salt to taste
4 garlic cloves, minced
2 quarts chicken stock, vegetable stock or water
bay leaf and a couple of sprigs each parsley and thyme
½ cup basmati rice
Freshly ground pepper
Freshly squeezed lemon juice (optional)
Freshly grated Parmesan for serving (optional)
Trim the bottoms of the chard stems and dice. Set aside with the celery and onion. Wash the leaves and chop medium-fine.
Heat the olive oil in a large, heavy soup pot and add the onion, celery and chard stalks. Cook, stirring often, until the vegetables begin to soften, about 3 minutes, add a pinch of salt. Continue to cook, stirring often, until the vegetables are tender, another 3 minutes. Add the garlic and stir until fragrant, about 1 minute. Add the stock or water, herbs and rice. Bring to a boil, add salt to taste, reduce the heat, cover and simmer 10 minutes.
Stir the chard into the soup, cover and simmer another 10 minutes. Add freshly ground pepper, taste and adjust the salt. Serve with fresh lemon wedges for people to squeeze and Parmesan

and release their aroma – about five to six minutes or so. Add one quart fresh chicken broth to the leeks and dump in the cubed potatoes and cover the pot.

Cook the potatoes, leeks and broth together over a medium-low flame until the potatoes are softened and tenderly fall apart when pressed with the tines of a fork – about thirty minutes.

Remove the soup from the flame and allow it to cool slightly, then pour two cups fresh whole milk into the soup pot, stirring in the fresh dill as you go.

Season with unrefined sea salt and white pepper as it suits you, then serve the soup with plenty of good quality pasture-raised bacon and a dollop of sour cream.

Parsnip & Potato Mash

4 pounds potatoes, peeled and quartered
1 pound parsnips, peeled and cut into large chunks

1 tablespoon salt

1 cup milk

6 to 8 tablespoons unsalted butter

Freshly ground pepper

Instructions

Place potatoes and parsnips in a large pot, cover with water, and add 1 tablespoon salt. Bring to a simmer and cook for 20 to 25 minutes, or until potatoes are very tender.

Drain, return to pot, and mash until almost smooth (or leave slightly chunky, if you prefer).

Heat milk with 6 tablespoons of butter until scalding and then add in slowly, mashing or stirring into potatoes until smooth.

Season with pepper. Dot with remaining butter, if desired

Creamy Parsnip Soup

1.5 lbs parsnips, cut into 1" pieces

3 Tbsp. butter

1 medium onion, chopped

2 cloves garlic, minced

2 quarts vegetable or chicken broth

¼ c. heavy cream (optional)

½ tsp. allspice

⅛ tsp. nutmeg

salt & pepper to taste

8 pieces of bacon, cooked, drained, & chopped

Preheat oven to 400°F.

Place parsnips in single layer on rimmed baking sheet.

Roast until brown, stirring occasionally, about 30 minutes.

Melt butter in heavy large saucepan over medium heat.

Add onion & sauté until beginning to brown, about 5 minutes.

Add garlic & parsnips & sauté 5 minutes.

Add stock & boil until parsnips are tender, about 5 minutes.

Add cream, if desired, & remove from heat.

Puree soup in blender (in batches) or with an immersion blender.

Return to saucepan.

Stir in allspice & nutmeg, salt and pepper.

Bring soup to simmer.

Ladle into bowls.

Top with bacon, if desired, & serve.

INGREDIENTS

2 pounds Swiss chard (2 generous 1 1