



BLACKBROOK FARM

1150 35th ave Amery, WI 54001 | 828-702-0444 | blackbrookfarmstead.com | blackbrook.farm.llc@gmail.com

LAST BOX!!!

Hello Members,

Well, this is it folks! The season has flown by as usual. As we look to the fall and winter months, we are thankful to all of you for supporting our farm and family, especially during this pivotal year on our new farm. We are very excited to move forward in this new place and to grow our business and dream of having a more sustainable and diverse organic farm. There are a lot of things in the works for the coming years like building a pizza oven for having more events on our farm, starting a small orchard, and getting steers to raise our own beef. Lots to look forward to. Stay with us to be part of this growing farm!

We hope we have fed your family well this year. We do have about 15 more spots open for the **FALL SHARE!** Please sign up using the link in this newsletter email. If you don't want fresh, organic veggies to end, this is a great way to keep it going.

We also want to mention two farms that have been huge to our farm and family. One of them is **FOXTAIL FARM.** As many of you know, they run a sizable winter CSA program. If you are not signing up with us for a fall share (or even if you are) and want to get veggies and value-added products like soup, bread and frozen veggies all winter long, consider signing up for their winter share. We have included their flyer as a

What's in the Box:

Butternut Squash- Full share only.

Everyone's favorite squash. Great in a creamy coconut soup.

Buttercup Squash- half share only.

This squash is very similar in texture to butternut, as it is thick and creamy and not stringy at all. Also great in creamy soups or curries. This is also a favorite of ours and is an heirloom variety.

Broccoli- one head per member. Sweet and fresh fall goodness!

Green Top Carrots- Full share only. These are Bolero variety. Sweet and crunchy... yum!

Parsnips- Half share only. A special treat.

These can be used mashed, roasted or in baked dishes, like an au gratin. Use one of the recipes from last week's newsletter.

Brussel Sprouts- 1 lb per member.

Awesome roasted on high heat with oil or bacon grease, salt, pepper and garlic.

Radishes- Half share only. Nice chervil bunch. A little big, but not dried out at all in the middle. Still crunchy and spicy.

Popcorn- full share only. YES, THIS IS EDIBLE POPCORN! However, it needs at least a month to dry out more. So, use it as a table decoration until then. Pop it off the cob and pop it old school style on the stove in a thick bottomed pan with coconut oil or another high heat oil. Enjoy!

Red/Green Cabbage- Full share red cabbage, and half shares green cabbage.

this cabbage is so sweet this time of year. We just thinly slice it and saute it with butter and salt on the stove. Or put it in any soup. So many things to do with cabbage!

German Butterball Potatoes- 2 lbs. This



Harvesting Carrots in the beautiful fall weather



34 weeks! Still loving being outside with the crew!

Sautéed Kale

nytimes.com

- ¼ cup extra-virgin olive oil
- 3 cloves garlic, peeled and sliced
- 1 large bunch kale, stemmed, with leaves coarsely chopped
- ½ cup vegetable stock, white wine or water
- Kosher salt, freshly ground black pepper and red-pepper flakes to taste
- 2 tablespoons red-wine vinegar

Heat olive oil in a large sauté pan set over medium-high heat until it shimmers. Add garlic, and cook until soft. Add kale to the pan, turn the heat to high and add the stock. Use a spoon to toss the greens in the oil and stock, then cover and cook for approximately 5 to 7 minutes, until it is soft and wilted, but still quite green. Remove cover and continue to cook, stirring occasionally until all the liquid has evaporated.

Box #18

.pdf in our newsletter email.

The second is **Red Clover Herbal Apothecary**.

Nancy Graden, Ayla's mom, is an organic herbalist and grows and wild harvests all of her herbs she uses to make her plant medicine. She truly does a wonderful job at making a difference in our health and well-being. Consider getting one of her **fall herbal shares**. We have included her flyer with this email, as well.

Thank you Thank you Thank you!

Your farmers, James, Ayla, Ronia and baby to be

is a great creamer potato. Great roasted with butter!

Pac choi- *Full share only.* 1-2 depending on size. Toss with olive oil, salt and pepper and roast in the oven or on the grill. Or add to a stir fry or soup. Mild taste.

Garlic- 2 bulbs.

Yellow Onions- Stores for months in a cool, dark place

Green Curly Kale- one more kale bunch for you! We love it chopped finely into a creamy potato soup. Very versatile. Sneak it into any dish.

Dill- *half shares only.* Great in a potato soup or any soup, really.

Parsley- *Full share only.* Also a nice fresh herb for a fall veggie soup.

rated, another 1 to 2 minutes. Season to taste with salt and peppers, add vinegar and toss to combine.

Crisp Potato Cake (Galette de Pomme de Terre)

nytimes.com

A well-seasoned cast-iron pan is ideal for making this easy, comforting side dish. Make sure the potatoes are sliced thin, and dry them well before assembling the dish. This will ensure full crispiness.

2 pounds (about 3 medium) potatoes, peeled and sliced very thinly

1 tablespoon olive oil, or as needed

Freshly ground nutmeg

Freshly ground black pepper

1 tablespoon minced fresh parsley

1 tablespoon minced garlic

Salt

Fresh thyme leaves for garnish (optional)

Pat potatoes dry if very starchy or moist. In a sauté pan large enough to fit potato slices in just two layers, spread 1 tablespoon oil and sprinkle with nutmeg and pepper to taste.

Starting in center, arrange potato slices in a closely overlapping, attractive spiral. When pan is filled, repeat to make a second layer. Place pan over medium heat and cover. Slowly cook potatoes until well browned on underside, about 15 minutes, occasionally shaking pan gently to avoid sticking. Wipe inside of lid as needed to keep it dry.

Press potatoes down with a flat spatula and remove from heat. Place a larger platter over pan and flip it upside down, transferring potatoes to the platter. Check pan to make sure it is clean and has enough oil to keep potatoes from sticking.

Slide galette, raw side down, back into pan, and return to medium heat. Cover and cook until well browned, about 15 minutes. Meanwhile, prepare a persillade by combining parsley and garlic in a small bowl. To serve, slide galette onto a serving platter, season to taste with salt, and garnish with persillade or thyme.

Important Mushroom Information!!

Please find your mushrooms in either a plastic bag or labeled with your name on it on your box. IF you signed up for a fall share, you will receive one normal share and will get one more share and a mushroom butter with your first fall share delivery. IF you did NOT sign up for a fall share, you will be receiving 2 mushroom shares as well as a mushroom butter today.

TYPE: A mix of Shittake, Oyster and Button Mushrooms

Caramelized Cabbage Soup

1 head green cabbage

1 yellow onion, sliced

2 small leeks, sliced

2 carrots, diced

1 medium potato, diced

4 cups veggie stock

1 cup whole milk

2 Tbs. fresh dill, chopped

Preheat the oven to 375. Cut the cabbage in half and discard the core. Slice into thin strips, about 2" long. Toss with a bit of olive oil and salt and roast for 30-40 minutes, turning often. It should be browned and glistening when done.

Meanwhile, sauté the leeks and onion over low heat until caramelized, about 35 minutes.

In a soup pot, combine the veggie broth, carrots, and potato. Simmer, covered, for 20 minutes.

Add the roasted cabbage and the leek mixture and cook another 20 minutes. Add the milk, fresh dill, and salt and pepper to taste. Simmer a few more minutes to marry the flavors; adjust seasonings if necessary. Delicious with a slice of melted cheddar on top!

PLEASE RETURN YOUR BOXES!

It is still important to return your boxes and egg cartons, as we will be picking up boxes next week. PLEASE PLEASE PLEASE return all of your boxes that you have!!! It makes a huge difference.

Thank you!