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Broad Branch Farm
Community Supported Agriculture Program
June 21, 2018
www.broadbranchfarm.com

Dates to Remember

Tuesday, July 3
Online Orders Due by 3 p.m.*

Friday, July 6
Next CSA Delivery

* Add extra items to your delivery

Vegetable Share

Green Cabbage

We did a lovely salad with thinly sliced green cabbage, organic Vidalia onion, apple cider vinegar, olive oil, grainy mustard, little honey and cilantro. Quick and delicious.

Savory Green

French Sorrel or Arugula today. Both of these greens pack a world of flavor in a green leaf. French Sorrel is a citrus flavored perennial salad green. Arugula is pungent and if you aren't used to the flavor, it will surprise your taste buds. Only with our vegetable CSA will you receive these most tender of greens. They were harvested and handled leaf by leaf so they arrive in near perfect condition.

Garlic Scapes

We harvested the rest of our scapes this week to allow the hardneck garlic plants to put their energy into the bulb. Scapes hold forever – just keep them covered in the fridge and use as needed for fresh garlic flavor.

Roots

Radish, Hakurei Turnip and a sprinkle of baby carrots. The carrots were just a quick thinning on Wednesday. We have nearly 800' of carrots so there will be more! Hooray!

Fresh Basil

Harvested Wednesday morning, this basil is absolutely tender and not long lived in your refrigerator. Store in the 'warmest' place in your fridge. Better to use this sooner than later.

Kale/Chard Bunch

Gorgeous Chard and Kale bunch this week. Utilize those beautiful chard stems. Easy to chop and saute with onion, garlic until tender. Toss in a few coarsely chopped chard leaves, wilt slightly and serve with your morning eggs.

Green Garlic

Fresh uncured garlic pulled Wednesday morning. You'll find the cloves sticky with garlic juice as you use them in your cooking – a sign of freshness! The leaves are edible as well – anything on this garlic plant that is not woody, you can eat. And even the woody stem can be peeled, washed and used like a piece of ginger to flavor a dish.

Kohlrabi

Tender new Kohlrabi. Just peel the thin outer skin and enjoy the crispy mild interior.

Spring Vegetable Coconut Curry

Start by removing greens and cutting radishes and turnips in half. Dice Kohlrabi into large pieces. Add onion, large dice, if desired. Using a high heat safe fat (we use our own lard or coconut oil), roast on rimmed cookie sheet in oven at 400 until tender. Do not overcook. Set aside.

In a large skillet, heat coconut oil and saute diced garlic and/or garlic scapes and minced fresh ginger. After a minute, add coarsely chopped chard stems. Cook until chard stems are al dente, add coarsely chopped chard and/or kale leaves. Cook just a minute or two tossing the entire time.

Make a space in the center, add a little coconut oil, then turmeric, curry powder, cumin, salt and pepper. Stir until fragrant, just about a minute, to bloom the spices. Add one can organic coconut milk, stir to combine with spices. Add roasted veggies and stir to combine. Add chopped fresh basil and/or cilantro – toss.

Top with roasted chicken, salmon or any other favorite protein.

Farm News

We've had a whole lot of summer since our last delivery. You've probably noticed the heat and humidity. It's a bit challenging when our jobs are outside in the weather. We're handling it but we look forward to the cooler temps and hopefully drier air for the next week. The livestock are handling the weather well. They have plenty of water and access to shade on the most intense days. There is concern about the garden. We are seeing the heat and humidity causing rotting stems. We even found beautiful kohlrabi bulbs beginning to rot due to the excess moisture. Kohlrabi is one of the hardiest, best storing veggies. Notice how rock hard this vegetable is in your box today. It takes a lot of moisture to cause damage to this veggie. We're watching everything carefully for any other signs of rotting and we'll harvest early if that is the case. I will say our garden location at the new farm is well drained with a gentle southern slope. It's not standing water that is the problem – it's simply excess moisture and high humidity trapped in the ground and canopy of the plants. We need a good brisk north wind!

We do have some good news to report. The first Sungold tomato was harvested by our Laura yesterday, June 20. This is a major event on the farm that brings huge smiles. Laura actually found 5 so each of us enjoyed one little tomato. Once they start, they ripen quickly. It's possible there will be a few tomatoes in 2 weeks for the next CSA delivery. Yea!

IMPORTANT DELIVERY CHANGE!

Our next delivery comes the week of July 4th. Due to the holiday week, our delivery will be made on **FRIDAY, JULY 6**. We will not deliver on Thursday, July 5. We'll be in touch with multiple reminders about this change.