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Broad Branch Farm
Community Supported Agriculture Program
June 28, 2018
www.broadbranchfarm.com

Dates to Remember

Tuesday, July 10
Online Orders Due by 3 p.m.

Thursday, July 12
Next CSA Delivery

Vegetable Share

Napa or Regular cabbage

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

Bok Choy

Head of bok choy or a bag of young side shoots. With this heat, our bok choy is bolting, that is, trying to flower. Side shoots are mini bok choy heads formed as the flower stalk develops. They are tender and can be eaten raw or a quick sear in a hot skillet.

Broccoli

Use the tender stem after it is peeled. Leaves are delicious once sautéed.

Garlic Scapes

Roots

Radish or beets this week.

Fresh Basil

Harvested Wednesday evening. Store in the warmest place in your fridge.

Kale/Chard Bunch

Harvested Wednesday evening. Utilize the 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 Onions

Kohlrabi

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

Our apologies the newsletter is delayed. Once Brian was on his way to Naperville, the rest of the family went into farming mode – feeding, watering and tending every plant and animal. Our first priority is making sure the needs of what we grow – plant or animal – are met. With the heat, it's more time and effort. Chores started with hauling water to the beef herd. Both 100-gallon tanks were ready to be filled. It wasn't an emergency but we want water in front of the cattle at all times. Checking on Bonnie (milk cow) and her little calf, he seemed hot and needed his mother. So, off to find Bonnie who was way at the other end of the pasture. We hollered, "Bonnieeee!" "BONNIEEEE!" Thank goodness, she came right away. Reunited, the calf nursed and all was well. Then, chicken chores. Then, the garden. Thursday was hot and anything young and tender needed water like the new eggplant and lettuces. Then back to livestock chores and another load of water to the beef herd. It takes a lot of *time* taking care of an entire farm for one day especially with multiple enterprises. This brief recap of Thursday's work is why this newsletter was delayed. Please have patience this season as we farm, parent and make the move to the new farm. It's a lot to handle!

From the Pastures

There's a lot going on with our livestock. We currently have 3 flocks of chickens to tend: week-old meat chickens at the Wyoming farm, adolescent layers and the mature layers at the new farm. The young layers can't join the adults until around 3 months. It would help if they could be together so one dog could protect the chickens at night from owls. We have to choose which flock gets the night patrol. You might remember we have a second Anatolian Shephard named Rascal. Rascal is a bit more 'unpredictable' and we'll want to be living at the new farm before we leave him to guard chickens overnight.

Our new sow Lizzie made our first sow Patty a grandma 3 weeks ago. The 10 piglets are growing fast and they are ready to be weaned. We are all for a long nursing period after birth but these piglets grow so fast, it's a lot for Lizzie. Weaning takes place side by side separated by a gate so the family can see and talk to each other. It's usually low stress. Lizzie just wants to sleep and the piglets have each other to play and sleep side by side. All of us as parents understand when little ones are mature enough for that next step.

Our Grassfed beef herd of mama cows, new calves and adolescent calves will be toughing it out in the summer heat. They are currently in the back pasture where we have to haul water. That's a twice a day job if not more to keep the herd watered. No electricity or well in these back pastures. We'd love to improve access to water in these gorgeous, more remote pastures.

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.