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Broad Branch Farm
Community Supported Agriculture Program
July 6, 2018
www.broadbranchfarm.com

Dates to Remember
Tuesday, July 17
Extra Item Orders Due by 3 p.m.
Thursday, July 19
Next CSA Delivery

Vegetable Share

Green Cabbage

Love this variety of cabbage – ‘Tendersweet’. They are delicious and just the right size.

Flat Leaf Parsley

You can never have enough Parsley. Excellent in this week’s slaw recipe.

Cucumber

Yes, some of these cucumbers are huge. Our favorite variety – ‘Tasty Jade’.

Radishes

Last harvest on our spring radishes.

Kohlrabi

We pulled the rest of the kohlrabi this week to avoid any further problems with rotting bulbs. The intense heat and humidity is too much for these cool weather loving plants.

Green Onions

Broccoli

We give it all to you – long stem, leaves and head. All edible but you MUST peel the lower part of the stem to reveal the tender delicious center. Broccoli stems were a main ingredient in Brian’s slaw recipe below. Great way to use this part of the broccoli.

Grab Bag

One more delicious item in your box today.

Brian’s Sweet’n Sour Vegetable Slaw

Brian created this slaw the other night while the rest of us finished up evening chores at the new farm. Nothing could make us happier than coming home to FOOD! Good food created from vegetables and meat from our farm.

This recipe needs a carrot or two for color but that wasn’t in the fridge – feel free to add. This is a sweet ‘n sour kind of slaw – easy and delicious.

Kohlrabi – peeled and cut into quarters

Broccoli Stems – peeled cut into chunks

Green Cabbage – ½ head, cut into quarters, core removed

Onion – we used a whole organic Vidalia

Carrot – one or two carrots, cut into large pieces

Fresh Parsley

Shred all vegetables in the food processor using the coarser side of shredder. Transfer to bowl, salt lightly and toss. Add apple cider vinegar, olive oil, honey, ground black pepper, few dashes of hot sauce. Taste for seasoning adjusting to your level of sour and sweetness. Add chopped fresh parsley to finish.

Farm News

It seems a day below 90 degrees is a gift this summer. My goodness, we cannot believe the amount of heat we’re receiving – the duration and the number of hot humid days. We are so relieved the heat broke last night. We were 65 degrees at the Wyoming farm this morning and a brisk east wind is keeping us very comfortable. Despite the early morning and all the work getting the delivery off and running, there are big smiles on the farm this morning. There is so much work we want to accomplish today and through the weekend while it’s cool. We’re warm again on Monday and through all of next week.

Our Wyoming farm received a good rain July 4 but the new farm didn’t receive any the last couple days. The last rain on our pastures and garden was Sunday afternoon when a system came through giving us a good soaking. No rain in the forecast for the next week so we’ll be quite ready when it does come our way.

With 4th of July behind us, we are in full summer mode. The tomato harvest is just beginning and a few of you will see some cherry tomatoes today. Please don’t be disappointed if you didn’t see tomatoes in your vegetable box today – more than likely everyone will receive some fruit in 2 weeks. Once they begin to ripen, the number of fruit harvested rises exponentially. We love tomatoes and live on the principal you can never have too many. We only have so many tomato growing seasons in our lives so we need to make every one of them count! Fearing we don’t have enough already, we planted another 50 Arkansas Traveler/Early Girl plants on Monday.

Hope all of you can enjoy every minute of this cool down. You won’t find one of us inside this weekend until after dark. This is the kind of weather that recharges our batteries after being worn down from that oppressive heat and humidity.

Normal Thursday delivery schedule on July 19. Until then, enjoy this good food.