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Broad Branch Farm
Community Supported Agriculture Program
July 19, 2018
www.broadbranchfarm.com

Dates to Remember

Tuesday, July 31
Extra Item Orders Due by 3 p.m.
Thursday, August 2
Next CSA Delivery

Vegetable Share

Napa Cabbage

Our spring Napa has toughed it out through the heat. We have small to large heads today. We saute or use it fresh in salads.

Tomatoes

The fruit is coming on strong! Everyone has beautiful slicers and cherry tomatoes today. We're in tomatoes until maybe the end of the CSA in November. More on the way!

Fresh Basil

They talk corn knee high by the 4th of July. How about Basil *hip* high?? We've planted basil right next to a tomato row in our hoophouse and the plants are big and gorgeous.

Cucumber

Carrots

Some of you may see some purple carrots as well as orange in your box today.

Salad Mix

New crop red leaf lettuce and red kale along with a little French Sorrel

Grab Bag

One more delicious item in your box today.

BBF Italian Beef

Today's Meat CSA shares that include a Grassfed Beef portion will receive a Chuck or Arm Roast. Both these cuts require a long slow braise until they are fork tender and delicious. Using a few fresh, a little water and some time, you'll be rewarded with a pot of tender beef and delicious broth. Our family is undecided which tastes better – the beef or the broth? We all agree the combination is wonderful.

BBF Arm or Chuck Roast

Fresh Basil

Fresh Oregano

Fresh Sage

Garlic

Onion

Prepare crock pot by adding 2 quarts of water and turning on heat. Cut roast into 3 or 4 large pieces and be sure to include the bone. Season pieces with fresh pepper, salt and dried garlic granules. Heat a skillet, oil pan and brown pieces on all sides. Add browned beef including bone to crock pot. Add enough water back to skillet to clean the pan making sure to scrape up everything – pour this good flavor into the crock pot.

Add handful of fresh basil, 3 or 4 sprigs fresh oregano, a few leaves of sage, 3 or 4 cloves of garlic and one onion sliced. Cook 5-6 hours until beef is tender. Taste broth – most likely will need salt. Serve shredded beef over a fresh roll with a good ladle of broth.

Farm News

It's just 68 degrees on this delivery morning. Much different weather from 2 weeks ago. We are thrilled with the cool off and our energy and moods have taken a turn for the better. Everyone is getting worn down from the heat and humidity.

Our Wyoming farm fared better than our Chillicothe farm on rain. We need an inch on our pastures and garden at the new farm – slow and steady so it can soak in gradually. Fingers crossed we receive some moisture.

We had a bit of excitement on the farm earlier this week. I'll start by explaining chickens, though we love them, are the most creative about bringing about their own demise. We have raised thousands of laying hens and meat chickens over the last 15 or 16 years and we're still surprised by situations we find chickens in from time to time. I'll also defend the chicken. We don't think they're stupid as many folks claim. Not every chicken death is entirely the victim's fault. Sometimes, we failed to "think like a chicken" and predict what could happen if this or that is not adjusted, mended or changed. All that said, we found another chicken predicament earlier this week. While working in the barn, Lucy and our helpers heard the distinct peeping of baby chicks. But, it sounded like these chicks were in the barn wall. We couldn't address the situation until later that evening when Laura reminded us about these possible wall bound chicks. Up to the barn loft where we found a distraught and very protective mama hen clucking and puffing out her feathers as a mama hen will do with chicks. But, where were the chicks? We noticed a 4" knot hole in the floor of the loft and shining our flashlight down the hole discovered the baby chicks inside the wall about 6' down. No way we could reach them by hand. They seemed lively and well and Laura sprinkled a little feed down the hole to keep them busy. Using a tape measure to determine their location down the wall cavity, we guessed where they were and with crowbar in hand, Anita pried off a piece of barn siding to reveal 5 happy chicks. Susannah retrieved mama hen – no easy task because she heard the chicks peeping and wanted to protect them. But, Susannah brought her down from the loft and the 5 chicks and mama hen were reunited at last. How they all ended up down hole, we'll never know. Fortunately, we were able to head off another chicken predicament that surely would have ended badly.