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Broad Branch Farm
Community Supported Agriculture Program
July 26, 2018
www.broadbranchfarm.com

Dates to Remember
Tuesday, August 7
Deadline to order extra items
Thursday, August 9
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

Peppers

We don't grow any hot peppers so all the fruit you see in your veggies boxes this season will be sweet and delicious. These plants are just getting started. Lots more on the way.

Carrots

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

Red Russian Kale/Swiss Chard Bunch

Garlic var. 'Chesnok Red'

All of our garlic is harvested and hanging in our beautiful old corn crib to cure. This hardneck garlic variety originates from the country of Georgia.

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

We're relieved to report the weather has improved with temps not exceeding the mid 80's this week. And, it's not going to get hot at least through the weekend. We could use a bit more rain at our new farm. Seems like the rain likes our Wyoming farm better than Chillicothe. The only benefit of dry weather is catching up on all that weeding!

We had a little excitement on the farm recently. First off, chickens are definitely 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. We love our chickens and we don't think they're as ignorant 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 that could have ended badly. While working in the barn, Lucy heard the distinct peeping of baby chicks. Didn't know where they were but it sounded like they were in the barn wall.

Oh, boy. How did they do that? We couldn't investigate until later that evening when Laura reminded us about the 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 babies? 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. After a little thought, we realized no way they were coming up through the floor. So, using a tape measure to estimate their location, we took a crowbar and 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. Mama hen may have settled over the hole and as each chick went under her wings for a cuddle, they took their first flight instead. Happy ending to yet another episode of chicken predicaments. Mama and babies are now safe and happy, grazing in our yard under the apple trees.