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Broad Branch Farm
Community Supported Agriculture Program
September 13, 2018
www.broadbranchfarm.com

Dates to Remember

Tuesday, September 25
Deadline to order extra items

Thursday, September 27
Next CSA Delivery

Vegetable Share

Tomatoes

We're into September now with nights in the mid 50's. We're hoping for bright sunny weather to keep the fruit ripening.

Summer Squash

Salad Greens

Arugula, Kale and Escarole

Peppers

Eggplant

The fruit is so sweet and delicious if you just dice and saute (don't overcrowd the pan) on high heat letting the pieces brown slightly. No need to peel, no need to salt. Excellent with the summer squash, garlic, basil and parsley with your morning eggs.

Watermelon Radishes

Gorgeous radishes with big greens. If these are spicy, dice and saute. They are delicious in a stir fry. Greens can be a little 'prickly' but mellow and soften with a saute.

Garlic var. 'Chesnok Red'

Parsley

Monster bunches of parsley! Our harvesters were too fast and the parsley stems so big and abundant, our bins filled quickly. Amazing what rain can do!!

Basil

The time is ticking on the basil as temperatures begin to cool. Enjoy it's wonderful flavor.



Farm News

Just recently, we had two different customers, a news story and a lawn chemical application remind us of how important it is to avoid pesticides in our diet and environment.

In our business of providing clean food, we regularly receive contact from people who are ill. Very often the person has gut issues and they are seeking clean food - especially bones for broth. These are not elderly customers but young or middle age people experiencing similar symptoms. In one week, we had two new customers contact us seeking food to heal their illnesses. It's too common.

Then, we heard the news story on PRI's *The World* about pesticide exposure to farm workers in the Yakima Valley of Washington. Farm workers were bringing home pesticides on their clothing and unknowingly exposing their young baby to the chemicals causing severe problems and almost death. It is well documented that children are at a much greater risk to pesticide exposure than adults. You may ask how that could possibly happen and why didn't the parents know. In any conversation we've ever had with a pesticide applicator or farmer who benefits from the application of the pesticide, he or she will always say the pesticides are not a problem. *Always*. The potential risk is minimized and the farm workers are sent into work despite potential harm.

Finally, when making a recent home delivery to a home, the smell of pesticide hung heavy in the air. Walking up the sidewalk, dead and dying insects were belly up, some obviously in the process of dying with legs waving in the air. The sign in the yard confirmed the application of pesticides warning to stay off the grass - but only until the chemicals had dried.

Here's the takeaway. We are exposed to pesticides daily including our pets and children. Their use has become so normalized, they are used on our food, in our parks, schools, homes, yards, workplace, etc. It's not the one apple or a strawberry that has been sprayed, it's all the conventionally raised food, the walk in the park that has been sprayed, the roll in the treated yard, the exterminator that sprayed your home or workplace, the flea pesticide on the pet, etc.

It's the accumulation of pesticides that pose a real health risk to our environment - and our bodies are that environment. We can only absorb so much before there's a problem. There is no "away" in this world.

Chicken with Vinegar

Food and Wine just published an issue with their 40 best recipes since 1978. This recipe caught our eye. Meat Shares including BBF Chicken were just delivered this week and there are plenty of tomatoes in the vegetable share.

2 tablespoon unsalted butter and 1 tablespoon peanut oil
4 unpeeled garlic cloves
1 (2 1/2- to 3-pound) whole chicken, cut into 10 pieces
Kosher salt
Freshly ground black pepper
1/2 cup mild white wine vinegar or rice vinegar
3/4 pound very ripe red tomatoes, peeled, cored, seeded, and cut into 1/4-inch pieces (about 1 1/2 cups)
2 tablespoons chopped fresh flat-leaf parsley (can substitute fresh basil)
2 tablespoon unsalted butter

Preheat oven to 200°F. Heat butter and garlic in a large, heavy-bottomed skillet over medium-high. (The skillet should be large enough to hold all the chicken pieces in 1 layer.) Cook until the sound of sizzling butter has faded, about 3 minutes. Add chicken pieces, and cook until pieces are lightly browned, 5 to 7 minutes, flipping once after 3 minutes. Sprinkle liberally with salt and pepper.

Add vinegar, and bring mixture to a brisk boil over medium-high; top chicken with tomatoes and parsley. Reduce heat to low; cover and cook until chicken is cooked through, about 15 minutes, flipping chicken pieces after 7 minutes. Transfer chicken to a baking dish, and keep warm in preheated oven.

Using a spoon, skim and discard fat from surface of vinegar mixture in skillet. Continue to cook over low, undisturbed, until reduced by one-third, 3 to 4 minutes. Remove garlic cloves; peel cloves, and mash garlic pulp into sauce with a wooden spoon until blended. Add salt to taste. Whisk in 2 tablespoons butter until creamy. Transfer chicken to a platter; pour sauce over chicken, and serve immediately.