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Broad Branch Farm
Community Supported Agriculture Program
October 4, 2018
www.broadbranchfarm.com

Dates to Remember
Tuesday, October 16 - Order deadline for extra items
Thursday, October 18 - Next CSA Delivery
Thursday, November 15 - Last CSA delivery

Vegetable Share

Tomatoes

Our plants are definitely slowing down but what a treat to still have fresh, real tomatoes.

Summer Squash

Greens Bundle

Swiss Chard, Red Russian Kale and Radish Greens. Remember, stems should be cooked first to allow time to soften while leaves can be wilted quickly. We used the radish greens in a skillet supper of ground pork, pan seared diced sweet potatoes and stewed tomatoes. The greens simmered away with the tomatoes, potatoes and meat. Excellent addition to the dish.

Peppers

The star of the garden right now - the peppers are outstanding!

Cucumbers

Roots - Hakurei Turnips and Radishes

The fall turnips are the best. Slice and eat raw. The greens are gorgeous, too. They are mild and delicious.

Eggplant

The plants are huge and full of fruit. We're hoping for a little more time before frost hits to let the fruit grow.

Basil

Eggplant Bruschetta - from Smitten Kitchen

Excellent as a side but could also be a vegetarian dinner served with a salad.

1 to 2 tablespoons plus 4 teaspoons olive oil
1 1/2 pounds eggplant (about 2 medium), in 3/4- to 1-inch slices
2 ounces (1/2 cup) chopped or crumbled ricotta salata OR feta cheese
2 tablespoons capers, drained
1/3 cup finely diced onion
3 seeded, diced medium tomatoes (1 1/2 cups)
3 tablespoons minced fresh mint leaves, parsley, basil or combination
2 teaspoon red wine vinegar
Freshly ground black pepper.

Preheat oven to 425 degrees. Coat a large baking sheet generously with olive oil, about 1 to 2 tablespoons. Arrange eggplant rounds in a single layer. Sprinkle with salt and freshly ground black pepper. Roast, without disturbing, for 15 to 20 minutes. Carefully flip each piece: the undersides should be blistered, dark and a bit puffy and should release from the pan with no effort. If they're not, let it cook longer.

Once flipped, return the pan to the oven for another 10 to 12 minutes or so, until the undersides match the tops.

Alternatively, on the grill: Brush eggplant slices with oil; sprinkle with salt and pepper. Grill eggplant slices until slightly charred and tender when pierced with knife, about 5 to 7 minutes per side.

Mix cheese, capers, onion, tomatoes, herbs, vinegar and remaining 4 teaspoons olive oil in a small bowl. Taste for seasoning. Serve by topping roasted eggplant slices with tomato and cheese mix.

Farm News

We were actually happy for the warmth on Tuesday when temperatures approached 90 again. We're flirting with cold temperatures these days and now being warm is very, very appealing. We went to sleep Wednesday night maybe a little warm but woke up to a brisk north wind blowing through open windows and a cold house! Our inside thermometer said 58 degrees! Too cold!

Once fall arrives, we always hope the weather will remain mild as long as possible. This year especially because it has been a hard, hot season. We want some decent growing days because right now, the garden is at its best. The insects are mostly gone, temperatures relatively mild and the vegetables are loving it. Things exploded with growth once our dry spell ended and we're enjoying the results of that much needed moisture. That was 3" of rain that broke the dry spell and the garden and pastures soaked it right up. This is the sweet spot of the season - the overlapping of summer and fall veggies, when the weather can be pristine and the food tastes especially good. And, with the weather cooling down, it just feels good to cook something warm and comforting.

We have some exciting news about our new construction. Much progress has been made and we are within a few steps of calling for our final inspection. Once we pass, we'll have the green light to occupy our home. Just in time before it gets really cold! We have no desire to spend another winter on the open prairie where the cold winds make our home and bodies cold. Oh, the wind out here! We're so ready for a well insulated, warm home with big south windows that let in the sunshine and the heat. We are already seeing the house warm up as the sun is now low enough in the horizon to stream in under the overhang that protects us from the sun during the warmer months. Not only is the warmth so wonderful but just the light that enters the house lifts a person's spirits. You feel as if you are outdoors. That's what we hoped for - a home that fits into the landscape and allows us to enjoy the beautiful surroundings 365 days per year. Rather than hibernating in a cold home, we'll be LIVING in a warm one this winter. Now, that's some good news.