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Broad Branch Farm
Community Supported Agriculture Program
October 11, 2018
www.broadbranchfarm.com

Dates to Remember
Tuesday, October 23- Order deadline for extra items
Thursday, October 25 - Next CSA Delivery
Thursday, November 8 - Last CSA delivery

Vegetable Share

Tomatoes

Most likely the last of the tomatoes this week with cold temperatures finally ending the harvest.

Summer Squash

Greens Bundle

Some combination of pretty Swiss Chard, Scarlet Kale and Radish Greens. 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 seasoned 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

So sad to have our pepper plants taken by the cold. The plants and fruit are gorgeous and you have the most delicious, sweetest peppers in your box this week.

Cucumbers

Roots - Hakurei Turnips and Radishes

The fall turnips are the best. Slice and eat raw or add to your veggie saute. The greens are gorgeous, too. They are mild and delicious.

Eggplant

This is the last of the eggplant as well. Try pan seared diced peppers and eggplant with your morning scrambled eggs. Add a sprinkle of feta and diced fresh tomato - delicious.

Basil

Last of the basil for the year - enjoy!

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

Wow, what a change in the weather! Amazingly, we were close to 90 degrees last week and we soaked that up enjoying the warmth. How ironic since we complained about the heat all season. At this time of the season, we're watching the 10-day scanning for any cold temperatures that could set off our frost frenzy. We saw a predicted 38 degrees for Thursday and Friday night this week. Something to notice for sure but nothing to damage much in the garden. But, by Tuesday this week, predicted temps dropped to 34 degrees and that's a whole different story. And, more cold is coming on Monday - 31 degrees. We decided not to chance it. After getting our delivery off Thursday morning, Anita, girls and a fabulous helper descended upon the garden to harvest anything we might lose over the next few days. Gorgeous peppers, eggplant, summer squash and tomatoes filled bins. Susannah with Laura's help harvested bucket after bucket of mature and immature Zinnias, Strawflower and Gomphrena. The sun was shining and our crew was in good spirits despite these crops coming to an end. Susannah decorated Laura's stocking cap with a ring of Zinnia's and we marveled at the beauty of the food we pulled from the plants. We're never, ever ready to let all this food go. Once we get past the extreme heat of the summer, the bugs subside, and the fall rains come, the garden is pristine. We find fall gardening some of the most enjoyable, the food the most delicious of the season. The only drawback is that first frost. Our crew worked their butts off on Thursday and the food is now safely tucked away in our barn. We are lucky to have such dedicated help on this farm.

We have some exciting news about our new farm. Much progress has been made on our home 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 blows hard 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's rays during the warmer months. Not only is the warmth so wonderful but the light that enters the house lifts a person's spirits. You feel as if you're outdoors. That was our hope - a well insulated home that nestles 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.