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Broad Branch Farm
Community Supported Agriculture Program
October 25, 2018
www.broadbranchfarm.com

Dates to Remember
Tuesday, Nov 6 - Order deadline
Thursday, Nov. 8 - Last CSA Delivery

Vegetable Share

Green Tomatoes

We enjoy green tomatoes but we never harvest them until fall. We add diced green tomatoes to our stir fries and find their texture and flavor delicious. Adding them to your dishes will brighten the flavor like adding lemon juice or vinegar but they aren't bitter. Fresh flavor, good keeper and they hold up very well under the heat of cooking.

Beets

If the only beets you have eaten are salad bar pickled beets, then you've never had a BBF, frost kissed beet. Remove greens and stem, cut into reasonable pieces, toss with olive oil and roast until fork tender. You will be blown away by their delicious flavor and sweetness. We don't peel them but you could once cooked.

Bok Choy

Salad Greens

A mix containing many possibilities - Red Leaf, Romaine, Escarole, Red Rain Mizuna (purple), Arugula, Swiss Chard, French Sorrel, Curly or Red Russian Kale

Peppers

Still delicious!

Watermelon Radish

We'll always grow this radish. They keep for months, the taste is delicious, the pink interior completely dramatic. Some of these have a kick but you can fix that by roasting or sautéing. Cooking completely eliminates the heat.

Parsley

Touched by the fall cold temperatures, the parsley has sweetened and we find ourselves snacking on sprigs as we make the bunches.

Green Cabbage

Garlic var. 'Music'

Garlic Honey Mustard Vinaigrette

1 large garlic clove, peeled, chopped into 3 or 4 pieces
2 T Apple Cider Vinegar
2 tsp stone ground mustard
1 T Honey
6 T Olive Oil
Plenty of freshly ground pepper
Salt taste

Smash garlic pieces with mortar and pestle with sprinkle of salt until smooth. Place in medium size bowl. Add vinegar, mustard and honey and whisk together. Slowly whisk in olive oil. Add freshly ground pepper. Taste for seasoning. You'll never want store bought dressing again!

Roasted Garlic Vinaigrette

3/4 cup Extra Virgin Olive Oil
2 garlic cloves, unpeeled
Sprinkle of red chili flakes
Fresh or dried oregano, thyme, sage or some combination
1 tsp Mustard - Dijon or stoneground
1/2 cup apple cider vinegar
Salt and freshly ground pepper

Place olive oil in small sauce pan with garlic cloves. Slowly heat on low heat allowing the garlic to roast in the oil turning over a few times. Do not overheat or let the oil smoke. Keep it low and slow. When garlic is tender (check with paring knife), remove garlic cloves and add fresh herbs to oil. Remove from heat and allow herbs to steep in the warm oil. Peel garlic cloves and smash in mortar and pestle with tsp of salt OR in a bowl with the back of a spoon. Whisk together smashed garlic, mustard, vinegar, pepper in a bowl. When oil has returned to room temperature, remove fresh herbs and slowly whisk olive oil into bowl. Taste for seasoning.

Farm News

The cold weather came in fast with cold temps, rain and wind. We were so happy to have some good weather this week. Wasn't it gorgeous? Lots of sunshine, gentle breezes and comfortable temperatures. We put our time to good use and planted garlic, finally. It's getting late but the forecast is good with temps a bit warmer than the last week or more. We're not ready for frigid temps and numb fingers. There is still so much work to accomplish before the cold really sets in - like garden clean up, composting, fertilizing, cover cropping and preparing beds for early spring planting. There are hoophouse structures to build for storing everything that is coming from the old to the new farm. That's just a little of the work that needs to be done. People ask what we do all winter. We work like everyone else! Just in a different way than over the growing season.

We're in the final few months of the 2018 growing season. A total of 3 more CSA deliveries to go for Naperville and our local Peoria areas. It's been a long season of commuting to the new farm and we cannot wait to be in one place with our garden and pastures a few steps out the door instead of 12 miles away.

This is our 3rd season growing at the new farm and it's all been done while still living at the Wyoming farm. We never guessed we would grow food where we didn't live. It was a scary thought! And, it's been a real test for the business and our family. But, through hard work, determination and an immense amount of cooperation, it has worked. Not always smoothly! We're going to look back on this experience, wonder how it all happened and just shake our heads. Brian and I look back on the days of selling at the Naperville Farmer's Market with one of us always holding a baby while selling. Or, both of us holding a baby or toddler! It was a lot of work but we had good help. And, our girls have grown to be outstanding, enthusiastic contributors to the farm. That was always our goal.

As parents, we have feared the challenges of running the farm would discourage the girls. Isn't all of this just too hard?? But, when we go through the long days together, keeping them in the conversation, asking for their input in decisions, it makes the girls even more committed to our life and farm. They are rock solid even when Brian and I are not sure if we're going in the right direction or pushing too hard. We are surprised at their resiliency to the many hours it takes to run this farm.

But, we all need a break from the intense schedule of the CSA. Just one more delivery on November 8. Then, we'll be back for more deliveries right up through Christmas. 2019, here we come!