

Broad Branch Farm, Ltd.  
15848 Twp. Rd 500N  
Wyoming, IL 61491  
Anita: 309-231-9290  
Brian: 309-231-9280

**Broad Branch Farm**  
Community Supported Agriculture Program  
November 8, 2018  
www.broadbranchfarm.com

### Winter Delivery Schedule

\* November 29 \*  
\* December 13 \*  
2019 Dates - TBA

## Vegetable Share

### **Bok Choy**

### **Leeks**

### **Beets**

### **Salad Greens**

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

### **Watermelon Radish**

Dramatic greens and delicious roots. They are mild and delicious.

### **Hakurei Turnips**

There is simply nothing more outstanding than fall grown Hakurei turnips. They are one of the most incredible fall roots you can find. Just slice and eat - you don't need anything else. And, the greens are perfect in your next salad.

### **Napa Cabbage**

We had fun harvesting these pretty heads of Napa cabbage. Planted way back in August, these heads grow quickly and taste delicious. Recommend peeling leaves off as you need them. This helps you keep the remaining head fresh and ready for your next meal.

### **Garlic**

### **Kohlrabi or Baby Cabbages**

These light green bulbs are hard as a rock but peel off the tough skin and you have a crisp sweet interior. Just like the turnips, kohlrabi is delicious eaten raw. But, you can also dice and add to your next favorite dish. The greens are also edible.

## **Broad Branch Farm Roasted Chicken**

A perfectly roasted chicken is one of the finest meats you can enjoy. We agree there are many cuts of meat that are absolutely delicious but a roasted chicken offers variety other cuts can't provide - white meat, dark meat, crispy skin and then you can make broth with the leftovers. One bird can provide multiple meals and such culinary enjoyment. And, it's not hard.

Broad Branch Farm chicken

Salt

Pepper

Garlic granules

Olive oil, butter, coconut oil, lard, bacon fat - your choice - for basting bird

Remove neck, heart and liver from the chicken. We roast the neck with the chicken. Feel free to roast the heart as well. The liver is nice pan fried with butter.

Preheat oven to 325 degrees. The chicken should be rinsed and patted dry. Season liberally on all sides and inside the cavity. Include neck in this process if you are roasting. We use a folded paper towel to grab the end of the drumstick to turn the bird while using the second hand to season.

Place chicken on a rack set in a shallow baking dish or cookie sheet. If using olive oil, drizzle bird with oil and rub over entire bird. If you are using a fat that is somewhat solid at room temperature like butter, coconut, lard or bacon fat, we place the bird in the oven for a few minutes to warm up. This prevents the melted fat from seizing up on the cold bird making it hard to spread over the skin. You definitely should rub the skin with some fat - it makes an excellent crispy delicious skin. For a really excellent bird, baste one more time at about 30 - 40 minutes into roasting. This second basting is only for the top of the bird. We do not turn it over to baste the bottom.

Roast bird breast side up until thickest part of the breast has temperature of 158 - 160. Remove bird from the oven, cover (we use a large metal bowl) and allow to rest 15 minutes.

The bird will come out with crispy skin and juicy delicious meat. Don't overcook - use a good thermometer to check temperature. Save the meat and use ALL the bones for making stock.

## **Farm News**

What a crazy 5 days! When we started planning our strategy for getting through this week, it had us worried. Down 2 helpers, cold coming, a garden to completely harvest, delivery on Thursday - enough to keep a couple farmers awake stressed about how to get it all done. It took us until this evening, but the food is harvested and our walk-in coolers have turned into 'root cellars' with small heaters running to prevent the veggies from freezing. The temp at our Wyoming farm is 22 degrees and the wind is gusting and that means our barn where the food is stored is cold. We're finally inside, muddy clothes hung to dry, tired but relieved to say we're done.

The only veggies remaining in the garden are greens in a hoop house. They are covered and we're hoping they will survive unscathed. We have one more CSA delivery next week for our Naperville customers and then we're officially done with the 2018 CSA. 24 total weeks completed and that will feel good. No wonder Thanksgiving is our favorite holiday. We've just had a huge weight lifted.

Thank you for the kind words upon the completion of the Peoria area CSA. It's been a really long season - not the best, not the worst. It feels like it was a season of extremes with more heat spells than we can remember, a long dry period and very cold temps about 2 weeks earlier than expected. The most challenging CSA share we offer is the Vegetable share. Managing the livestock for eggs and meat is not easy but it's the veggies that require hours and hours of labor, in all weather, every day from April thru November. This season we wanted more variety in our boxes. We didn't plant any less but we found the heat a challenge for more cool, moisture loving crops. Our fall garden has been the best. Once the dry spell ended and temps moderated, it got a little easier for us. Know that we work very hard to make it all come together and give you the best veggie boxes we can produce. Once the CSA ends, we can take a step back and plan for next year making the changes needed to make 2019 a successful growing season.

Thank you very much for the opportunity to provide your family with food from our organic farm. We will be offering winter home deliveries with the first one November 29 and a second on December 13. More to come in 2019.

Our family wishes you a very happy Thanksgiving and healthy winter. Enjoy your food.