

Broad Branch Farm, Ltd.
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Broad Branch Farm
Community Supported Agriculture Program
November 15, 2018
www.broadbranchfarm.com

Winter Delivery Schedule

* December 6 *
* December 20 *
2019 Dates - TBA

Vegetable Share

Bok Choy

Leeks

The entire leek is edible including the greens. Greens can be tough so use your judgement when slicing them and judge their tenderness. If you find the greens not to your liking, use the leaves to flavor your next batch of broth. Slice leek lengthwise and fan out the layers to clean under running water. We use sliced leeks in soups and stews and anywhere you might use onion. Try sliced leeks sautéed until tender served with your BBF scrambled eggs or omelet.

Salad Greens

These beautiful greens are the fortunate result of planting in our hoop house where they have been protected from this early cold weather. The outside greens have been damaged from nights in the low teens but these hoop house greens are perfect. We took great care in every step from harvest, washing, to bagging making sure we didn't bruise the leaves. They are so tender. We hope they arrived in excellent shape!

Watermelon Radish

Best radishes of the season.

Hakurei Turnips

Fall turnips just don't get any better.

Napa Cabbage

Big heads, good keeper. Use in salads just like lettuce or excellent in a sauté.

Garlic

Cabbage var. 'Tendersweet'

These cabbages were the last to come out of the garden before the coldest night on Friday, November 9. With a layer of snow and a bit of ice, the outside leaves were beginning to freeze as we harvested and placed them in a bin. It was getting cold quickly.

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 that 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

The farm became a very busy place last week with this early cold snap. We can hardly believe all the winter weather. It took us all of last week but the garden 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 has hit the lower teens and when the wind blows out here on the open countryside, the farm is cold! Just like this summer didn't mess around waiting to get hot, the winter weather isn't delayed, either. We've jumped right into winter and, honestly, we wish it would hold off.

The only veggies remaining in the garden are the hoop house greens you see in the final vegetable CSA share today. Thankfully, they survived the cold unscathed.

Our livestock are not phased by the cold. Our beef herd, pigs and chickens spend their lives outside. With protection from wind and moisture and plenty to eat, the livestock prefer the great outdoors. Hot, humid days are more difficult on the animals than the cold.

We appreciate all the kind words this week as we finish up the 2018 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 an excessive amount of hand labor, in all weather, 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 provide. 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're offering winter home deliveries December 6 and December 20. More to come in 2019.

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