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Broad Branch Farm
Community Supported Agriculture Program
June 6, 2019
www.broadbranchfarm.com

Dates to Remember
Monday, June 17 - Order Deadline*
*For extra items only from our Online Store
Thursday, June 20 - Next CSA Delivery

Vegetable Share

Green Garlic

A big, healthy green garlic - very dramatic! We've dug some immature garlic and it's used just like cured garlic. But, you also have the greens and stem to use AND there might be a garlic scape emerging from a few stalks. It's all edible! If you find any part of the garlic stalk is woody, don't toss it! Use it like a piece of fresh ginger for garlic flavor - too stringy to eat but infuses lots of flavor. The garlic scape, if present, will be tender and can be chopped just like fresh garlic. Excellent in a fresh vinaigrette.

Roots

A combination of Hakurei Turnips and 'Red Rover' Radishes. Make the most of your CSA and include the radish and turnip greens in your next salad or saute. These greens are highly nutritious but can have a stronger flavor. Use them sparsely - distributed throughout a dish, the flavor is not so strong.

Bok Choy

Lime green Tokyo Bekana and deep green 'Green Wave' - you will receive one or both types. Stems, leaves, buds and flowers are edible. Salads or stir fry work well with this vegetable.

Leaf Lettuce

Gorgeous red, green or a combination of both leaf lettuces. Treated with great care, these leaves are so delicious. So thankful this tender lettuce survived the rain!

Broccoli

Pretty little heads of our early broccoli called 'Blue Wind'. We are disappointed with the small heads which means less broccoli to distribute but we are thankful the plants were not lost to excess moisture. The plants look a bit puny from the oversaturation. Be sure to enjoy the tender stems along with florets. If you find any woody portion on the stem, peel off the outer layer.

Red Russian Kale & Swiss Chard Bunch

Nice 3/4 lb bunch of Kale and Chard today. These two greens are tender enough for a leafy salad or can be chopped into a dish like the Potato Salad below.

Dill/Mint Bunch

Two of our favorite herbs today. We have been enjoying the mint and dill in vinaigrettes and easy dressings or dips made with organic sour cream, fresh dill, green garlic, and lemon juice.

Grab Bag Item

We sometimes include a grab bag item in your share to better take advantage of all the food we have to offer. If there is not enough of an item to go around but we have to harvest that particular vegetable, there will be a grab bag. Today, there are beets greens as one of the items. We had to thin our beet planting and instead of tossing the greens on the ground, they make an excellent salad addition. Please do not request specific grab bag items. That gets complicated.

Today's Grab Bag Items: Beet Greens, Pea Greens or French Sorrel (citrus flavored green)

Our Changing Diet

All of us continually change our diets and hopefully for the better. Here at the farm, we're always learning about food. And, now that our three children are actively making meals for the family, trying and testing out new recipes and ingredients, our meals just keep getting better.

Not present in our diet a couple years ago, raw ferments are now a staple. And, not just because it's healthy for us but because it tastes good!

We also enjoy amazing salads that function as our entire meal. Our girls excel at creating incredible salads. Using the ingredients from your Vegetable CSA share and adding your favorite protein, nuts, dried fruit, etc., you can create a one bowl, very satisfying meal. We'll put just about anything on a bowl of greens, it's always delicious, pleasing to the eye and it keeps our energy up for the long farming days.

- Start with the greens - use a combination of leaves for maximum interest and flavor
- Add Veggies - Sliced turnip, radish and broccoli today.
- Broccoli - Chop your broccoli and toss with vinaigrette a few minutes before you add to your salad. Color deepens and the texture and palatability improve.
- Protein - Hard boiled egg, meat, chickpeas, cheese, etc.
- Toppers - raw ferment, dried organic nuts, fresh or dried fruit, etc.
- Dressing - Make your own! Basic vinaigrettes are a snap and so much better than store bought.

Farm News

Thank you for joining our 2019 CSA program.

The first CSA newsletter usually finds us upbeat and excited for the season. We are but there are issues that are heavy on our minds as the CSA season kicks off today. This first CSA delivery finds us in continued transition from old farm to new, navigating extreme, erratic weather and mourning the loss of a fellow organic farmer. All of these topics were swimming around my head as we made the final harvest Wednesday morning. When you are working alone in the garden, it's a good time to reflect and think! We say it every year - the weather is the driving force for our line of work. We dodge it, we try to outsmart it, we work well with it and sometimes we cuss it. The month of May was a lot of cussing! The farm received almost 9 inches of rain in the month of May. You always expect crazy weather in the spring but this was an extreme. Keep in mind, we came off a winter of continual precipitation. To top it all off, on April 14, we received a heavy wet snowfall of approximately 3-4 inches. Then, May hit and the rain just would not stop. It's a horrible helpless feeling watching the rain fall continually on all your work. We are not nearly wiped out but you'll see some effects as we play catch up on planting. Plants that were in the ground were set back. We've already seen arugula and spinach shut down - wilting when the ground is wet and plants have to be pulled. We hope those are the only casualties.

Many of you know we have been moving the farm from east of Wyoming to our Chillicothe location. We officially moved in Christmas Eve but the transition is still in full swing. Moving a farm isn't easy. With the winter and spring weather so lousy, work has been delayed until we're in a full on sprint to convert an existing 32 x 40 pole building into a new processing area for our food (washing, preparing vegetable shares, meat freezers, etc), build a storage hoop house for all the stuff and cleaning out the old farm. With deliveries and regular chores, we are maxed out. But, we can see the light at the end of the tunnel. By the time we see you again, our dear Wyoming farm will be in the hands of a new person who wants to use the farm just like we hoped. He treasures the barn, loves all the trees we planted and has the same appreciation for the property. It's a relief. Wish us luck as we take on the final days of cutting ties with the old farm.

We are saddened by the very unfortunate passing of our friend and mentor, Greg Morse, of Trail's End Organic Farm in Putnam, IL. We met Greg and Janet 15 years ago when we moved back to the area. We were selling at the Naperville Farmer's Market at the time and would stop at their farm on the way home for an hour (sometimes 2!) of spirited discussion and picking up fresh food. Mostly the talk was about pesticide drift. It was Greg who taught us about drift, the danger of it, the way spray rig operators abuse the wind conditions and what to do about it if we are threatened. It's because of Greg we fight back and defend ourselves from drift. He tirelessly fought for the integrity of organic food and not everyone has that courage. Many look the other way. Greg had courage and it inspired us to take a stand. We need more people like Greg & Janet willing to take on the intimidating system of conventional ag that continues to infuse our air, water and soils with pesticides. We wonder why people are sick. Just take a ride in the country - you'll see why.