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Broad Branch Farm
Community Supported Agriculture Program
June 13, 2019
www.broadbranchfarm.com

Dates to Remember
Monday, June 24 - Order Deadline*
*For extra items from BBF Online Store
Thursday, June 27 - Next CSA Delivery

Vegetable Share

Green Garlic

A big, healthy green garlic today - the entire plant! 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

Leaf Lettuce

Extra big bag of gorgeous red, green or a combination of both leaf lettuces. Treated with great care, these leaves are tender and delicious. It's a miracle the lettuce hasn't suffered much damage from the rain. This cool weather makes the greens very happy.

Broccoli

We are disappointed with the small heads which means less broccoli to distribute but we are thankful the plants were not damaged entirely with the excess rain. 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

These two greens are tender enough for a leafy salad or can be chopped and added to pasta sauce, pizza, quesadillas, etc

Garlic Scapes

The emerging seed stalk from our hardneck garlic is called a garlic scape. Treat the scape just like fresh garlic - chopped fresh in dressings, dips, marinades or added to any dish needing garlic flavor.

Fresh Dill

Entire stalk is edible including the tender stems. Chop fresh dill and add to sour cream with fresh garlic and lemon juice for a veggie dip or salad dressing.

Our Changing Diet

All of us are continually changing 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 and more interesting.

A good example is raw ferments. Not present in our diet a couple years ago, raw ferments are now a staple. And, not just because they're healthy for us but because they taste 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 - pasta with red sauce, roasted veggies, leftovers from the night before. 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, fresh or roasted - 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, roasted 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. Stock your pantry with good olive oil, apple cider and balsamic vinegar, stoneground mustard. Use fresh herbs, garlic, salt and pepper.

Farm News

Welcome to 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 for the season. This first CSA delivery finds us in continued transition from old farm to new, navigating extreme weather and mourning the loss of a fellow organic farmer.

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. We always expect crazy weather in the spring but this was an extreme. Keep in mind, we came off a winter of steady precipitation. Just as spring work began, 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 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've 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're 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 moving out from 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 his wife Janet 15 years ago when we moved back to the area. Some of you might remember we sold their Grassfed Beef and eggs at the Naperville Farmer's Market. On our way home from a long day at the market, we'd stop at their farm 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 intimidate the public and abuse the wind conditions and what to do about it if we are threatened. It's because of Greg we've fought back and defended ourselves from drift. He tirelessly fought for the integrity of organic food and not everyone has that courage. Many look the other way when pesticides threaten their organic crops. Greg had the 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 especially at this time of year - you'll get a first hand look.