

Broad Branch Farm, Ltd.
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Broad Branch Farm
Community Supported Agriculture Program
June 27, 2019
www.broadbranchfarm.com

Dates to Remember
Tuesday, July 9 - Order Deadline
for extra items from BBF Online Store
Thursday, July 11 - Next CSA Delivery

Vegetable Share

Green Garlic

Roots

Daikon Radish, Hakurei Turnip and the first harvest of beets.

Green Onions.

Bok Choy

Cabbage

Leaf Lettuce

Red, green or a combination this week.

Garlic Scapes

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

Fresh Cilantro

Pea Greens

June Meat CSA Shares

June meat shares were delivered this week. We distributed a number of fabulous items from our freezers - BBF Grassfed Beef, Pastured Pork, Pastured Chicken and the most local Wild Alaskan Salmon you can find - Sitka's Coho.

Some of you received whole chickens in your meat shares. If you don't often prepare a whole chicken, here are a couple of our favorite ways to cook a whole chicken.

Easy Oven Roasted

Prepare a completely thawed bird by removing the neck and giblets. Neck and heart can be roasted along with the bird. Pat bird dry and season liberally on all sides, inside the body cavity, neck and heart if adding. Place in shallow roasting pan or your favorite cast iron skillet. We have roasted with or without a rack, breast up or down - all methods produce a delicious bird. Roast at 325 degrees for 20 minutes. Remove from oven and baste with your fat of choice all over - butter, bacon fat, olive oil, coconut oil, lard. This step produces outstanding skin. Roast until thickest part of breast reads 158-160. Don't overcook!

Grilled Beer Can Method

Set up your grill with hot coals or burners on one side only. Season bird inside and out. Our favorite seasoning for this recipe is Penzey's Northwoods. We make our own with paprika, ground chipotle, garlic powder, salt, pepper, thyme and rosemary. Use an 'official' beer can chicken stand with an actual can of beer or we use a 1/2 pint mason jar and the drumsticks to hold bird upright. If using the jar, fill half full with beer, broth, vinaigrette, fruit juice or some combination. Place bird over the jar, position on the cool side of grill, close lid, open vent to pull smoke and roast for 30 minutes. Turn bird 180 degrees and roast for another 30 minutes covered. Check temp in the breast and continue until thickest part of breast reads 158-160.

Stewed Chicken & Broth

For quick, no fuss protein, place thawed bird in stock pot and add one quart water for each pound of bird. Stew on low heat until thickest part of breast is 158-160. Remove from pot, allow to cool until you can handle. Pick every morsel of meat off the carcass, return everything except meat to pot and simmer for broth. For flavorful meat, toss with vinaigrette, pesto, BBQ sauce, teriyaki sauce. Or, shred for chicken salad or other favorite. The choices are endless and you have a few quarts of chicken broth.

Farm News

What a very busy couple weeks since our last delivery. It's official. We are minus one farm. The papers are signed and the new owner is excited to start his time at what was once the home of Broad Branch Farm. He is generously giving us extra days to move farm stuff from the buildings but we're done with the house. This has been coming for a few years now but it's still a little hard. Had the farm been located in a protected area where conventional ag did not threaten us, we would have stayed. That's the sad part. It's not the farm. It's what surrounded the farm that made us leave. When we think of what we'll miss, it's all about the outdoors - the trees, flowers, fruit, and the barn. We planted an apple orchard in 2004 the first year we moved to the property. That little orchard fed us the most delicious fruit and is still going strong. We planted raspberries while Susannah, now 15, sat in her car seat until dusk. We just hoped she would stay content long enough to get the bed planted. We did! We let the mulberry trees produce fruit. The girls loved to walk the yard throughout the seasons and graze on whatever fruit they could find.

The property was in need of more trees and we gladly took care of that by planting over 40 trees on 2.8 acres - oaks, ash, elm, cottonwood, Douglas fir, redbud, crabapple and one undesirable silver maple. We planted dogwood, forsythia, clematis, peonies, rhubarb, herbs, strawberries, plum, pear, cherry and peach trees. We never sprayed a thing, our plantings grew and we had beautiful food. We had so many toads and frogs. We saw bugs we had never seen before and beneficial insects like preying mantis were abundant.

We let milkweed flower. We had never smelled a milkweed flower before, have you? They smell like lilacs and they're beautiful. A bed of fragrant old fashioned roses bloomed in early June followed by big orange Tiger lilies. An old wisteria vine wound its way around our front porch railing. Our farm was wild compared to our neighbors who keep not only their yards trimmed up but all the ditches, too. Nothing left to flower or seed or provide food for another species. Our farm became a green growing oasis in a desert of barren farms and conventional ag.

Trees we were told must come down were allowed to stay. We protected our farm from pesticide drift, and they grew and thrived. A huge cottonwood in the east yard still stands and the elm in the front yard now looks full and healthy. The new owner thankfully values the trees.

We'll especially miss the old barn. We used it for our vegetable processing area and cooler. We just love the old building for its charm and history. There are so few barns left in the area. No one raises livestock so why keep a barn around? Our new owner shares our love for the old and the barn will stay right where it sits.

We'll finish up moving and then all our energy and excitement will be poured into our new property. We've already established a small orchard, added a cottonwood tree (our favorite) and brought several plants with us including my mother's rhubarb and peonies, raspberries and strawberries. And, we no longer have babies in the car seat while Brian and I work! Lucy, Susannah and Laura are right beside us or leading the charge with all our projects. We certainly have fond memories from our time at the old place but we're looking ahead. It's an exciting time at Broad Branch Farm.