

August 13th and 14th 2008 Newsletter

Berries on Bryan Station CSA Farm

Welcome to your fourteenth basket pickup!
Enjoy the August bounty!

Sweet Corn

This fresh-picked tasty variety is called Ambrosia.

Tomatoes

Our heirloom varieties are all peaking. Enjoy!

Peppers

The heirloom varieties in your basket are sweet.

Raspberries

The red raspberries are starting their late summer growth drive

Okra

This southern specialty is nice and tender. Try it!

Choice Table

Today you can choose from the following: cucumber, eggplant, swiss chard, hot peppers, squash, green beans.

Herbs & Onions

We are offering basil, swiss mint, catnip, cilantro, oregano and rosemary. Onions too.

Flowers

We have gorgeous sunflowers, daisies, and zinnias.

Veggie Tales

- Let us know if you'd like to volunteer !
- Sept 24-25 is the last pick-up week

Thank you for keeping your "veggie dollars" local.
Have a healthy and happy week!

Erik Walles & Family (Gayle, Brett & Grant)

Berries on Bryan Station Farm

4744 Bryan Station Road

Farm: (859)293-0077

erik@berriesonbryanstation.com

www.berriesonbryanstation.com

RECIPES

Fried Okra and Potatoes

- 1 lb young Okra pods
- 2 large potatoes
- 1 Onion
- 1/2 cup cornmeal
- 1 tbs Salt.
- 2 pints ice water
- oil for frying
- salt and pepper for seasoning, to taste

Top and tail the Okra pods, ie cut off the ends.
Cut the pods into approximately 1/4 inch rounds.

Peel and dice the potatoes into 1/2 inch pieces.
Peel the onions and chop finely. Place the sliced Okra into a glass or stainless steel bowl and sprinkle the salt liberally over the pods.

Cover the pods with the iced water, making sure that all the slices are under water.

Place the bowl containing the Okra and water in a refrigerator and leave for 2 or more hours.

Remove the bowl from the refrigerator and drain off the salt water. Place the Okra in a bowl and add the potatoes and chopped onion. Season the cornmeal with the salt and pepper.

Place the sliced Okra potato and onion mixture together with the seasoned cornmeal in a large plastic bag and shake until the vegetables are well coated with the cornmeal.

Heat some oil (1/2 inch deep) in a frying pan until it begins to shimmer. Place the vegetables in the pan and fry until the potatoes are done and the mixture has browned nicely. Remove the Okra and potato mixture from the oil, using a slotted spoon and drain on paper towels. Serve hot as a side dish

Okra with Tomatoes

Ingredients:

- 1 1/2 cups sliced okra
- 1/4 cup chopped onion
- 1/2 green bell pepper, chopped
- 2 tablespoons vegetable oil
- 1 can (14.5 ounces) tomatoes with juice, or
- 1 1/2 cups fresh tomato puree
- 2 teaspoons sugar
- 1 TBS flour blended with 1 TBS cold water
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Preparation:

Cook okra in boiling salted water 10 minutes. Drain. Brown onion and green pepper in salad oil. Add tomato juice, cook slowly 5 minutes. Add okra and remaining ingredients. Cook over low heat 5 minutes longer. Serves 4.