

August 15th & 16th 2007 Newsletter: Berries on Bryan Station CSA Farm

“Better Food for a Healthier You from your Personal Farmers”

Welcome to your fourteenth basket pickup!

Tomatoes

Tomato is king this week! Heirloom varieties include German Pink, Beefsteak, Homer, Sweet 100, Mortgage Lifter, Yellow pear and Nebraska Wedding. Several recipes are suggested this week. Eat them fresh or add to an omelet or salad.

Spaghetti Squash

Give it a try! This is the one week that everyone will get them. Our first two recipes feature suggestions for making a delicious meal based on these.

Cucumbers

These crisp marvels are tapering off in production, so be sure to enjoy them.

Peppers

Our heirloom types include sweet ones: Jingle Bell, Orchid, Sweet Chocolate, and Bell. Our hot ones are: Fish, jalapeno, Beaver Dam and Hinkelhaus.

Zucchini and Summer Squash

These are tapering off in production, so here's your last shot at ratatouille or grilled recipes. Next in this family will be Acorn squash and Butternut squash.

Cut Flowers

We continue to offer a variety of flowers each week through the end of the season: zinnias, sunflowers, cosmos and gloriosa daisies.

Herbs

This week your choice of culinary herbs includes oregano, dill, basil, swiss mint, lemon balm and parsley.

Green Beans

Varieties include: Roma, Concessa, Blue Lake and Yellow Wax. Next week we'll feature special heirloom varieties of beans.

Choice Table

You can choose from eggplant, sweet corn, leaf lettuce, yellow wax beans, okra, swiss chard and extra tomatoes. New this week are tomatilloes for salsa. Our melons are just starting and we hope to offer more next week.

Blue Dog Soap

We are offering natural handcrafted soaps from a sister of one of our members. She has made up a basket with a number of samples and a brochure describing her products. The bars are individually labeled and priced from \$2 to \$4.

Local Honey

Offered for sale from one of our members who helps us with our bees.

Mushrooms

Erik will place an order for organic mushrooms for delivery next week, so let him know if you'd like to buy some for Aug 22-23.

Around the Farm

- Brett started his freshman year at Henry Clay at the Liberal Arts Academy. He has joined the X-country team, so you won't see him as much at pick-ups, but he still helps around the farm
- Grant started first grade at Deep Springs
- Our CSA member Roberta Guthrie invites us all to **“Peace Work”** with poetry and music to cultivate hearts at peace, on SU Aug 26 at 4pm at the Lexington Friends Meeting House.
- As the blackberries have finished production, the red and yellow raspberries are preparing to fill the void later this month.
- As a reminder, our season continues thru the end of September. You'll not want to miss any of these bountiful weeks!

Thank you for being a member!

Your personal farmers,

Erik Walles & Family (Gayle, Brett & Grant)
Andrew English

Berries on Bryan Station Farm

4744 Bryan Station Road
Lexington, KY 40516
Farm: (859)293-0077

wallese@linkup.us

www.kyagr.com/BerriesOnBryanStation.htm

RECIPES

HERBED SPAGHETTI SQUASH

(from cooks.com)

1 (3 lb.) spaghetti squash
1 tbsp. minced fresh parsley
2 tsp. butter
1/2 tsp. dried whole basil
1/4 tsp. salt
1/8 tsp. pepper
Dash of dried whole sage
Fresh basil sprig (optional)

Wash squash; cut in half lengthwise. Remove and discard seeds. Place squash, cut sides down, in a Dutch oven; add water to pan to a depth of 2 inches. Bring to a boil; cover, reduce heat, and simmer 20 to 25 minutes or until squash is tender. Drain squash; let cool. Using a fork, remove spaghetti-like strands from squash; discard shells. Place strands in a serving bowl; add parsley and next 5 ingredients, and toss gently. Garnish with a fresh basil sprig, if desired.

ITALIAN SPAGHETTI SQUASH

(from cooks.com)

1 spaghetti squash, about 2-3 lbs.
1 med. green pepper, chopped
1 med. onion, chopped
1 tsp. basil leaves, crushed
1 tsp. oregano leaves, crushed
1 tsp. garlic powder
1/4 tsp. each of marjoram, thyme, and sage
2 tbsp. Italian olive oil
5 to 6 med. tomatoes, chopped
2 Tbs butter
1/4 cup parmesan cheese

Wash squash, prick with fork. Cook in 400 degree oven until tender, about 40 minutes. Cook and stir green pepper and onion with seasoning in oil over medium heat until vegetables are tender. Stir in tomatoes. Simmer uncovered 5 minutes. Cut squash into halves, remove seeds and fibrous strings. Remove spaghetti-like squash strands with two forks. Toss with butter and cheese. Spoon tomato mixture over squash.

BAKED TOMATOES

(from French Cooking by Clements)

2 large tomatoes
3 Tbsp dried breadcrumbs (see note below)
2 garlic cloves, finely chopped (optional)
2 Tbsp chopped fresh parsley
2-3 Tbsp olive oil
salt and freshly ground black pepper
sprigs of parsley for garnish

Preheat oven to 425 F

Cut tomatoes in half crossways and arrange them cut side up on a foil lined baking sheet.

Mix together breadcrumbs, garlic, parsley and pepper and spoon over the tomatoes.

Drizzle generously with olive oil and bake on the top rack of the oven for 8-10 minutes until lightly browned. Garnish with parsley

(Note: An option for breadcrumbs is to toast a slice of bread and then crumble it between your fingers)

SAVING TOMATOES FOR WINTER

1. Halve the tomatoes, place them on a foil lined pan and sprinkle with salt and thyme. Roast them in a 350 oven for 1 hour. Allow to cool and place in plastics bags for freezing. Defrost for use on pizza or panini.
2. Use a food drier to make "sun dried" tomatoes
3. Make sauce. If you are uncomfortable with canning, then go ahead and freeze it in bags. Simmer the tomatoes in a small amount of water for an hour or so. Use a Foley Food Mill to remove the skin and seeds. You can either freeze this as-is for use as a base for soup or chili. Sometimes we take the next step and place the tomato puree back on the stove and add peppers, onions and herbs, cooking it down into a sauce consistency before bagging and freezing. Labeling the bags is a good idea!