

August 22nd & 23rd 2007 Newsletter: Berries on Bryan Station CSA Farm

"We Have Good Things for You"

Welcome to your fifteenth basket pickup! The tomatoes continue to be awesome! We are pleased to be able to continue to offer a variety, and this week our new item is bok choy. Please note that we are now opening our red raspberries up for picking with a 1 quart limit for the rest of August, which we'll probably be able to increase in September. This week's rain will help plump the raspberries.

Tomatoes

This is the time of the year to gorge on fresh 'maters! Heirloom varieties include Brandywine, German Pink, Beefsteak, Homer, Sweet 100, Mortgage Lifter, Yellow pear and Nebraska Wedding. Several recipes are suggested this week. Eat them fresh like an apple or slice into a sandwich, salad or quiche. We have some recipes on the back.

Bok Choy

This tender veggie variety is called Joy Choy. Gayle ate a lot of bok choy varieties when she had business trips to China in '03 through '05. We recommend it either steamed lightly or stir fried with garlic or ginger. Preparation advice and a recipe is included on the back.

Sweet Corn

We are offering a different variety this week and hope you'll like it.

Peppers

We'll continue to put sweet peppers in the baskets and offer hot ones only as a choice. Our heirloom sweet types are: Jingle Bell, Orchid, Sweet Chocolate, and Bell.

Cucumbers

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

Swiss Chard

This will be our last for swiss chard. At this point we recommend that it be steamed lightly.

Green Beans

Varieties include: Roma, Concessa, Blue Lake and Yellow Wax.

Cut Flowers

Your choice of zinnias, sunflowers, cosmos and gloriosa daisies.

Herbs

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

Choice Table

You can choose from melons, eggplant, tomatilloes, okra, hot peppers and extra tomatoes. Our hot peppers include: Fish, jalapeno, Beaver Dam and Hinkelhaus.

Mushrooms

We didn't get sufficient orders for mushrooms this week, so let us know if you'd like to order any for next week.

Around the Farm

- Feel free to stop by and pick up to 1 qt of red raspberries when you have a chance.
- 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. Babysitting will be offered. We'll be there.
- As a reminder, our season continues thru the end of September. New items will include sweet potatoes, acorn and butternut squash, edamame soybeans, gourds and pumpkins!
- As mentioned last week, we are offering handcrafted soap from a member's sister.
- We continue to offer local honey

Your personal farmers,

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

Berries on Bryan Station Farm

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RECIPES

HEIRLOOM TOMATO SALAD

The red, yellow, and orange tomatoes make this stunning salad extra flavorful and beautiful. Feel free to use fresh-from-the-garden red tomatoes to make this salad. From Southern Cooking.

Ingredients:

- 8 to 10 small tomatoes, a variety of colors if possible
- 2 cloves garlic, finely minced
- 1/4 cup diced sweet onion or purple onion
- 1 tablespoon fresh chopped parsley
- 1 tablespoon fresh chopped basil, or 1 teaspoon dried leaf basil
- 2 tablespoons red wine vinegar
- 3 tablespoons extra virgin olive oil
- 1/2 to 1 teaspoon salt, or to taste
- 1/4 teaspoon fresh ground black pepper

Preparation:

Cut cores from the tomatoes; slice each tomato into 8 to 10 wedges. Combine with remaining ingredients in a large bowl; toss to blend well. Cover and refrigerate for at least 1 hour before serving. Serve on salad greens, if desired.

Serves 6 to 8

QUICK BROILED TOMATOES

Delicious fresh tomatoes, sliced and broiled with Dijon mustard, bread crumbs, Parmesan cheese, and seasonings.

Ingredients:

- 2 medium tomatoes
- Dijon mustard
- salt
- fresh ground pepper
- ground cayenne pepper, to taste
- 3 tablespoons melted butter
- 1/4 cup seasoned fine dry bread crumbs
- 1/4 cup grated Parmesan cheese

Preparation:

Cut tomatoes in half; spread cut side with mustard and sprinkle with a little salt, pepper, and cayenne pepper to taste. Combine melted butter, bread crumbs, and Parmesan cheese.

BOK CHOY INFO:

Cooking Times for Bok Choy

- **Boiling** 3 - 4 minutes for the stalks, 1 - 1 1/2 minutes for leaves.
- **Steaming** about 6 minutes for the stalks, 2 - 3 minutes for leaves
- **Stir-fry** about 5 minutes for stalks, 2 minutes for leaves - the leaves should be just wilted and bright green.

ORIENTAL BOK CHOY SALAD

(from Cooks.com)

1/2 c. butter
2 tbsp. white sugar
1 bottle of sesame seeds (1 oz.)
2 pkgs. Ramen noodles (broken up), do not use flavor packet
1 sm. pkg. slivered almonds
2 lbs. bok choy lettuce (chopped coarsely)
5 to 6 green onions, tops and all chopped

In large skillet melt butter over medium heat. Add sesame seed, noodles, almonds and sugar. Stir all the time until lightly browned. Set aside to cool to room temperature. Toss bok choy and onions together, mix and chill until ready to serve. Just before serving, break up the crunchy mixture, add to bok choy, pour dressing over, mix and serve.

DRESSING:

3/4 c. vegetable oil
1/4 c. red wine vinegar
1/2 c. white sugar
2 tbsp. soy sauce