

# July 11<sup>th</sup> & 12<sup>th</sup> 2007 Newsletter: *Berries on Bryan Station CSA Farm* “Better Food for a Healthier You from your Personal Farmers”

Welcome to your ninth basket pickup! We have another excellent basket for you!

## **Blackberries**

Blackberries are a great part of today's basket. They are large, plump, and sweet. There are hardly any noticeable seeds, so they are easy to eat. This is the first season that we have them, so we are proud of them! We picked them carefully right into the container so they would not be bruised. Our favorite way to eat them is fresh or with vanilla ice cream.

We are looking forward to making member Sharon Thompson's Jam Cake and Blackberry Jam using the recipe from her new book "Flavors of Kentucky".

Work done at the University of Kentucky has shown that blackberries are an excellent source of powerful antioxidants that are useful to fight cancer.

## **Concesa French Green Beans**

We are really proud of these. A farmer friend showed them to Erik last year and we had to grow them this year. They are slender, tender, snappy, and dark green. We eat them as is, lightly rinsed with water first. If you steam them, do so only for a short time like two minutes.

## **Edible Pod Peas**

We all helped to pick these. Grant held the support line while Andrew, James and Erik picked. We had a welcome rainstorm and continued picking during the storm. Andrew, James and Grant got drenched.

## **Tomatoes**

You will see more of these gems in the following baskets. These are still from the greenhouse. We love the colorful variety and different shapes and tastes.

## **Leaf Lettuce**

The leaf lettuce is coming from the irrigated summer veggie field and is outstanding.

## **Peppers**

These are coming on with greater yield now.

## **Zucchini Squash**

Tyler Cox brought some of his mother's delicious zucchini bread for breakfast one morning. Erik decided to try baking one and it turned out great. Here is the recipe from a Better Homes and Gardens cookbook:

In a medium mixing bowl combine 1 cup of shredded zucchini(I used about 3 cups and got away with it), 1 cup sugar, 2 tablespoons canola oil, ¼ cup apple sauce, 1 egg, and ¼ teaspoon shredded rind of one lemon. Add to this a mixture of 1 ½ cups of all purpose flour, 1 teaspoon ground cinnamon, ¼

teaspoon nutmeg, ½ teaspoon baking soda, and ¼ teaspoon baking powder. If you like nuts, you may add chopped ones now. Spread margarine on the insides of a 8x4x2 inch loaf pan and dust it with flour. Pour the batter into the pan and bake it for 60 minutes at 350 degrees until a toothpick comes out clean. Allow the pan to cool for about ten minutes, then turn it upside down onto a wire rack.

## **Garlic and Onions**

These are still nice to have, are healthy for you, and are useful in a variety of your favorite recipes.

## **Edible Nasturtium Flowers**

These are still Grant's favorites.

## **Herbs**

This week your choice of culinary herbs includes dill, basil, rosemary, swiss mint, and lemon balm. Catnip is also available for cat lovers. We took Jonathon Bastion's suggestion to have the beds close by.

## **Hanging Baskets**

There are still a few beauties left.

## **Gourmet Mushrooms**

We have a signup sheet today so that you can order your mushrooms for delivery next week. We will place the order once we have at least three pounds total.

## **Farm Memories**

A wonderful memory from last week's pickup was of a couple holding hands as they were walking up the hill towards the raspberries.

Our new kitty is adjusting well to her new surroundings. She is great at climbing on top of the fence that the blackberries climb on. She has accepted Good Boy and vice versa. We still need to name her, so now is the time to get your ideas in!

We renovated several beds in the greenhouse, so we will have an additional harvest from there later on.

We hope that you enjoy today's veggies!  
Thank you for being a member!

Sincerely,

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

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