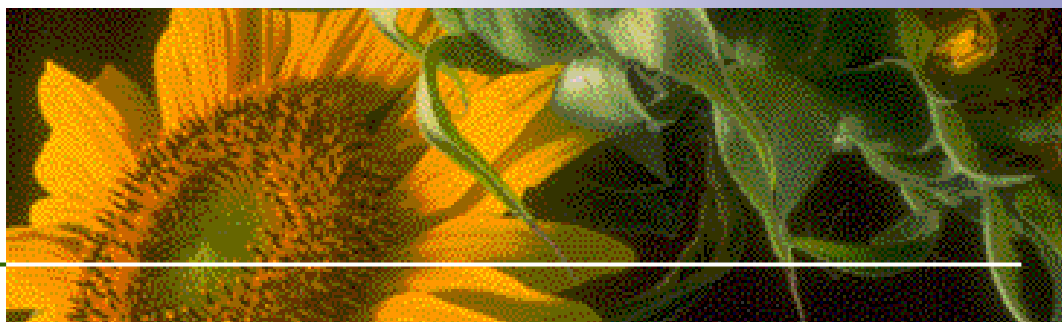


Newsletter
July 15th and 16th,
2009



“Tasty Food for You”

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Upcoming:

- More heirloom potatoes are on the way.
- Bok-Choy and Okra should be ready for next week's pick up.
- More peas
- Foot-long “Borneo Beans” from Sumatra
- All different shapes and sizes and colors of tomatoes.

Welcome to your ninth basket pickup!

Gayle prepared Deb's delightful recipes for us and we hope that you prepared them as well. I was awed by the artistic appearance of the newsletter which Annette Fischer directed her creative talents towards. We hope that you find it even more interesting and pleasing to read!

You can tell by how heavy last week's basket was that we have entered into the extra bountiful part of the season. You will want to try to prepare as much of



each basket's contents as soon as you get home since every recipe is best when using the freshest ingredients possible. We hope that

you consumed last week's goodies and are ready for more...

Beautiful Berries

You will have blackberries and Dorman “strawberry raspberries” in today's basket. Susan Marnatti picked these for you today, since Leslie Maner is helping out at a fundraiser for a nonprofit.

I am the “Pie Meister” in our family and made several open-faced blackberry pies using the recipe from last year's newsletter. Half the berries in the pie are cooked and the other half are fresh, so the taste is wonderful! The pies do not last 24 hours in our family and we even have a slice for breakfast!

Potatoes

We dug up the first row of Kennebec white potatoes this week from the winter hardy field. We are also digging up several additional rows from the summer veggie field. Bill drove the Farmall 140 and Erik gathered up the potatoes that were stirred up

between the vertical shank and the hilling disc. We planted red, white, and blue potatoes to be patriotic, so you will see a mixture of these in your baskets over several weeks.

Please do not be dismayed if you receive some small potatoes since they are excellent with the skin left intact either roasted or in soups.



Green Beans

We are busy picking these Kentucky Wonder and White Half Runner bush beans as I write this newsletter. Deb has included a mouth watering recipe for these in this newsletter. We have several successive plantings so you will be receiving

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A word from Deb Outland, our recipe coordinator ...

Many thanks for the wonderful recipes I've received from members! Please continue to send in your recipes, and I'd love to hear your thoughts and ideas about the recipes you see here. Eric has created a FaceBook group for the Berries on Bryan Station CSA. I'll post things there during the week, and look forward to seeing posts from all of you as well. Photos, thoughts, recipes, comments, all are fair game! Hope to see you on FaceBook soon! And of course, you can still email me at djo@insightbb.com.



Wade Outland 's still life with CSA produce & flowers , isn't it great?!



Fat Free Country Green Beans & New Potatoes

In Western Kentucky, where I grew up, slow-cooked green beans with bacon, or ham or “fat back” were a summer staple. At this time of year, they were topped with new potatoes, and cooked all day long to slightly caramelize the beans and tenderize even fairly mature beans. I came up with this adaptation to reduce the fat and sodium content, but keep as much of that slow-cooked flavor as possible.

Green Beans, 2 pounds or more. This seems like a lot, but they cook down with the slow cooking
Ham or (in a pinch) beef bouillon or soup base
Molly McButter or butter (if you don't mind a little fat)
1 lb or so of new potatoes, or a waxy variety of small potatoes,

First of all, if you have cooked southern style green beans before, with bacon or ham, this is basically the same, except you use the bouillon and butter flavoring instead of meat. If (like my dear grandmother Lillie, you like your beans “really done”, you should add a little butter so they can fry a bit at the end of cooking to get that last, heavenly browned drops of sauce that really is the secret to the best beans. Many people don't go this far. They are content with just cooking the beans down so that there is little water left. For those of you who know what I'm talking about, just do it the way you like them best.

If you're a novice and you want to try your hand at this, it isn't actually hard. It is a bit like playing the game of chicken. The closer you get to the other car (or a completely dry

pot of beans), the better. Here is how to go about it.

String and break beans. If some beans are too old to break, just shell the beans and discard the tough pods. If they are mature, but still snap, keep the whole pods. It's best to cook beans this way with some mature beans, since they have more complex bean flavor, and don't go to mush with long cooking. Good varieties are Roma, Kentucky Wonder, and other flat beans. Scrub and trim any blemishes on potatoes. Peel potatoes if desired. Cut potatoes in pieces if they are large. Otherwise leave whole. Set aside for later.

In a large saucepan, place beans, water almost to cover, about a tablespoon of soup base, and a sprinkling of Molly McButter (or a tablespoon or so of

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*“I was 32 when I started cooking; up until then, I just ate.”
Julia Child*

Fat Free Country Green Beans and New Potatoes (cont'd)

butter or margarine). Bring to boil, cover, and simmer about an hour and a half. Check occasionally to be sure that there is still at least some water. Only add more water if you see the beans are getting dry. Stir beans when you check them so that you can monitor the water level. Beans will change in aroma as they cook. At the end of the cooking time, they should no longer smell "green", but a more complex cooked smell.

Add potatoes, just letting them sit on top of the beans. Replace lid. Steam the potatoes until almost tender. This will take 15-20 minutes. If there is only a little liquid still remain-

ing, be sure the potatoes are almost completely tender. Otherwise, they can still offer a bit more resistance when tested.

Remove lid and turn up heat until you hear the water boiling. Continue to cook until all the water is gone. This may take a while, but the result is worth the wait. The sound of the boiling liquid will change when the beans are almost finished. Don't stir at this point; the potatoes should still be just sitting on top of the beans. If you need to check the water level visually, just ease the spoon down the side of the pot and push gently to the side, so you can see if there is water in the bottom.

This will also tell you if the beans are trying to stick. This is where the game of chicken comes in. If you cook them too long, they will actually burn (particularly if you use no fat at all). If you take them up too soon, they will taste watery. They are at their best if cooked perfectly dry, but not stuck to the pan. If they do stick, but don't smell burned, all is not lost. Take them off the heat, cover, and let set for about 5 minutes. Remove potatoes to a bowl, stir beans, and take them up. Don't be alarmed if the potatoes are slightly darkened in color. They tend to do this, when they absorb the flavor of the beans.



South of the Border Slaw

I found this slaw recipe originally on Smitten Kitchen, but it's changed a lot since then. The mildly-hot peppers in this have such a great kick to them, and the cilantro makes this slaw perfect with BBQ and/or Tex-Mex foods.

1 small head cabbage, or 2 bags slaw mix from grocery in a pinch
1 medium onion, diced
2-3 mildly hot chilies, diced fairly small
1 jalapeno pepper, finely minced (or more if you really like heat)
½ cup chopped cilantro

¼ cup lime juice and the zest of 1 lime
½ cup salad dressing (I use Light Miracle Whip)
Olive oil (I use about 3 or 4 Tablespoons, but the original recipe called for a lot more)
Salt to taste
Sugar or Splenda to taste if you like your slaw sweet
Additional optional ingredients:
Green onion tops, chopped
Grated carrot
Jicama root, chopped

Combine all ingredients. Depending on the size of the head of cabbage, you

may have to add a bit more salad dressing, and lime. This is very tart slaw. I usually add a bit of sweet to balance it out. Taste and adjust the salt and sweetness once it's all mixed together. This makes a LOT of slaw. It's fine to halve this recipe.



Not your normal slaw, but equally delicious

"Did you ever stop to taste a carrot? Not just eat it, but taste it? You can't taste the beauty and energy of the earth in a Twinkie."

~ Astrid Alauda

Berries on Bryan Station CSA Farm

Erik Walles & Family (Gayle, Brett & Grant)

Berries on Bryan Station Farm

4744 Bryan Station Road

Lexington, KY 40516

Farm: 859.293.0077

Erik's cell: 859.338.1877

Erik@berriesonbryanstation.com



Olive Oil Infused with Herbs and Garlic

Great recipe for grilled potatoes I'll share soon, but is good for roasting and grilling many vegetables, so I'll include it here. This recipe makes 1/4 cup of oil. It can easily be increased, but it won't keep very long, even in the refrigerator because the oil has been heated.

4 Tbs. olive oil, 9 cloves Garlic (about 3 Tbs) chopped or put through a garlic press, 1 Tsp. chopped fresh herbs (rosemary was the original suggestion, but use what you like)

Heat olive oil, garlic, and herb in small skillet over medium heat until sizzling, about 3 minutes. Reduce heat to medium-low and continue to cook until garlic is light blond, about 3 minutes. Pour mixture through fine-mesh strainer into small bowl; press on solids. Use this oil in grilling or roasting.

Sprinkle some of the solids over cooked dish as garnish with fresh herbs.

Oven-Roasted Summer Vegetables

This recipe is courtesy of Erik and the Walles family. Actually it is more a technique than a recipe, but it's easy, fantastically good, and my mouth is watering as I type this!

Assorted summer vegetables, Squash, onions, peppers, potatoes, tomatoes. Whole peeled garlic cloves (bigger is better here, as they won't burn as easily). Olive oil or olive oil infused with herbs and garlic (see box to the left). Salt and Pepper. Herbs of your choice—rosemary, sage, basil, oregano and thyme are all wonderful choices.

Cut vegetables into roughly similar sized pieces, with faster-cooking veggies a little larger than slower-cooking ones. Microwave the potatoes for a few minutes (6 or so) to pre-cook slightly.

Combine Vegetables in a large bowl. Add a little olive oil to coat them lightly, (or use infused oil). Add salt and pepper as desired. Place vegetables on a large baking sheet that has been liberally sprayed with non-stick spray, spread into a single layer.

Roast in a 400 degree oven until cooked through. Stir every few minutes. This will take 30-40 minutes, depending on how done you want them, how big the pieces are, and how full the pan is.

Tomato Fennel Soup

I first tasted this soup at Atlanta Bread Company, and have been addicted ever since. Be sure to have some good French or Italian bread on hand to go with it. Simple, and utterly delicious!

adapted from Anthony Bourdain's Les Halles Cookbook

Olive oil
2 fennel bulbs
2 garlic cloves, minced
1 small onion, diced
1 potato, peeled and diced
1 28-oz can plum tomatoes
1 quart chicken broth
2 tablespoons Pernod (optional)

salt
1. Cut the stalks from the fennel bulbs level with the bulbs. Cut the fennel bulb in half from top to bottom, and then each half in half from top to bottom. This will reveal the fennel's core which you should remove. Slice the fennel thinly.
2. Gently sauté the garlic and onions in a couple of tablespoons of olive oil. When the onions are translucent, add the sliced fennel and the potato. Salt lightly. Gently sauté for about 10 more minutes, then add the tomatoes and the broth.

3. Bring to a boil, adjust to a simmer, and continue to simmer for about an hour. Add the Pernod and allow to simmer for a few more minutes.
4. Allow the soup to cool slightly, then puree in the blender in batches. The soup will have a better texture if you then strain it or pass it through a food mill.
5. Reheat soup. Taste for seasoning. Serve.



“Tasty Food for You” (continued from page 1)

more later on. We have also trained heirloom runner beans on a trellis as well.



Zucchini and Summer Squash

We have been picking these nearly every day and have been making an extra effort to pick them while they are small, young and tender. Deb's "Herbed Summer Squash and Potato Torte" was hearty and flavorful this weekend when Gayle prepared it.

Herbs

Our herbs are all doing very well. The **rosemary** mother plants have made a strong comeback and are ready for picking again. We are inundated with **cilantro** especially, so please help yourself to more as you choose your herbs. We will have larger bags of **basil** for you to make pesto with. We will also have **chives, borage, English thyme, swiss mint, sage, dill, oregano, and lemon balm.**

Greens

Your bag will contain a mixture of Swiss chard, collard greens, Chinese cabbage, mustard, and kale.

Onions

We harvested a row of onions and hung bunches to dry in the greenhouse. We will be pulling green onions first and then will be giving you dried onion bulbs dur-

ing the next few weeks.

Choice Table

We will have separate bags for **Bok Choi**(large green leaves with white stems) and **Tat Sui**(bright green circular leaves the size of a silver dollar). These oriental greens withstand the Kentucky summer heat well in our greenhouse. We have been pampering them and waited until they are just right for picking. Additional choices include: **cucumber, patty pan squash, fennel, rhubarb, radishes, sweet edible pod peas, beets, and garlic.**

Around the Farm

- We appreciate volunteers! Bekki Woloch has been bringing lots of workers each week when she helps us out on Wednesdays. Last week Jamie, Aaron and Natalia helped out. Bekki has been posting current newsletters each week on our website so that you can view it there also.
 - It seems like all of our schedules have gotten so busy that we hardly send out cards any more. Just think how you could brighten your parent's day if you sent them a card with a real photograph on it. I try to do this once a week for my mom since I know that she is often lonely and would like a reminder from me that I think about her. One of the nicest cards that you can send is one from Andrei Shliakhau. These cards are on display near the pickup table. They are \$3.75 each or ten for \$30.
 - Bill Pence is selling fresh, natural, range fed chicken eggs during pickup times this week. They are \$3 per dozen for white ones or \$3.50 per dozen for brown eggs. The white eggs are also two dozen for \$5.00.
 - We have our own jams and preserves for sale this week. Varieties include red, champagne and blackberry jams. We also have grape jelly. The golden tomato preserves and warm pepper preserves are excellent as a dipping sauce for any meat or tofu. They are \$3 each or two for \$5.
- Brett and Grant have named our rooster "Foghorn Leghorn". They watched cartoons of this character on the internet since this was before their generation. Foghorn is one lucky rooster since the rest of our chickens are hens. He is starting to show serious interest in them now. This is a good sign for eggs to come and it will not be long before we start hunting for eggs. The first egg needs to be left for the hens to learn how to sit on them and care for them. The large tan hen is named "Goldie". They love green June beetles, so this is a plus for organic control of insects!