

July 16th & 17th 2008 Newsletter

Berries on Bryan Station CSA Farm: "Yummy Food for Your Tummy"

Welcome to your tenth basket pickup!

We have another great basket for you today!

The following items were harvested today, some of which are on the choice table:

Okra

We have wonderful okra. If you've never had it before, we love it sautéed in olive oil until it is lightly caramelized. It is excellent in succotash, which is okra, sweet corn and tomatoes lightly steamed together.

Green Beans

Yellow Beans

Zucchini

Summer Squash

Cucumbers

Dorman Red Raspberries

Blackberries

Swiss Chard

Collard Greens

Heirloom Tomatoes

Edible Pod Peas

Leaf Lettuce

Kale

Onions

These are forming mature bulbs now and can be used like regular onions.

Culinary Herbs

This week your choice of herbs includes basil, oregano, English thyme, swiss mint, lemon balm, rosemary and dill. **Please let us know if you would like a large bag of basil to make pesto from and Brett will have it ready for you next week.**

A Word About Food Safety

You made a smart move to decide to become a member of our CSA. You can see where your food is coming from, how we grow it, and how we handle it. Please as an additional precaution, rinse all veggies and berries that we give you lightly with water before you eat them.

Around the Farm

- We have managed the weeds quite well and we think we are winning the war!
- We are irrigating 24/7 even though we have had a generous amount of rainfall so far. We are pleased with how healthy the plants look. The fertigator was used for the first time this week to inject

OMRI approved organic fertilizer into the drip lines. It works great!

- Member garden plots next to our barn are growing well. We are still planting beans and pumpkins.
- We love hearing how you prepare our veggies. Please share recipes with us when you pick up your basket!

Thank you for keeping your "veggie dollars" local. Go forth and be healthy! We'll see you next week!

Erik Walles & Family (Gayle, Brett & Grant)

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RECIPES

Zucchini Bread

This recipe is from Joy of Cooking, Better Homes and Gardens, 1996:

1 and 1/2 cups all-purpose flour

1 teaspoon ground cinnamon

1/2 teaspoon baking soda

1/4 teaspoon salt

1/4 teaspoon ground nutmeg

1 cup sugar

1 cup finely shredded, unpeeled zucchini

2 tablespoons soybean or canola oil

1/4 cup applesauce

1 egg

1/4 teaspoon finely shredded lemon peel

1/2 cup chopped walnuts or pecans

Grease an 8x4x2 inch bread loaf pan. In a medium mixing bowl combine the first six ingredients. In a second mixing bowl combine the next five ingredients.

Add the dry ingredients to the wet ones and fold in the nuts. Stir them just until everything is moistened. Pour the batter into the bread pan and bake it at 350 F for 55 to 60 minutes until a wooden toothpick comes out clean from the center of the loaf. When the loaf is done, let it stand in the pan for about ten minutes, then turn it upside down onto a wire rack and remove the pan.