

July 20-21 2006 Newsletter

Berries on Bryan Station Farm

“Better Food For a Healthier You”

Welcome to your tenth basket pickup! Thank you for returning the survey forms for the two organic blueberry jams. I hope that you enjoyed this taste test. I will get the forms to Dr. Tim Woods at UK. Thank you also for returning your baskets and for the plastic containers. We were short a few baskets last week so it is important that you return them. We are excited to give you another bountiful basket of goodies this week. Everything has benefited from two great drenching rains.

Tomatoes and Potatoes

No matter how you pronounce them, they're tasty! They are colorful too-red, yellow, orange, and pink this week. Different shapes are fun with cherry and Roma tomato shapes this week. The potatoes are thin red skinned.

Choice Table

The choices this week include broccoli, red and green cabbage, eggplant, beets, radishes and sweet corn. They are taken on a first come, first served basis, but we restock them so that everyone has a selection.

Green Beans

Blue Lake, Half Runner, and Bronco beans are again the bumper crop this week! Grant, our five year old, loves them lightly steamed for five minutes, then topped with grated Old Amsterdam cheese. He grabs a handful and stuffs them lengthwise into his mouth.

Peas

Sugar snap edible pod peas are ready this week. Simply rinse them and eat them fresh, lightly steamed, or stir-fried. They have grown nicely on the black plastic with drip irrigation.

Zucchini and Summer Squash

We are trying not to let these get too large since most members like them young and tender. Some members love the big ones, but others back away. Part of the farm experience is to try new things. Lisa Parks introduced us to her recipe which is to

cut a large zucchini into one-inch chunks, place them in a large Ziploc bag, add salt, pepper, olive oil, Mrs. Dash, and fresh herbs (oregano, basil, sage, thyme, Rosemary), shake it all together, then spread them out onto a metal pan. Bake this for about 20 minutes at 450°F, and serve it on top of rotini pasta or as a side dish. Fresh herbs can be added just before serving or people can add their own as a garnish. Eggplant can also be added.

Onions, Peppers & Garlic

Bell and sweet banana peppers are ready today.

Herbs

Dill is now ready. Some of my favorites include French Tarragon, Apple Mint, Swiss Mint, Cilantro, and chives. Several members enjoy cilantro sprinkled on top of steamed white rice the way Chipotles serves it. Apple mint, Swiss mint, and lemon balm are delightful in fresh squeezed lemonade or in iced tea. This is a great way to stay hydrated in these “dog days” of summer. Just put a whole sprig into the drink or break off individual leaves.

Cut Flowers

We have a beautiful selection of Black-eyed Susans, Shasta daisies, sunflowers, zinnias, cosmos, and bachelor buttons.

Cucumbers, Radishes,

Mesculin and Romaine Leaf Lettuces

The best lettuce is coming from our summer vegetable field. We have staggered several varieties and the lettuce does grow back between harvests, so we do have some ready today.

Around the Farm

- The irrigation system is done!
 - Next week: blackberries!
- That's all for now, see you next week!

Erik Waller & Family (Gayle, Brett & Grant)
And Helpers Lisa Parks and Chris Statton
Berries on Bryan Station Farm
4744 Bryan Station Road
Lexington, KY 40516
Farm: (859)293-0077
Cell: (330)608-0533
wallese@linkup.us