

July 23rd & 24th 2008 Newsletter
Berries on Bryan Station CSA Farm:
“Lettuce Be Your Personal Gardeners”

Welcome to your eleventh basket pickup! We have been irrigating the veggies and berries 24/7 to help the produce flourish in the heat. The tomatoes, okra and eggplant seem to like the heat the best. The lettuce has turned bitter and gone to seed, but luckily our next round has come up nicely and should be ready in 2 weeks.

Raspberries and Blackberries

The berries are nice and juicy! We are suggesting a few recipes for you to try. Blackberries bake up nicely, blending the tart and sweet flavors together. **We will offer a free member picking day on Saturday July 26 from 9am-5pm where you can pick up to 1 gallon of Dorman red and/or blackberries.**

Tomatoes

Yeah! The larger tomatoes are ripening nicely and the amount you receive will increase substantially over the course of the next few weeks. We grow many heirloom varieties and this week we feature Earliana, German Pink, Brandywine and several cherry tomato varieties.

Zucchini and Summer Squash

These are coming on quite strong. You can enjoy these in a sauté, grilled on the BBQ, baked and stuffed or fresh with a veggie dip. They can be eaten with the skin on or off as you prefer. There is a new recipe on the back.

Green Beans and Yellow Wax Beans

We enjoy eating the beans fresh or simply steaming them for 5 minutes for an al dente delight. We are also including some recipes for you to try.

Choice Table

Today you can choose from the following:

- Okra
- Eggplant
- Kohlrabi
- Kale and collards
- Peppers: grouped by “sweet” and “hot”
- cucumbers

Herbs

We are offering basil, dill, swiss mint, lemon balm, cilantro, lemon balm and rosemary.

Onions & garlic

Flowers

You can choose from gorgeous sunflowers, gloriosa daisies, cosmos, and zinnias. Many members report that these flowers last for a full week.

Around the Farm

- Please continue to return the boxes, flower “vases”, and berry containers as we do re-use them.
- Many thanks to volunteers to have helped with the harvest recently, including Jo, Charmie and the Johnson family. Thanks!

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

Classic Green Beans Almondine

1/2 lbs. green beans

2 oz. almonds

1 tbsp. butter

Salt and pepper

Saute almonds in butter until lightly browned; do not burn. Steam the green beans. Toss with almonds and season with salt and pepper before serving.

Blackberry muffins

1 egg
1/2 cup milk
1/4 cup cooking oil
1 1/2 cups flour
1/2 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 cup fresh chopped blackberries

Beat egg slightly with fork. Stir in milk and oil. Sift together flour, sugar, baking powder and salt. Add to egg mixture. Blend in blackberries, being careful not to mash them. Pour into muffin tin and bake in a 400-degree oven for 20 to 25 minutes. Makes 12 muffins.

Blackberry bars

1 cup all-purpose flour
3/4 cup firmly packed brown sugar
1/4 cup butter or margarine
1/2 cup sour cream
1 egg, beaten
3/4 teaspoon baking soda
1/4 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon vanilla
1 cup fresh blackberries
Sifted powdered sugar

Combine flour and brown sugar. Cut in butter with pastry blender until mixture resembles coarse meal. Press 1 1/3 cups of mixture in bottom of an ungreased 8-inch square pan.

Combine remaining crumb mixture, sour cream, egg, baking soda, salt, cinnamon and vanilla. Blend well. Stir in blackberries. Spoon over crust, spreading evenly. Bake at 350 degrees for 35 minutes. Cool. Cut into 3- by 2 1/2-inch bars. Sprinkle with powdered sugar. Makes 12 bars.

Zucchini Casserole

2 medium-large zucchini
1 large or 2 small onions, sliced
6 oz tomato sauce or 2 sliced tomatoes
8oz sliced or shredded mozzarella cheese
1/4 teaspoon garlic salt
sprig of oregano, chopped (or 1/4 teasp. dried)
optional: 1/2 cup seasoned breadcrumbs
optional: 3 Tablespoons grated parm cheese

Cut zucchini into 1/4" slices and boil in water for 5 minutes. Drain and set aside. In small frying pan, sauté the onion and when it is done, add the tomato garlic salt and oregano. In a 1 qt casserole make a layer of zucchini, a layer of cheese and a layer of onion tomato mixture. Continue to layer, using all ingredients. An option is to top with the breadcrumbs and parm cheese. Bake 45 minutes at 350.

Freezing Notes

To store the tastes of summer for use later in the year, you can follow these steps:

Green beans:

1. snap the ends off of the beans and either leave them whole length or snap in half
2. rinse well
3. blanch by boiling for 1 minute
4. rinse the blanched green beans in cold water
5. pat them dry
6. place in plastic storage bags and freeze

Herb vinegar is pleasing both to the eye and palette. Using herb vinegar in cooking emphasizes flavor without added fat and few calories. You will need a full cup of herbs to make two cups of vinegar. You can either use just one type or even up to three herbs. Use a good quality vinegar – either cider, white- or red-wine. You can consider matching the following:

<u>Vinegar type</u>	<u>herb</u>
Cider	oregano, parsley, sage
White-wine	basil, chives, cilantro
Red-wine	rosemary, sage, thyme

Place 1 cup of herb leaves and tender stems in a quart jar. Pour 2 cups of room temperature vinegar in and make sure the leaves are all covered. Cover with plastic wrap or a non-metal lid and store in a cool, dark place for 2 weeks. The strain out the herbs and put the vinegar into small bottles, adding fresh herb sprigs for decoration. Cover tightly with a cork or cap.