

# July 27-28 2006 Newsletter

## *Berries on Bryan Station Farm*

### *“Better Food For a Healthier You”*

Welcome to your eleventh basket pickup! We are very excited about the variety this week!!

#### **Tomatoes!!**

Last week was just the start of tomatoes! They are colorful - red, yellow, orange, and pink this week. There are many varieties including heirloom types. Variety is key as a blight usually centers on one type – sadly we had to pick and throw out several dozen *Better Boys* with black spots. Our other types are healthy and tomatoes will increase next week again!

#### **Blackberries**

We picked a sampling of blackberries for you from a farm south of here. Next year we'll have our own blackberries in your baskets.

#### **Sweet Corn**

We have a mix of our own plus some from a farmer in Avon. Recipes on back. Enjoy!

#### **Choice Table**

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

#### **Green Beans**

Blue Lake, Bronco, and Giant Stringless beans are again the bumper crop this week! We will dry the remaining half runner beans.

#### **Peas**

There is a mix of Sugar snap edible pod peas and pod peas that need to be shucked. This is probably the last week for peas.

#### **Eggplant**

There are two varieties of eggplant: Black Beauty and Ichiban. The Black Beauty are the traditional bulbous looking veggies while the Ichiban are a slender product. Recipes are on the flip side.

#### **Zucchini and Summer Squash**

Continue enjoying the bounty!

#### **Peppers, Onions & Garlic**

Bell and sweet banana peppers are ready today. We also have some unusual heirloom varieties for the pepper aficionados amongst you.

#### **Herbs**

Try the dill this week. Let us know if you need a large quantity of basil for homemade pesto.

#### **Cut Flowers**

We have a beautiful selection of gloriosa daisies, sunflowers, zinnias, cosmos, and bachelor buttons.

#### **Cucumbers, Radishes, Leaf Lettuces**

We have a small amount of salad makings for you this week. Cucumbers are producing steadily.

#### **Veggie Tales**

- Note from Gayle: next week you can wish Erik a happy birthday! August 6 is his b-day.
- Gayle has landed a consulting contract in marketing, so that is good news.
- We continue to follow organic farming principles, fighting the good fight against pests/beetles, weeds and wilt
- We are planning our member potluck picnic for Saturday September 30. Please mark your calendars. Details to come.
- Please return your baskets as we are running low. Are there any baskets lurking at your house? Please round them up.

That's all for now, see you next week!

Erik Walles & Family (Gayle, Brett & Grant)  
and helpers Lisa Parks and Chris Statton  
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### Grilled Eggplant

Peel the eggplant and slice into rounds that are approx. ½” to ¾” thick. At this point you can either spray with olive oil or use a pastry brush to add a thin layer of olive oil.

Place on a hot grill. When the grill marks have turned dark brown, turn the eggplant. Once you have turned it you may want to add basil leaves or dill to add some flavor as the bottom side cooks. Serve warm.

### Eggplant Trivia

The *Coneheads* movie has a humorous scene with Jane Curtin at the grocery store reacting to the sight of eggplant. Rent it for some laughs!

### Herb Tips

- If your recipe calls for a certain amount of dried herbs and you prefer to substitute some of the fresh herbs from us, then you can double the amount called for in the recipe. This rule of thumb is time tried, plus is mentioned in at least one cookbook.

- **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.

### Sweet Corn

It is important to eat sweet corn on the same day that it is picked. Otherwise the natural sugars in the kernels convert to starch. There are several ways of preparing corn, here are two:

(1) Boiled Corn: Boil salted water and place the husked corn in for four minutes. Remove and butter lightly, sprinkling salt and pepper on top. Eat immediately.

(2) Grilled Corn: In this preparation the corn is grilled with the husks on. One choice is to simply place the corn on the grill. If you have a few minutes for prep work, we recommend to do the following: peel back the top of the corn husks so that you can remove the silk hairs on the cob. Then replace the husk and soak the cobs in a bucket or sink of water for anywhere from 5 to 60 minutes.

Place the corn on a medium hot grill and rotate every 3-4 minutes for approx 9-12 minutes. Use tongs to peel back the hot husk, then you can butter and enjoy the corn.

### Eggplant Sandwiches

*Source= Italian Food Forever*

3 Medium To Small Eggplants  
1 Pound Mozzarella  
2 Eggs  
1 1/2 Cups Seasoned Bread Crumbs  
Fresh Basil Leaves  
Oil For Deep  
Salt & Pepper

Cut the eggplants into round slices, about 1/4 inch thick. Cut the cheese into thin slices to match the size of the eggplant rounds. Beat the eggs, and place the breadcrumbs in a bowl. Take two equal sized slices of eggplant, and place a slice of cheese and a fresh basil leaf between them. Carefully dip the "sandwich" first into the egg dip, and then into the bread crumbs. Heat the oil in a large deep skillet about 1 inch deep. Cook the eggplant sandwiches until they are golden brown. Keep them warm in the oven, while you continue to cook the rest. Serve warm, or at room temperature.