

July 4th & 5th 2007 Newsletter: *Berries on Bryan Station CSA Farm* “Better Food for a Healthier You from your Personal Farmers”

Welcome to your eighth basket pickup! We have even more good things for you! We hope that these fresh veggies add enjoyment to your celebration of the Fourth of July holiday. Since we work hard to harvest these for you as fresh as possible, you will probably want to enjoy them right away as well.

Blackberries, Heritage & Dorman Raspberries

Everyone will be able to choose a pint of one of these. They are awesome! Yellow raspberries are just starting and will be coming into production a bit later. Since this is our first year for blackberries, we do not know how long they will bear. The raspberries are everbearing varieties and will give berries until the first hard frost in October. We anticipate a bountiful harvest. The blackberries and yellow raspberries are receiving overnight irrigation and are producing plump berries. We will be connecting irrigation lines to the red raspberries, but in the meantime they are smaller and drier berries, although still delicious.

Edible Pod Peas

We are able to give you these delicious, sweet, crunchy peas this late in the season because they are grown on top of black plastic with drip irrigation. They are best eaten raw on top of a salad.

Tomatoes

The tomato plants in the greenhouse are starting to produce excellent tomatoes. These plants were started indoors by Gayle in January.

Leaf Lettuce

The leaf lettuce is coming from the irrigated summer veggie field and is outstanding.

Peppers

You will be seeing more varieties in the next few weeks in all different colors, sizes, and shapes. We will try to let you know how hot they are. Most of our varieties are mild to no heat, but for those hot pepper lovers we have some hot heirloom peppers. Your basket will only contain sweet or mild heat peppers. The hot peppers will only be given to you if you ask for them or choose them from the choice table.

Zucchini Squash

You will be seeing more of these in your next few baskets as the plants are really starting to produce. We try to pick them for you while they are small and tender. The larger ones are great for scooping out the center, adding cooked rice and hamburger, and baking in the oven with cheese on top. You can also slice

them into chunks, sprinkle some olive oil and herbs on top, and bake them for a yummy side dish.

Garlic and Onions

These are fully formed now and do not have much greenery left to sautee, so you will be using them in the way that you are accustomed to.

Edible Nasturtium Flowers

As you probably know from previous ones, the curved tube is filled with sweet nectar. The leaves have a delicious exotic taste. It is fun to eat such a beautiful, colorful flower.

Choice Table

Our choice table today includes snappy, tender Consesca French green beans, broccoli, eggplant, and probably other veggies that are just coming into or going out of production. For example, this may be the last time you receive arugula, as the beds in the greenhouse will be tilled under soon. Although it has started to flower, it has a terrific powerful flavor that is delightful.

Herbs

This week your choice of culinary herbs includes dill, basil, rosemary, swiss mint, and lemon balm. Catnip is also available for cat lovers. We hope that you enjoy meeting our new kitten. She will be in charge of keeping our barn and greenhouse free of mice.

Hanging Baskets

We still have a few left. There is a gorgeous colorful leafy one that is looking for a good home. The hanging nasturtiums have sold quickly to members who want plenty of edible flowers for a special meal. They are still priced from \$10 to \$15 depending on the size.

Gourmet Mushrooms

We will order these in once we have a total order of at least five pounds. They are \$12 per pound.

Erik Waller & Family (Gayle, Brett & Grant)

Andrew English, Tyler, James, Charles

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