

July 9th & 10th 2008 Newsletter
Berries on Bryan Station CSA Farm:
“Lettuce Be Your Personal Gardeners”

Welcome to your ninth basket pickup! The warm weather is helping the diversity of products to increase.

Raspberries

The Dorman red “strawberry” raspberries are coming in strong. While we planted them 3 years ago, this is their first big showing. Picking the Dormans is a scratchy experience but we feel it is worth it. We hope you enjoy these along with the yellow and red raspberries. The blackberries are just starting to ripen, so that is indeed exciting news for future weeks!

Zucchini and Summer Squash

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.

Cherry Tomatoes

Typically the first tomatoes to ripen in any season are the cherry and pear tomato varieties. Enjoy eating them fresh, on your salad, or in the sauté recipe on the back. Some people enjoy roasting them at 250F for approx 10-15 minutes and then toss in a pasta salad.

Choice Table

Today you can choose from one of the following:

- Edible pod peas
- Concessa Green Beans
- New Potatoes
- Kale
- Collards
- A few Eggplant and Kohlrabi

Herbs

We are offering basil, dill, swiss mint, lemon balm, cilantro, lemon balm and rosemary. For those who would like to try the pesto recipe on the back of the newsletter, we can pick a large bag when you are ready.

Onions & garlic

Onions and garlic are still available and the onions are forming nice sized bulbs. They add to recipes nicely.

Flowers

You can choose from gloriosa daisies, cosmos, zinnias and snapdragons.

Around the Farm

- Please return the boxes, flower “vases”, and berry containers as we do re-use them. In particular, the sawed-off plastic containers are key for keeping your flowers fresh on the way home.
- We have thousands of green tomatoes in the field and will continue to nurture them to their desired ripeness and share them promptly.
- Many thanks to volunteers to have helped with the harvest recently. We welcome folks who can volunteer for a couple of hours or a day and will offer you choices of chores along with instructions. Recent volunteers include Erica, James, TW and the Johnson family. Thanks!

Safe Food Handling Tips

Some members have asked about storing and preparing produce. The following tips are excerpted from a FDA publication available on the internet site:

<http://www.cfsan.fda.gov/~acrobat/prodsafe.pdf>

1. wash hands for 20 sec w/soap & water
2. cut away any damaged or bruised areas on the produce
3. thoroughly wash produce before eating
4. even if you plan to peel the produce, wash it first
5. washing produce with soaps or detergent is not recommended
6. scrub firm produce, such as melons and cucumbers with a clean produce brush

Our opinion is that the produce is best eaten within the first 1-3 days. If you can't get to the berries that quickly then you should freeze them.

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

Wrapping the following sauté in a tortilla is an enjoyable way for kids of all ages to eat our veggies:

July Sautee (from Gayle)

Ingredients:

- 1 onion, chopped
- 1 garlic, chopped
- 2 TB olive oil
- 1 zucchini (1/4" slices)
- summer squash (1/4" thick slices)
- a favorite herb sprig (oregano recommended)
- optional: grated cheese
- optional: tortillas (flour or corn)

Directions:

Pour 2 tablespoons of olive oil in a skillet on medium heat. Chop the spring onion and garlic, using the lower parts of the stem as well. Saute until lightly brown and then add sliced summer squash and zucchini. Turn regularly and cook for 5-7 minutes to desired level of texture and color. Add the herb, tearing it if oregano, during the last minute in the pan.

Options:

Can add can eggplant and/or pepper at the same time as the summer squash. Also, can add cherry tomatoes for the last few minutes. Our boys like grated cheese added on top.

Serving Suggestion:

Warm tortillas in your oven or microwave and pour the veggie mix in and wrap to eat.

Fresh Basil Pesto

Ingredients

- 2 cups fresh basil leaves, packed
- 1/2 cup freshly grated Parmesan-Reggiano or Romano cheese
- 1/2 cup extra virgin olive oil
- 1/3 cup pine nuts or walnuts
- 3 medium sized garlic cloves, minced
- Salt and freshly ground black pepper to taste

- *Special equipment needed:* A food processor

Method

1 Combine the basil in with the pine nuts, pulse a few times in a food processor. (If you are using walnuts instead of pine nuts and they are not already chopped, pulse them a few times first, before adding the basil.) Add the garlic, pulse a few times more.

2 Slowly add the olive oil in a constant stream while the food processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Add the grated cheese and pulse again until blended. Add a pinch of salt and freshly ground black pepper to taste.

Makes 1 cup. (from SimplyRecipes.com)

Serve with pasta, or over baked potatoes, or spread over toasted baguette slices.

Raspberry Espuma

This recipe is from one of Gayle's colleagues. We were surprised at how nice and light the flavor is.

INGREDIENTS

- 1 1/2 cups water
- 1 (6 ounce) package raspberry flavored gelatin mix
- 1 (12 fluid ounce) can very cold evaporated milk (fat free is okay)
- 1 cup fresh raspberries for garnish

DIRECTIONS

1. Bring water to a boil in a small saucepan. Stir in gelatin until completely dissolved, then place into refrigerator until cool (but not solid).
2. Pour evaporated milk into a large bowl, and whip with a hand mixer until fluffy and doubled in volume. While continuing to beat, slowly pour in cooled gelatin. When all of the gelatin has been incorporated, pour the mixture into a mold or bowl and chill until set, about 3 hours. Once set, serve garnished with raspberries.