

June 20th & 21th 2007 Newsletter

Berries on Bryan Station CSA Farm: "Better Food for a Healthier You"

Happy first official day of summer, and welcome to your sixth basket pickup. You can see that our selection is starting to broaden, and this trend will continue as the season progresses. We are just starting to harvest from the summer vegetable field. Previously we harvested primarily from the greenhouse and the winter hardy veggie field. The summer veggie field is being irrigated in different areas at a time for 24 hours a day seven days a week because of the moderate drought we are in. The quality of veggies that we harvest from this field is extra good because of the excellent growing conditions. The black plastic keeps all veggies nice and clean. We have planted one type of veggie on each 345 feet long row. With 40 rows there will be lots of great veggies for every member. One positive aspect of the moderate drought is that the plants have less disease pressure when it is dry like this. We are glad that we invested in an extensive underground irrigation system last year as we are now benefiting from this expensive investment.

Shallots

Shallots are smaller and more oblong than onions and are covered with a dark tan sleeve. Their tops are nice and green, so the entire plant can be sautéed.

Summer Squash

These tender early squash offer many eating opportunities: chopped fresh on salad, grilled, sautéed or roasted. Please see our recipe suggestions.

Peppers

You have a choice of one of the following varieties: Wenks Hot Yellow (rates a 3 on a scale to 5 for hotness), Jim Nardello (sweet pepper) and Beaver Dam (slightly hot/spicy, 2 on a scale of 5).

Cucumbers

Cucumbers enhance salads with a crisp texture and make sandwiches a bit more tasty and crunchy.

Choice Table

You can choose from a variety of items including beets, shell peas, our first tomatoes, broccoli, eggplant and zucchini from the greenhouse, early potatoes, and edible nasturtium flowers.

Herbs

This week your choice of herbs includes dill, basil, chives, rosemary, swiss mint, catnip, lemon balm.

They will keep fresh refrigerated in the sealed baggy for about 1 week.

Salad Greens Mix

We have a nice variety of leaf lettuces and small head lettuces for your salad this week.

Garlic

These have "flat" leaves and are brighter green than the Spring Onions. The leaves have turned brown now and the bulb is fully formed. You can use the bulb in the same way that you usually do, either crushed or sliced.

Hanging Baskets

Hanging baskets with flowers and/or herbs are available. They are priced according to size with the small ones for \$10 and the large ones for \$15. They look really nice, so we hope that you enjoy them! Some of them have edible flowers or culinary herbs in them. They are very healthy and are in full bloom!

Fresh Mushrooms

We will have about five pounds of fresh organic mushrooms available for you to choose from every other week. If you would like to ensure that your favorite types are available, please let us know by Tuesday night at wallese@linkup.us or (859)293-0077. They are \$12/pound and ohhhh sooo good.

Thank you for being a member in our CSA! We want each basket to be a pleasant and positive experience for you!

Sincerely,

Erik Walles & Family (Gayle, Brett & Grant)
Andrew English, Tyler, Chris, James, Charles
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RECIPES

Early Summer Sautee (from Gayle)

Ingredients:

1-2 Spring onion, chopped
1-2 Spring garlic, chopped
1-2 TB olive oil

1 summer squash (1/4" thick slices)
1 pepper, sliced
a favorite herb sprig (dill recommended)

Directions:

Pour 1-2 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 pepper. Turn regularly and cook for 5-7 minutes to desired level of texture and color. Add the herb, crushing slightly, during the last minute in the pan.

Options:

Can add a zucchini or eggplant at the same time as the summer squash. Also, can add sundried tomatoes, allowing them to hydrate and add flavor. Our boys like grated cheese added on top.

Roasted Beets (www.thatsmyhome.com)

Ingredients:

4-6 beets, peeled and halved or quartered

2 tablespoons olive oil

1/4 teaspoon kosher salt or sea salt

1/4 teaspoon black pepper

1 tablespoons unsalted butter

4 scallions or spring onions

Preheat oven to 425° F. Place the beets on a large baking pan and toss with the oil, salt and pepper. Transfer to the oven and roast until tender and browned, about 1-1/2 hours. Add the butter and garnish with the scallions. Transfer to a large serving platter.

Cucumber Garlic and Yogurt Sauce

1 cucumber, peeled

2 cups plain low-fat yogurt

2 garlic cloves, peeled and crushed with a pinch of salt sea salt

3 tsp dried mint, crumbled and pressed through a fine sieve

1 tsp olive oil

Sprigs of fresh mint for garnish

Finely dice the cucumber

- In a medium bowl, combine the yogurt, garlic, and 3/4 teaspoon salt. Add the cucumber and the dried mint, and blend well.
- Cover and refrigerate until well chilled, about 1 hour.
- Garnish with a drizzle of olive oil and sprigs of fresh mint.

Shredded Beet Salad (Martha Stewart Living)

Ingredients:

- 2 tablespoons rice vinegar
- Juice of 1/2 lime
- 1 tsp sugar
- Coarse salt and freshly ground pepper
- 6 tablespoons extra-virgin olive oil
- 1 pound red beets, peeled and grated
- 1/2 pound carrots, peeled and grated
- 1/2 cup thinly sliced basil leaves
- 2 tablespoons finely shredded fresh flat-leaf parsley

In a large bowl, combine the vinegar, lime juice, sugar, and a large pinch each of salt, and pepper. Whisk to combine. Gradually whisk in oil. Add beets, carrots, basil, and parsley. Toss to combine. Taste and adjust for seasoning.

Grilled Summer Squash , Zucchini or Eggplant

Many veggies grill well at the same time that you may be cooking your main course. We recommend leaving the skin on the veggie, slicing approx 1/2" lengthwise sections and coating the slices with olive oil. A spritzer or food brush works well for applying the olive oil in a light consistent layer. One alternate is to use butter and then sprinkle garlic salt on top. Grilling veggies takes some practice, so we recommend keeping a close eye on them, checking them every 1-2 minutes. We like getting the grill lines and light brown appearance without burning the edges. Some friends of ours take the cautious approach of placing foil between the veggie and grill. We grill directly and then set the finished veggies off to the side on some foil to keep warm while our other food finishes.

If you like herbs, we recommend adding sprigs on top for the last 1-2 minutes. If one adds the herbs at the start with the oil they tend to burn.