

June 24th and 25th 2009 Newsletter

Berries on Bryan Station CSA Farm: "Tasty Food for You"

Welcome to your sixth basket pickup! We hope that you are enjoying your baskets and the increasing variety and bounty that this season has to offer. For the last three weeks we have been harvesting in the rain for pickup days and we're wondering what this week has in store for us.

Golden Yellow Champagne Raspberries

These delightful, plump, tasty, pretty, and addictive berries are coming on strongly. Leslie Maner picked 32 quarts for you on Tuesday(today) and will continue picking on Wednesday and Thursday as well.

Zucchini

We were very excited when we picked our first zucchini and summer squash today. They look beautiful! And there is plenty for everyone!

Herbs

This week your choice of herbs includes **cilantro, basil, chives** for the first time, as well as: **borage, English thyme, swiss mint, basil, rosemary, sage, dill, oregano, and lemon balm.** Last week we ate fresh cilantro and basil leaves on top of our California Kitchen pizza and it was fantastic!

Greens

One of your two bags contains a mix of collards, Swiss chard, Chinese cabbage, kale, and mustard for sautéing. Also mixed in are **Bok Choi**(a large leafy green that forms a head) and **Tat Soi**(dark green, small, circular leaves the size of a quarter). Simply rinse them and saute them in olive oil.

Salad Mix

Your second bag contains a mixture of leaf lettuce, baby romaine and arugula for salads. The blooms on the arugula are edible. We are harvesting lettuce from the front field and you'll notice a crispy texture and some tasty nuance flavors.

Spring Onions

These have "round" leaves and are bluer than the Spring garlic leaves. Use as you would use white onions normally, sautéing with other vegetables.

CHOICE TABLE

This week you have a choice of one item from the choice table: **summer squash, rhubarb, radishes, sweet edible pod peas, beets, and garlic.**

Around the Farm

- We appreciate volunteers! Bekki Woloch has been bringing lots of workers each week when she helps us out on Wednesdays. Jo Stone has been very helpful with picking berries and with packing bags of salad and greens. She even took Grant swimming with Charmi.
- Thanks to Johnny and Bekki Sears for sending Erik pictures of their son looking at a perfect strawberry with Daddy. Another photo was of their son holding a duck beside Grant. It is very satisfying and rewarding to seeing so many members enjoying the farm each week. My favorite blond twin girls, Brigsy and Lilly, had lots of strawberry juice on the front of their outfits, so they enjoying eating the last berries!
- Natasha and Nathaniel Druggan have been a big help already. Natasha will join the Naval Academy in Washington, D.C. in July. She will be going through boot camp first, but she considers Berries on Bryan Station her "pre-boot camp".
- Our work crew consisting of Zack Cassidy, Jade Maner, Stephanie Freundhofer, Bill Pence, Brett Walles and I cleaned, tilled and planted the hoop house and greenhouse beds for a second major planting. We also companion planted onions and garlic wherever a space allowed it on the black plastic. We have planted more than any previous year in faster time, so you are in for lots more bounty!
- We freed the black raspberry plantings of thistle weeds. At the end of the day we felt satisfied with accomplishing weeding without the use of herbicides.
- Fennel is growing very well, which is a new trial for us. Our open field cultivated potatoes are also doing well, which is also a first for us. Potatoes like to be hilled and our Farmall 140 tractor fitted with vertical shanks and hilling discs on each side is working well.
- Please check out Andrei Shliakhau's gorgeous cards as you pick up your baskets. They are on the display rack at the front of the barn. These cards are an excellent value and can be used for all occasions.

- Bill Pence is selling fresh, natural, range fed chicken eggs during pickup times for \$3 per dozen or two for \$10. The yolks are bright yellow and everything tastes and looks better with them in the recipe.

Go forth and be healthy! We'll see you this week!

Erik Walles & Family (Gayle, Brett & Grant)

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We are fortunate to have **Deborah Outland**, one of our members, volunteer to choose recipes for each of our newsletters. This is a big help to Erik since he has to /loves to spend most of his time outdoors in the field working with all of his many workers each day. This is also a great way for members to get yummy new recipes as well. Here are her recipes and comments for today's newsletter:

Coming Attractions!

It won't be long before we'll be seeing zucchini, potatoes, beans and other early-summer vegetables. If you have a recipe to share, comments on the current or past recipes, or just easy ways to prepare foods from Berries on Bryan Station, send it to Deborah Outland and she'll be sure to post it in the newsletter and on the web site. Please mail your recipe to:

djo@insightbb.com.

This Week's Recipes

Country-style Squash and Onions

Simple, direct, and not that watery bland stuff from restaurants!

3-4 cups of cubed squash

1 small onion

Butter or olive oil

Salt and pepper to taste

In a heavy skillet (cast iron is ideal), heat a bit of butter or olive oil, and sauté the onions until translucent. Add the squash and a small amount of salt. Cover and steam until the squash exudes its moisture. Remove the lid, turn up the heat, and cook squash and onion until all moisture is absorbed. The squash will become a darker yellow, and you may get some browned bits.

Turn the squash frequently as if you were making fried potatoes. The longer the squash is cooked, the more it will resemble thick lumpy porridge. Depending on just how "country" you want it, either take it up as soon as all the liquid is absorbed, or continue to cook and concentrate the flavor until the squash is definitely browned in spots. Add more salt and pepper if desired. NOTE: This can be done with virtually no fat if you like. Be careful not to burn the squash, though, because with no fat in the pan, it scorches easily.

Raspberry Buttermilk Cake

This cake is from the Internet Blog "Smitten Kitchen", and requires only a small container of berries. To read the entire blog entry, and see her gorgeous pictures, go to www.smittenkitchen.com and search for Raspberry Buttermilk Cake. The recipe is reproduced here in its exact Smitten Kitchen form. By the way, she got the original recipe from Gourmet Magazine, June 2009.

From Smitten Kitchen:

You can just ignore the word "raspberry" up there and swap it up with any which berry you please, like blackberries or blueberries or bits of strawberries or all of the above. This is a good, basic go-to buttermilk cake (not unlike a [lemon yogurt cake](#) before it) — moist and ever-so-light — a great jumping off point for whatever you can dream up.

Makes one thin 9-inch cake, which might serve eight people, if you can pry it from first two people's grasp

1 cup (130 grams) all-purpose flour

1/2 teaspoon (2 grams) baking powder

1/2 teaspoon (2 grams) baking soda

1/4 teaspoon salt

1/2 stick (56 grams) unsalted butter, softened

2/3 cup (146 grams) plus 1 1/2 tablespoons (22 grams) sugar, divided

1/2 teaspoon pure vanilla extract

1/2 teaspoon finely grated lemon zest (optional)

1 large (57 grams) egg

1/2 cup well-shaken buttermilk
1 cup fresh raspberries (about 5 oz)

Preheat oven to 400°F with rack in middle. Butter and flour a 9-inch round cake pan.

Whisk together flour, baking powder, baking soda, and salt and set aside. In a larger bowl, beat butter and 2/3 cup (146 grams) sugar with an electric mixer at medium-high speed until pale and fluffy, about two minutes, then beat in vanilla and zest, if using. Add egg and beat well.

At low speed, mix in flour mixture in three batches, alternating with buttermilk, beginning and ending with flour, and mixing until just combined. Spoon batter into cake pan, smoothing top. Scatter (see Note) raspberries evenly over top and sprinkle with remaining 1 1/2 tablespoons (22 grams) sugar.

Bake until cake is golden and a wooden pick inserted into center comes out clean, 20 to 25 minutes. Cool in pan 10 minutes, then turn out onto a rack and cool to warm, 10 to 15 minutes more. Invert onto a plate.

Pork Lo Mein

Recipe from Cook's Illustrated Magazine

“Better than restaurant” and easy to make with the help of the fantastic Cook's Illustrated directions.

3 tablespoons soy sauce
2 tablespoons oyster sauce
2 tablespoons hoisin sauce
1 tablespoon toasted sesame oil
1/4 teaspoon five spice powder
1 pound boneless country-style
 pork ribs, sliced crosswise
 into 1/8-inch pieces
1/4 teaspoon liquid smoke
 (optional)
1/2 cup chicken broth

1 teaspoon cornstarch
2 medium garlic cloves, (about 2
 teaspoons)
2 teaspoons grated fresh ginger
4 1/2 teaspoons vegetable oil
4 tablespoons Chinese rice
 cooking wine or dry sherry
1/2 pound shiitake mushrooms, stems
 trimmed, caps cut in halves
2 bunches scallions, whites
 thinly sliced and greens cut
 into 1-inch pieces (about 2
 cups)
1 small head Chinese cabbage,
 halved, cored, and sliced
 crosswise into 1/2-inch strips
 (about 4 cups) Bok Choy is
 great for this!
12 ounces Chinese egg noodles
 (fresh) or 8 ounces dried
 linguine
1 tablespoon Asian chili garlic
 sauce

1. Bring 4 quarts water to boil in Dutch oven over high heat.
2. Whisk soy sauce, oyster sauce, hoisin sauce, sesame oil, and five-spice powder together in medium bowl. Place 3 tablespoons soy sauce mixture in large zipper-lock bag; add pork and liquid smoke, if using. Press out as much air as possible and seal bag, making sure that all pieces are coated with marinade. Refrigerate at least 15 minutes or up to 1 hour. Whisk broth and cornstarch into remaining soy sauce mixture in medium bowl. In separate small bowl, mix garlic and ginger with 1/2 teaspoon vegetable oil; set aside.
3. Heat 1 teaspoon vegetable oil in 12-inch cast-iron or nonstick skillet over high heat until just smoking. Add half of pork in single layer, breaking up clumps with wooden spoon. Cook, without stirring, 1 minute.

Continue to cook, stirring occasionally, until browned, 2 to 3 minutes. Add 2 tablespoons wine to skillet; cook, stirring constantly, until liquid is reduced and pork is well coated, 30 to 60 seconds. Transfer pork to medium bowl and repeat with remaining pork, 1 teaspoon oil, and remaining 2 tablespoons wine. Wipe skillet clean with paper towels.

4. Return skillet to high heat, add 1 teaspoon vegetable oil, and heat until just smoking. Add mushrooms and cook, stirring occasionally, until light golden brown, 4 to 6 minutes. Add scallions and continue to cook, stirring occasionally, until scallions are wilted, 2 to 3 minutes longer; transfer vegetables to bowl with pork.
5. Add remaining teaspoon vegetable oil and cabbage to now-empty skillet; cook, stirring occasionally, until spotty brown, 3 to 5 minutes. Clear center of skillet; add garlic-ginger mixture and cook, mashing mixture with spoon, until fragrant, about 30 seconds. Stir garlic mixture into cabbage; return pork-vegetable mixture and chicken broth-soy mixture to skillet; simmer until thickened and ingredients are well incorporated, 1 to 2 minutes. Remove skillet from heat.
6. While cabbage is cooking, stir noodles into boiling water. Cook, stirring occasionally, until noodles are tender, 3 to 4 minutes for fresh Chinese noodles or 10 minutes for dried linguine. Drain noodles and transfer back to Dutch oven; add cooked stir-fry mixture and garlic-chili sauce, tossing noodles

constantly, until sauce coats noodles. Serve immediately.

Spiced Pickled Beets

This information is from the book "Putting Foods By" (Greene, Hertzberg and Vaughan). This recipe can be used for canning the beets or just making some to keep in the refrigerator for a couple of weeks.

Beets

White vinegar ($\frac{1}{2}$ to $\frac{3}{4}$ cup per pint of cooked beets)

Sugar or Splenda

Cinnamon sticks, broken into small segments

Whole allspice

Whole cloves

Prepare and cook beets: Wash, trim off tops and leave part of tap root on beets. Cook in saucepan or Dutch oven covered in water until just tender. While still hot, peel the skins and trim top and bottom of beets. Either slice or cut beets in quarters and place in clean jars. Do not force them in, but try and get as many in the jar as possible without breaking them up. For each pint of finished beets, you will need about $\frac{3}{4}$ cup of the syrup (below), which can be made up while the beets are cooking.

Place a piece or two of cinnamon stick and a few allspice and cloves in each container you will store/can the beets in. Add beets and pour over boiling syrup. Cap and refrigerate, or if canning, boiling water bath process for 30 minutes.

Whether canned or not, the beets should be allowed to pickle for 4 or 5 days before eating for best taste.

Pickling syrup: Heat together 1 part white vinegar and 1 part sugar or Splenda. Be sure all sugar is dissolved, and bring to a boil just before pouring over beets. Boiling too long might lessen the acidity of the syrup, and cause problems with the beets preservation.

If you have some extra, you can always keep it in the refrigerator and make another batch of beets later (just return to the boil and pour over beets as described above), or use it for other pickling needs. It's great with onions and cucumbers, for what my grandmother called fresh pickles.