

June 25th & 26th 2008 Newsletter
Berries on Bryan Station CSA Farm:
“Lettuce Be Your Personal Gardeners”

Happy first official week of summer and welcome to your seventh basket pickup! Mother Nature is providing zucchini as our first true summer veggie, with increasing variety.

Zucchini

You can enjoy these in a sauté, grilled on the BBQ, baked and stuffed or fresh with a veggie dip. We'll supply recipes over the course of the coming weeks. They can be eaten with the skin on or off as you prefer.

Potatoes

Enjoy these freshly dug Yukon Gold potatoes that were planted on Good Friday, following Almanac recommendations. Use a veggie brush or scrub under water and then you can prepare them with the papery fine skin on (or peel if you prefer). Yukon Gold potatoes are wonderful mashed, boiled and served with dill or roasted with olive oil and rosemary.

Bok Choy

These traditional Chinese vegetables were raised in our greenhouse and are quite tender. It will keep up to 1 week if wrapped in a towel in a baggy in your fridge. Bok Choy is versatile and can be boiled, steamed or stir fried. Don't overcook, as you want the stalks tender and the leaves just wilted. The simplest approach is to rinse and then steam for 3-4 minutes.

Raspberries

While our raspberries are at their height from approx Aug 20 to Oct 20, they are producing a modest early summer crop. Thus each member will receive a modest amount to whet your appetite for late summer.

Choice Table

Today you can choose from one of the following:

- Edible pod peas
- Beets
- Radishes
- Greens (Kale, Leaf lettuce)

Herbs

Basil is our focus herb this week. Try a few leaves in your sandwich, on pizza or in your salad. We're also offering dill, swiss mint, lemon balm and rosemary.

Flowers

We hope that you enjoy your second week of gloriosa daisies. These flowers should last in a vase for 1 week if you change the water once. Removing the bottom-most leaves reduces discoloration of the vase water.

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.

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

Bok Choy and Spring Onions (Cooks.com)

Ingredients:

- 2 tbl soy sauce
- 2 tbl water
- 1 pkt sugar substitute
- 1 tbl canola oil
- 1 tsp sesame oil
- 1 bok choy with leaves cut crosswise into 2" pieces
- 4 green onions chopped
- 3 garlic cloves finely chopped
- Crushed red-pepper flakes to taste
- 2 tbl coarsely-chopped peanuts

Method:

In a small bowl, mix soy sauce, water and sugar substitute; set aside.

In a wok or large, deep skillet, heat canola

and sesame oils over medium-high heat. Add bok choy, green onions, garlic, soy sauce mixture and pepper flakes to taste. Stir-fry just until bok choy is wilted, about 3 minutes. Stir in peanuts and serve immediately. This recipe yields 4 servings.

Zucchini Bread Recipe

In a medium mixing bowl combine 1 cup of shredded zucchini (I used about 2 cups and got away with it), 1 cup sugar, 2 tablespoons canola oil, ¼ cup apple sauce, 1 egg, and ¼ teaspoon shredded rind of one lemon. Add to this a mixture of 1 ½ cups of all purpose flour, 1 teaspoon ground cinnamon, ¼ teaspoon nutmeg, ½ teaspoon baking soda, and ¼ teaspoon baking powder. If you like nuts, you may add chopped ones now. Spread margarine on the insides of a 8x4x2 inch loaf pan and dust it with flour. Pour the batter into the pan and bake it for 60 minutes at 350 degrees until a toothpick comes out clean. Allow the pan to cool for about ten minutes, then turn it upside down onto a wire rack.

Grilled Zucchini: Mix two tablespoons of olive oil with crushed garlic, salt, pepper, and fresh chopped herbs in a small cup. Baste both sides of zucchini slices with this using a pastry brush. Grill them on the top rack of your grill.

Steamed zucchini ala Bart: Place zucchini chunks in the bottom of a sauce pan with two tablespoons of water. Cover and steam them for about three minutes. Add fresh dill on top right before serving them.

Zucchini Medley ala Lisa: Toss chunks of fresh summer squash and zucchini in a Ziploc™ bag with your favorite cheese and two tablespoons of olive or canola oil. Bake them at 350 degrees for about 40 minutes. Your children will likely gobble these up before you get to taste them.

Early Summer Sautee (from Gayle)

Ingredients:

1-2 Spring onion, chopped

1-2 Spring garlic, chopped

1-2 TB olive oil

1 zucchini or summer squash (1/4" thick slices)

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 an eggplant and/or pepper 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.

Garlicky Mashed Potatoes Recipe

Ingredients:

2 pounds large Yukon Gold potatoes, peeled and cut into 2-inch uniform chunks

4 cloves garlic, peeled but left whole

1/2 cup milk

Salt and freshly ground black pepper

1 to 4 tablespoons unsalted butter, at room temperature, or 2 tablespoons extra virgin olive oil.

Instructions

Place the potatoes and garlic in a saucepan, cover with cold water, bring to a boil, decrease the heat to medium, and simmer for about 20 minutes, until the potatoes are tender. In a separate small saucepan, heat the milk over medium heat until small bubbles appear along the edges of the pan. Drain the potatoes and garlic and mash together, preferably using a ricer. Return the potatoes to the saucepan and add the hot milk, fluffing the potatoes with a fork. Season to taste with salt and pepper. Add the desired amount of butter and serve at once.

Roasted Beets

- 1 pound medium fresh beets, peeled
- 4 teaspoons olive oil
- 1/2 teaspoon kosher salt
- 3 sprigs fresh rosemary

Cut beets into 4-6 wedges and place in a baggie with oil and salt; shake to coat. Place on foil and then fold the foil around the beet mixture and seal tightly. Place on a baking pan at 400 F for 45-60 minutes.