

June 3rd and 4th 2009 Newsletter

Berries on Bryan Station CSA Farm: "Everything Here is Good for You"

Welcome to your third basket pickup!

Strawberries

This is our second week for these awesome berries! We're Kentucky Proud! Each member gets a quart of these gems! The variety is called "Jewel", which is appropriate for these yummy treasures! Enjoy the berries fresh or cook with rhubarb for a tasty sauce or pie. These are ripe enough that you should eat them today or tomorrow.

Members are allowed to pick one extra quart this week during your pickup days.

Herbs

This week your choice of herbs includes borage, English thyme, swiss mint, basil, rosemary, sage, dill, oregano, and lemon balm.

Greens

One of your two bags contains a mix of collards, kale, mustard, and ovation greens for sautéing. Simply rinse them and sautee them in olive oil.

Salad Mix

Your second bag contains a mixture of leaf lettuce, baby romaine, spinach 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. They can also be roasted whole for an interesting addition to Southwestern recipes. At this time during the year you can also cook the stem above the bulb for approx 6 inches.

CHOICE TABLE

This week you have a choice of one of three items from the choice table: **rhubarb or radishes or sweet edible pod peas.**

We are pleased to offer **edible pod** sweet peas for the first time this season. Our family prefers to eat them fresh as is. Steaming is also an option. They make a tasty addition to any stir fry recipes that you might have in mind.

Around the Farm

- Our big news is that on Monday as a part of our organic certification process we received a thorough inspection from a USDA inspector who asked detailed questions about our operations. Everything went well and as soon as the paperwork flows thru Frankfurt we'll be certified as USDA organic!! Thanks for the encouragement that many of you have supplied for us to go thru the official paperwork to back up our organic and sustainable approaches.
- We appreciate volunteers! Thanks again to Jo Stone, Annette Fischer and Allison Harnish for helping out. Let us know if you would like to volunteer planting or picking. We also hire many member's teenagers to help with planting!

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

Erik Walles & Family (Gayle, Brett & Grant)

Berries on Bryan Station Farm

4744 Bryan Station Road

Lexington, KY 40516

Farm: (859)293-0077

Erik's cell 859-338-1877

Erik@berriesonbryanstation.com

RECIPES

Lemon Balm Vinaigrette

- 1 Tbsp. shallots, minced
- 2 Tbsp. lemon balm, minced
- 1/2 tsp. lemon zest
- 6 Tbsp. fresh lemon juice
- 4 Tbsp. white wine vinegar
- 1 tsp. Dijon mustard
- 1 tsp. brown sugar
- 8 Tbsp. vegetable oil

Mix first 7 ingredients together and then slowly blend in the oil. Mix well before serving. This is delicious on salads, especially fish or chicken salads. You can also marinate chicken or fish piece in this mixture before cooking. After cooking, serve the vinaigrette as a sauce. Makes about 2/3 cup. (from Steele-Carlin)

LEMON BALM (MINT) BREAD

Printed from **COOKS.COM**

1 stick unsalted butter
1/4 c. finely chopped lemon balm leaves
1 c. sugar (I use 2/3 c.)
2 lg. eggs
Pinch of salt
1 1/2 c. sifted flour (I use 1 3/4 c.)
1 tsp. baking powder
Grated rind of lemon (I add 4 tsp. lemon juice)
1/4 c. chopped nuts (optional)
Cream butter with mint leaves; add sugar and beat well - add rest of ingredients. Bake 30-45 minutes at 350 degrees until well done. Grease and flour pans.

Glaze: Juice of 1 lemon, 1/2 cup granulated sugar (I use 1/4 cup), 1/2 cup hot water, and 1/4 cup finely chopped leaves. Mix glaze. When remove bread from oven, let sit in pan and glaze 4-6 hours. Then refrigerate or freeze. Can use any type of mint leaves.

Sautéed Sugar Snap Peas with Carrots and Honey Glaze (from Farmer John)

The fresh, summery flavor of sugar snap peas is set off by the sweetness of lightly cooked carrots and a honey glaze. Sweet simplicity. *Friend of the Farm.*

Serves 3 to 4

1/2–1 pound sugar snap peas
2 medium carrots, peeled
2 tablespoons butter
1 tablespoon honey
freshly ground black pepper

1. Remove the strings from both edges of the pea pods (start by gently pulling from the stem).
2. Cut each carrot into thirds. Slice each third, lengthwise, into quarters so that the slices are about the size and shape of the sugar snap peas.
3. Place the carrots in a steamer basket set over 1 1/2 inches boiling water, cover, and steam until they are just crisp-tender, 3 to 5 minutes. Drain the carrots in a colander.

4. Melt the butter in a large skillet over medium heat. Add the sugar snap peas; cook, stirring frequently, for 5 minutes. Add the carrots. Continue to cook and stir until the peas are bright green and crisp-tender, about 3 minutes. Add the honey and cook for 1 more minute, stirring constantly, until the peas and carrots are thoroughly glazed with the honey.

5. Remove the skillet from heat. Season generously with pepper.

Simple Cooked Greens

Cooking greens in oil or butter over high heat until they are just wilted is a great way to give them an added richness while preserving their fresh taste and delicate texture. Wilted greens mix well with almost anything. They add sophistication to cooked grain or pasta. Topped with grated cheese, a cream sauce, or toasted nuts, they make a complete side dish; dressed with a vinaigrette they become a delicious warm salad. Wilted greens also make a great bed for any meat. They are also wonderful served on their own, simple and elegant, as in this recipe. If you are using greens with hearty stems, such as Swiss chard, cut out the stems, chop them, and sauté them before cooking the leaves to give them enough time to cook. *Angelic Organics Kitchen.*

Serves 4

3 tablespoons butter or olive oil
1 teaspoon minced garlic (about 2 medium cloves) (optional)
1 pound greens, rinsed, torn or chopped into bite-size pieces
salt
freshly ground black pepper
extra virgin olive oil

1. Heat the butter or olive oil in a large skillet or pot over medium heat. Add the garlic; sauté for 1 minute.
2. Add the greens immediately after rinsing them, with the water still clinging to the leaves. Cover; cook for 1 minute. (If you are using heartier greens, such as kale or collard greens, add a cup of water to the skillet. Cover; cook for 5 minutes.)
3. Uncover the skillet, add salt to taste (this will ensure the greens stay a bright green), and give the greens a good flip and stir. Cover the skillet again and continue cooking the greens until they are bright green, tender, and wilted to your taste. (For spinach this will be only another minute or two, for Swiss chard 3 to 5 minutes,

and for kale or collard greens, depending on their maturity, this could be up to 20 minutes. Be sure to add more water if it boils away.) Season with pepper and olive oil to taste.

Radishes and Young Turnips

With their bright colors, tidy size, and zesty, satisfying flavor, radishes might make a fun snack food for your family. Sliced or grated, radishes add a wonderful fresh-peppery note to a large range of salads and dishes—yes, even cooked. Tender young turnips often have a mild flavor and a delectable, juicy crispness that can be enjoyed raw, much like a radish. Young turnips are also wonderful cooked, especially in simple recipes that highlight their delicate taste and texture.

Storage

Remove radish or turnip leaves if they are still attached. Refrigerate the unwashed greens in a loosely wrapped plastic bag. Store turnips and radishes dry and unwashed in a plastic bag in the refrigerator for up to a week.

Handling

Scrub radishes and young turnips well to remove any lingering dirt. Trim off the stems and rootlets. Slice, chop, or mince the roots or leave them whole.

Sautéed Radishes with Hard-Cooked Eggs and Spiced Yogurt Sauce (*Farmer John*)

This dish is based on a recipe from Nepal. Cooked radishes add their peppery succulence to pieces of hard-cooked egg in an intricately flavored, currylike yogurt sauce. Served at room temperature with basmati rice on the side, this makes a marvelous lunch or dinner. *Friend of the Farm*.

Serves 4

6 large hard-cooked eggs, halved, each half quartered
1 scallion, chopped
salt
freshly ground black pepper
2 tablespoons ghee or butter, divided
1 bunch radishes (about 1/2 pound), quartered
1 teaspoon ground cardamom
1 teaspoon crushed coriander seeds
1 teaspoon crushed sesame seeds
1 teaspoon ground cumin
1 1/4 cups plain yogurt
1/3 cup chopped fresh cilantro
freshly squeezed juice of 1 lemon (about 3 tablespoons)

1 teaspoon paprika

1. Arrange the hard-cooked egg pieces in a shallow serving dish. Scatter the scallion over the eggs and season with salt and pepper.
2. Melt 1 tablespoon of the ghee or butter in a medium skillet over medium heat. Add the radishes; cook, stirring, until tender, about 8 minutes. Transfer the radishes to a plate and set aside to cool.
3. Let the skillet cool for a couple minutes, then return it to the stove over low heat. Melt the remaining ghee or butter in the skillet. Add the cardamom, coriander, sesame seeds, and cumin; cook, stirring constantly to prevent them from burning, until they are fragrant, 3 to 4 minutes. Scrape the spices into a small bowl and set aside to cool.
4. Put the yogurt in a medium bowl. If it is firm yogurt, beat it vigorously with a fork or whisk until creamy. Add the cooled spices, cilantro, lemon juice, and paprika; stir to combine. Season with salt and pepper to taste.
5. Arrange the cooked radishes over the eggs and scallions in the serving dish. Pour the yogurt sauce evenly over the dish. Serve immediately.