

June 6th & 7th 2007 Newsletter

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

Happy June and welcome to your fourth basket pickup! We've made a big push on planting and have most of the transplants and seed in the ground. Now we need to turn our attention back to the task of weeding. The irrigation has been running steadily in our front field. We are thankful for the rain!

Sugar Snap Peas – edible pod

We planted these sweet peas on Saint Patrick's Day! They are sweet and crispy. In this last Sunday paper, Herald-Leader Food Writer (and CSA member) Sharon Thompson recommended eating these peas within 2 days. We do suspect that some members eat them within 2 hours! They are sweet, crispy, and tender!

Herbs

This week your choice of herbs includes dill, basil, chives, tarragon. They will keep fresh refrigerated in the sealed baggy for about 1 week.

Collard Greens

Our collards will continue for a couple more weeks. One member reported that the stir fry recipe from last week tastes good over pasta.

Kale & Ovation Salad Greens Mix

Grown from organic seed, this salad mix includes Red Giant, Early Mizuna, Tatsoi, Red Russian and Arugula. The hot weather is turning up the spice level. Eat fresh in a salad or sauté with onions and garlic.

Spinach

The spinach can be tossed in with your other greens for a salad, or can be steamed and topped with a little vinegar and sliced hard boiled egg.

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.

Spring Garlic

These have "flat" leaves and are brighter green than the Spring Onions. Not as strong a flavor as mature garlic. Dice for use in pasta sauce, sautéed with potatoes or other veggies. Use the bulb and the lower end of the stalk too.

Hanging Baskets

Hanging baskets with flowers and/or herbs are available one for \$10 or two for \$15. They look really nice, so we hope that you enjoy them!

Fresh Mushrooms

We hope our Thursday pickups last week enjoyed the sample mushrooms. Wednesday customers will get the same treatment this week! Bill Webb owns a USDA certified organic mushroom farm and will offer to sell shitake, oyster, rainbow, Hu, Italian, grey dove and other gourmet varieties of mushrooms to our members at \$12/lb. This is better quality product than Whole Food Market sells for \$14-15/lb. The mushrooms will be the freshest possible product, as he will harvest and deliver the product on the days of basket pickups. The mushrooms are from Sheltoewe Farm in Salt Lick, KY. Please e-mail Erik Walles at wallese@linkup.us by Tuesday night each week to place your order. You may also call him at (859)293-0077. These mushrooms last for approximately 10 days in paper bags, refrigerated.

*******Special Mushroom Recipe*******

- Lay mushrooms flat on a cookie sheet
- drizzle with olive oil evenly and lightly
- add a fresh minced herb from your basket, sprinkled on top (basil, dill, thyme, tarragon..)
- add sea salt, pepper and any other dried herb you like to taste.
- bake at 300 degrees for just 4 or 5 minutes, enough to heat the mushrooms and to release the flavors of the herbs.
- toss with pasta, put on pizza, use in soup, or eat as a finger-food for a get-together!

Love,
Andrew

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

Erik Walles & Family (Gayle, Brett & Grant)
Andrew English, Allison Duncan, Tyler Cox
Berries on Bryan Station Farm
4744 Bryan Station Road
Lexington, KY 40516
Farm: (859)293-0077
wallese@linkup.us
www.kyagr.com/BerriesOnBryanStation.htm