

May 16th & 17th 2007 Newsletter

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

Welcome to your first basket pickup! We are all excited to meet and greet you! We have been preparing for this day all winter long and it has finally arrived! We are so glad that you joined! You will love the experience! You will find that this is a great value for you, it's fun, healthy, and Kentucky Proud! Welcome back returning members from last season! We are thankful for all of the friends that we have made.

We all try to stretch our dollars to go further, and as a member of our CSA, you will save money vs. buying everything individually at farmer's markets, organic food stores, and super markets. We are planting enough to feed an Army and you will get a share of the bounty.



The word "we" includes the following people: Erik started this business in December of 2005 after taking a course titled "Tilling the Soil of Opportunity" offered by the Lexington Small Business Development Center. He decided to form a Community Supported Agriculture(CSA) farm after listening to several presentations by farmers at the southern sustainable agriculture work group in Louisville. Erik is so passionate and excited about what he is doing because it has been a lifelong dream that is now being fulfilled. He views this farm as a slice of heaven on Earth in the making.

Gayle brought our family to Lexington from Akron, Ohio for a good job in Cynthiana in June of 2005. Although she lost her job a year later, the benefit was that she worked on the farm over the summer. She now works out of the home for a customer in Houston. She loves to help plants grow and has a green thumb. She helps out a lot on weekends and whenever her schedule permits.

Andrew English joined us in March. He has worked very hard to make this season possible. He is the primary songwriter, singer and guitarist for his band "The Scourge of the Sea". The name refers to Blackbeard the pirate, but he does not say "arrgh" very

often. Some of his songs can be found on itunes. He loves everything organic. He is also a substitute teacher, artist, hula hoop champion of the lower 48 under 30 division and sometime morel hunter.

Allison Duncan joined us this month. She is a future social studies teacher at Bryan Station High School. She also coaches the cheerleading team there. She loves working outside and is already making a difference here as our resident "irrigation whisperer".

Brett Walles, Chris Staton, Tyler & Ashley Cox all help out part-time on the farm

Even though it is still early for many things in Kentucky, we have managed to grow at least *nine* different things for you. We hope that you will enjoy what we have for you this week:

Leaf Lettuces

This lettuce is tender and tasty and will melt in your mouth. Simply rinse them and top with your favorite dressing. For those of you on a low sodium diet, it is very easy to make your own salad dressing. Just pour about a half cup of your favorite fruit drink into a glass jar. Erik prefers cranberry juice or berry Juicy Juice. Add one teaspoon of canola or olive oil. Add about a teaspoon of honey and a teaspoon of vinegar. Modena balsamic vinegar works well. Add a dash of ground pepper, and shake the jar well. Drizzle the dressing over the greens and top them with your favorite grated cheese. We enjoy aged Old Amsterdam cheese on top since Erik was born in Haarlem, Holland.

Collard Greens

These are very healthy for you. Gayle is especially good at preparing these. Simply rinse the leaves and slice them into thin strips. First sautee a Spring onion (use the entire plant) and Spring garlic (chop entire plant into ¼ inch sections) in about two tablespoons of olive oil. Use a high enough setting on your stove so that the sugars start to caramelize. Add the collard greens and cover the pan with a lid. There is enough rinse water present to steam the collards. Heat them only for about five minutes and serve them while they are still bright green.

Ovation Salad Greens Mix

Grown from organic seed, this salad mix includes Red Giant, Early Mizuna, Tatsoi, Red Russian and Arugula. Just the right mix of mild and spicy. This salad mix is in the "baby" stages of its life this week, so enjoy, and as our good friend Otis Redding said: Try a Little Tenderness.

Arugula

A long, bright green leaf with a deep, nutty flavor, Arugula is an amazing addition to any salad. It gives even iceberg lettuce a little kick. Some call it spicy, some call it nutty. We just call it good.

Spinach

Bloomdale variety Spinach is everything a Spinach should be. Deep Dark Green and flavorful...full of nutrients, packed in by our organic method-free from pesticides, herbicides and any other chemical growth stimulants. Mix it in a salad, steam it on the range, sautee in a skillet: everything will change.

Lemon Balm

For a refreshing summer poolside partner, try some lemonade! Squeeze some lemons, returning the rind to the juice for 10 minutes. The lemon oil in the bruised rind flavors the lemonade. Add sugar to taste, adding also a handful of Lemon Balm. This will be the best lemonade you've ever, ever had.

Kale

Kale can be prepared as many other southern greens are...With new potatoes! Remove stems and pack greens down into the pot, adding a lean piece of salt pork /bacon/ham. These will "cook down," so add more than you think you'll need. Cook greens in pot for 20 minutes, then add washed new potatoes cut into quarters along with water to cover them. Cook 25 minutes more, or until potatoes are tender. Drain off water and serve with butter, apple cider vinegar, salt and pepper and potatoes. Contains so much Potassium and Dietary Fiber you might just be able to do Popeye-like things.

Spring Onions

These have "round" leaves and are bluer than the Spring garlic leaves. Use as you would use white onions normally, and see Collards recipe above for a special use.

Spring Garlic

These have "flat" leaves and are brighter green than the Spring Onions. Not as strong a flavor as mature garlic. Tasty none the less. Dice for use in pasta sauce, sautéed with potatoes, or my personal favorite: added to scrambled eggs along with sharp cheddar cheese and pesto!

A Word About Food Safety

You made a smart move to decide to become a member of our CSA. You can see where your food is coming from, how we grow it, and how we handle it.

Please as an additional precaution, rinse everything that we give you lightly with water before you eat it.

Member Volunteer Planting Day

We would love to have you come out and help us plant this weekend! Everything is planted by hand on our farm. We will be out working in the fields on both this Saturday and Sunday all day long. On Sunday we will break after lunch for a one hour hike through pastures and woodlots. Please stop by at any time to pitch in to help even if it is just for an hour! Do not feel obligated to work any longer than you care to. Gardening is the best mental therapy that you can find. It allows you to quickly find satisfaction in seeing what you have accomplished. Working with your hands and feeling the Good Earth gives you real pleasure. It is also great exercise and will tone your body. We will provide meals, drinks, sunscreen and hats. Just bring yourself and lots of energy!

Please Give Us Your Clear Plastic Containers

We will rinse packaging and reuse them. We try to do our part to keep plastic out of landfills.

Special Thanks

Kudos to members Pam and Ralph Ruschell who let us borrow their 65 hp tractor to lay down the black plastic. We could not have had this season without you! Thank you!

A huge thank you to Larry Leach who drove out from Versailles each week this winter to help Erik build the greenhouse.

We would like to hear any comments/feedback you care to give to us with regards to how we are doing. Please do not wait until the end of the season to let us know. Customer service is very important to us. We want you to be happy! We want to grow as a business, so we rely on you to tell your friends what a great time you are having!

We'll look forward to seeing you next week!

Grow forth and prosper!

Erik Walles & Family (Gayle, Brett & Grant)

Andrew English, Allison Duncan

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