

Newsletter #2 May 18, 2006

Berries on Bryan Station Farm

“Better Food For a Healthier You”

Welcome to your first basket pickup! Again, thank you for your support and for being excited about this new endeavor! Everything that you see in your basket is organic and was grown without the use of herbicides, pesticides, and synthetic fertilizer. This produce was also grown on the same Kentucky bluegrass farmland that continues to promote the development of world famous racehorses! So don't be surprised if the morning after you consume this produce that you feel a burst of energy. You may even feel like running and possibly snort at your neighbor or coworker.

Here are some of my favorite ways to prepare today's produce:

Leaf Lettuce

Simply rinse the leaves with water and drain them in a colander. I prefer reverse osmosis water, but tap water is fine also. I grate my favorite cheese on top. My favorite is “Old Amsterdam” cheese which is aged Gouda “Kaas” that is available at Meijer's. It has a delicious taste and texture. Grating with a course grater opens up a large surface area for your senses to enjoy as you eat it. Crumbled aged blue cheese is also great. The beneficial yeast and microbes in this cheese help to keep one's digestive system healthy. I also sprinkle Sunkist Almond Accents honey roasted flavored sliced almonds on top that you can buy at Kroger's. I like Ken's Steak

House Lite Northern Italian with basil and Romano cheese reduced calorie dressing on top.

Rhubarb

Rinse the stalks with water and drain them. Cut them into one inch segments. Place them in the bottom of a stainless steel pan and cover them with a glass see-through lid. Add wedges of your favorite apple. My favorite apple is golden delicious that you can buy a bag of at Kroger's. I ripen apples on my countertop for a week or two before using them. Simmer the apples and rhubarb together for about seven minutes until they fall apart. Stir them several times. Add about two tablespoons of white sugar in the final minutes of cooking. I sprinkle a small amount of powdered cinnamon on top when I serve the sauce in a bowl. I prefer not to cook in the cinnamon because it is difficult to get the quantity right for individual tastes. You can also sprinkle some granola on top.

Another favorite combination is strawberries with rhubarb.

Green Onions

Rinse the stalks with water and drain. Slice off about 1/32nd inch off the bottom where the small roots are and discard the small portion. Slice the entire plant on a cutting board with a large sharp knife into about 1/4” pieces. I place the point of the knife on the board

and press down with a rapid cutting motion on the back of the knife. Add about three tablespoons of your favorite cooking oil into a frying pan. I use olive oil, canola oil, or soybean oil. These oils are non-hydrogenated and do not contain trans fats. Sauté them for about seven minutes on medium heat. I try to lightly caramelize them to add extra flavor. Serve them as a side dish with coarse Mediterranean sea salt sprinkled on top or use them in other recipes.

For example, I use them in omelettes or soups. In an omelette I have the sautéed onions in the center of the frying pan, then add two beaten eggs. Turn the omelette once, add your favorite grated cheese, then fold it over and serve with a garnish of fresh herbs.

In soups I start out with the sautéed green onions in the center of a soup pan with high sides. I use stainless steel pans for all of my food contact cooking. Add your favorite meat and heat it on medium for about five minutes. Add about three cups of water. Simmer this together on medium heat. Soups are a great way to use leftover meat and vegetables from last night's dinner. Soup makes a great lunch or a side dish for dinner.

Spring Garlic

My wife and I celebrated our 20th wedding anniversary last night at Dudley's restaurant in downtown Lexington. Her fish was served on top of a bed of sautéed Spring garlic. It was delicious! I think the way that you prepare it is to steam the garlic first, then heat it for about seven minutes on medium heat with two tablespoons of cooking oil. You can either leave the garlic as a whole plant or you can slice it into smaller pieces.

Culinary Herbs

Your small pot contains parsley, basil and cilantro. Once they have grown some you can break off pieces for use in recipes or as a garnish. I will be giving you mature herbs throughout the season, but my wife and I thought that you would also enjoy growing your own on a sunny windowsill.

Edible Pod Peas

Simply rinse and eat them fresh. I apologize for the small quantity at this time. I am ramping up my production and will have many more in a few weeks.

Reminders

- Pickup times are Thursday or Fridays from 4 p.m. to 8 p.m. Please let me know which day you will be coming so that I can pick fresh for you that day.
- Please return your basket each week
- Feel free to bring in small and medium size clear plastic containers for reuse.

That's all for now,

See you next week!

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