

May 21st & 22nd 2008 Newsletter

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

Welcome to your second basket pickup!

A note about packaging: last Wednesday our college student helpers packed the boxes without bags. On Thursday we adjusted and used 1 bag for salad greens and another for cooking greens. We plan to use plastic bags to keep like vegetables together and separate from dirt that tends to stick to the onion roots.

The **strawberries** need more sunshine to ripen. You can plan on getting a pint next week.

Rhubarb

This rhubarb is so fresh that you can eat it raw like celery. Seldom can you get it this good in any store. Rhubarb can be rinsed, diced and made into a sauce by adding just enough water to cover the bottom of your pan. Since it has a tart flavor, most people sweeten it by adding either an apple, strawberries or honey. See the recipes on the flip side.

Choice Table

Today you can choose from one of the following:

Asparagus grown by a friend in Bourbon County

Raspberry Jam made by us

Raw honey w/comb that was just collected on our farm this week from our busy bees.

Herbs

This week your choice of herbs includes oregano, English thyme, swiss mint, lemon balm, rosemary and dill. Use them fresh on your salad or garnish dishes such as scrambled eggs.

Collard Greens, Kale

These two vegetables are in the cabbage family and historians note that they have been cultivated since Roman times. While many traditional recipes involve boiling the leaves with ham hocks, we prefer to stir fry as we shared in last week's recipe.

Leaf Lettuces & 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.

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. You can either dice the base and the first 4-6" of the stem for frying, roasting or grilling. You can also chop and add to potato salad.

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 all veggies that we give you lightly with water before you eat it. We usually eat the berries without rinsing.

Around the Farm

- Be sure to wish Grant a happy birthday, he turns 7 on May 21!
- Erik was notified that honeybees were swarming on a fencepost nearby, so he suited up and collected the queen and her devotees into a bee box
- We have member garden plots next to our barn for those who would like to plant some seeds or seedlings and watch them grow during the season. This is the first year of this feature.

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

Grilled Spring Onions and Garlic

Chop the roots off and peel the outer layer of the bulb off. The stem is usable from the bulb up for 4-6" where the leaves start to branch off.

Place aluminum foil or a grilling pan on your grill. One option is to spray or drizzle olive oil over the onions and garlic to keep them moist. A high heat works well. Rotate the veggies every 5 minutes and cook for approx 15 minutes. A small amount of blackening is an indicator that the natural juices are caramelizing. These are a tasty side dish!

Rhubarb Sauce

Rinse the rhubarb and cut off any brown or discolored spots. Chop the stalks into 1 inch lengths and place into a sauce pan. Add just 1" of water.

We recommend that you add a sweet ingredient at this time: either a handful of strawberries or a diced apple. If you don't have a fruit handy, you can add a couple of tablespoons of honey.

Simmer the rhubarb and its sweet friend at a low boil. The stalk chunks will soften and start to resemble a sauce. We allow the sauce to cool before serving as a side dish or snack.

Country Rhubarb Dessert

Ingredients: 2 cups fresh rhubarb -- washed and cut into 1/2" pieces

1 cup flour
1/2 cup butter -- softened
1/3 cup confectioner's sugar
3 eggs
1 1/4 cups sugar
1/4 cup flour
1 teaspoon baking powder
1 teaspoon vanilla
1/4 teaspoon salt
whipped cream
strawberries -- for garnish

Procedure:

Blend flour and softened butter until like coarse crumbs. Add confectioner's sugar. Press into buttered 9" square pan or 10x7x1/2" rectangular pan. Bake at 350 for 15 minutes until golden. When crust is baking, beat eggs. Add 1 1/4 cup sugar, very gradually. Beat

until very light and fluffy, 5 minutes on High with electric mixer. At low speed, add flour, baking powder, vanilla and salt. Fold in rhubarb with spatula. Pour over baked crust. Spread evenly. Bake at 350 for 40 minutes until light brown and top feels dry. Serve cooled, with whipped cream and strawberries.

Spring Onion Chicken

This dish is best eaten with plain white rice and a vegetable side dish. You can fry your vegetables using the same wok to utilize the chicken flavor that is already in the wok!

- 2 chicken thighs
- 2 tbsp dark soy sauce
- 2 stalks spring onion
- a few slices ginger
- 1/2 tsp minced garlic
- 1 tbsp rice wine
- 1 pc rock sugar
- 1/4 cup water or chicken broth

Debone chicken and cut into pieces. Marinate with dark soy sauce and set aside for about 15 minutes.

Heat up 2 tbsp of vegetable oil in a wok. While doing so, cut spring onion on the bias into one and a half inch pieces. Cut ginger into slices.

Stir fry garlic and chicken until chicken changes color. Set aside.

Stir fry ginger and spring onions until fragrant. Add chicken, rice wine, rock sugar and water (or chicken broth). Mix well, cover wok and allow to braise over low heat for about 10 minutes.

From <http://www.grouprecipes.com/>