

May 23rd & 24th 2007 Newsletter

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

Welcome to your second basket pickup! We apologize to any members who had to wait during their first pickup last Wednesday. It was a steep learning curve for us and we are better prepared for you today.

Strawberries

A wonderful harbinger of Spring! It took a lot of weeding during the year to allow these berries to flourish. Enjoy them fresh or cook some with rhubarb for a tasty sauce. The berries are just starting to ripen and we plan to have more for you next week.

Rhubarb

This rhubarb is so fresh that you can eat it raw like celery. Many of our members really look forward to when it is available. 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 honey, strawberries or a little sugar.

Herbs

This week your choice of herbs includes English thyme, tarragon, swiss mint, basil, rosemary, sage, greek oregano. 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 recommend the stir fry recipe at the end of the newsletter.

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.

Arugula

A spicy salad green that can be eaten fresh or steamed. The flowers are also edible. See the recipe on the back.

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. See the Spinach Lasagna recipe for an idea.

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 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 all veggies that we give you lightly with water before you eat it. We usually eat the berries without rinsing. Only a few things that we grow actually come into contact with the ground.

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

Erik Walles & Family (Gayle, Brett & Grant)

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RECIPES

Stir Fried Collard Greens

This recipe uses 3 of our ingredients this week. Several similar recipes were tried and this is from recipezaar.com. Kale can be used either with or instead of the collards.

Basic Recipe:

1 spring garlic chopped, or 2 cloves traditional garlic

1 spring onion chopped

2 Tablespoons olive oil

1 bunch collards, rinsed, trim off stems, tear into pieces (approx 2" x 2" works well)

Directions:

1. heat olive oil in large pan over medium heat
2. add onion and garlic, sauté until fragrant
3. Add collards. Stir fry for 7-10 minutes

Options:

- A. diced Canadian bacon can be added just before you add the collards for a low fat meat version
- B. Many southern recipes use bacon. In this case, fry the bacon first and then set to the side while sautéing the onion and garlic. Add bacon back in during last 1-2 minutes
- C. You can add extra flavor at the end with salt, pepper or an herb

Spinach Lasagna

From www.animalvegetablemiracle.com, by native Kentuckian Barbara Kingsolver and her family. The book is enjoyable reading.

1. 1 package wholegrain lasagna noodles, prepared as directed on the package
2. 4 cups chopped spinach (can also mix in kale)
3. 16 oz. Tomato sauce
4. 2 cups fresh ricotta
5. 2 cups mozzarella

Spread thin layer of tomato sauce on bottom of large casserole. Cover surface with a layer of noodles, half of the ricotta, half of the spinach, 1/3 of the remaining sauce and 1/3 of the mozzarella. Lay down another layer of noodles, the rest of the ricotta, the rest of the spinach, 1/3 the sauce and 1/3 the mozzarella. Spread the final layer of noodles, the remainder of the sauce and mozzarella and bake uncovered at 350 F for 40 minutes.

Potato Arugula Salad

A tasty recipe that doesn't use mayonnaise, courtesy of Jenny on www.allrecipes.com

INGREDIENTS

- 1 1/2 pounds red potatoes, cubed
- 3 tablespoons white vinegar
- 2 cloves garlic, minced (optional)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup olive oil
- 1 bunch arugula - rinsed, dried and torn

DIRECTIONS

1. Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, and cool. Transfer to a large bowl. Meanwhile, mix vinegar, garlic, salt, and pepper in a mixing bowl. Drizzle in olive oil, whisking until mixture thickens.
2. Toss potatoes with vinegar and oil mixture and arugula. Serve at room temperature.

Confetti Kale

A gorgeous dish full of color and nutrients from "Simply in Season" by Mary-Beth Lind and Cathleen Hockman-Wert. Serves four. In a large frypan sauté the following ingredients together over medium heat, stirring them constantly for five to ten minutes:

1. 2 tablespoons canola oil or olive oil
2. 6 cups chopped kale
3. 1 minced Spring garlic
4. 3/4 cup corn
5. 1/2 cup chopped red sweet pepper
6. 1/4 cup water
7. 1/2 teaspoon salt
8. 1/4 teaspoon pepper

Greens in Peanut Sauce

This recipe is from Maynard Kurtz in "Simply in Season". Saute one Spring garlic and one Spring onion in 1 tablespoon canola oil in a large soup pot. Add one diced medium tomato. And simmer them for two to four minutes. Add 1/2 teaspoon ground coriander(cilantro), 1/2 teaspoon ground cumin, 1/4 teaspoon salt(optional), and 1/8 teaspoon ground cloves. Cook this for two more minutes. Add one pound of kale or collards. Steam them for about five minutes until greens are soft, but still bright green. Stir this to coat the greens with the spices. Combine 3 tablespoons of chunky peanut butter and two teaspoons of hot water and add them to the greens at the end of the cooking time.