

Newsletter #3 May 25, 2006

Berries on Bryan Station Farm

“Better Food For a Healthier You”

Welcome to your second basket pickup! The special treat this week is strawberries! They are sweet and have excellent flavor. They are “Jewel” and “Early Glow” varieties that have been bred for flavor, not for mass shipping to grocery stores. My two sons and a friend picked them at a farm in a remote part of Bourbon county. I made friends with this farmer when I moved here last June. I will be including a few of his fruit and vegetables in your baskets, especially early in the season. Here are my suggestions for using today’s fruit and vegetables:

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Green Onions and Spring Garlic

A handy way to prepare these is to rinse, slice, and sauté the onions first in a frying pan with about three tablespoons of olive, canola or soybean oil. While the onions are frying, rinse the garlic, throw away only the root tip, cut it into several pieces, and steam it on a steamer tray in a medium saucepan with a glass lid on it. Do not over steam it because the bright green color will fade after about five minutes. Transfer the steamed garlic with a pair of tongs to the frying pan and sauté it together with the green onions for about three to five minutes. I enjoyed it as a side dish, but it can also be shaped into the center of a

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Oregano

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Leaf Lettuce

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Berries on Bryan Station Farm
4744 Bryan Station Road
Lexington, KY 40516
Farm: (859)293-0077
Cell: (330)608-0533

Newsletter #3 May 25, 2006

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“Better Food For a Healthier You”

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Green Onions and Spring Garlic

A handy way to prepare these is to rinse, slice, and sauté the onions first in a frying pan with about three tablespoons of olive, canola or soybean oil. While the onions are frying, rinse the garlic, throw away only the root tip, cut it into several pieces, and steam it on a steamer tray in a medium saucepan with a glass lid on it. Do not over steam it because the bright green color will fade after about five minutes. Transfer the steamed garlic with a pair of tongs to the frying pan and sauté it together with the green onions for about three to five minutes. I enjoyed it as a side dish, but it can also be shaped into the center of a

plate with the grilled meat or fish on top. That way you eat through the meat and encounter a tasty bed of sautéed onions and garlic. You will not notice any strong garlic flavor in Spring garlic, but you will notice a need to drink more water a few hours after eating it. You may have to discard a few of the tougher outer leaves as you eat it, but the entire inside of the garlic plant is nice and soft when cooked this way.

Oregano

There is a small plastic bag of freshly cut Italian Oregano in your basket. It smells great. They can be rinsed lightly before use, but do not soak them in water or you will lose the flavor. The stem is sometimes tough, so I pull the leaves off and slice them finely using a thin paring knife. Then add them to tomato sauce, soup, or marinade. I put a chicken breast into a Ziploc™ bag, add freshly squeezed lemon juice, lemon zest from the grated skin of the lemon, a teaspoon of soybean oil, and a tablespoon of sliced oregano. Store the marinated chicken this way in the refrigerator overnight, then grill it lightly for dinner. Be careful not to over cook the chicken or you will lose the delicate flavors. I cook the chicken on the top rack of the outdoor grill so that its heat can be better controlled. Half of the grill can be turned off so that the meat does not cook too quickly.

Leaf Lettuce

Simply rinse the leaves in a colander and add your favorite toppings. I noticed that last week's lettuce did not store well in the plastic containers with open holes, so this week they are stored in Ziploc

bags. There is a paper towel inside to keep the lettuce at the right humidity.

Reminders

- I am getting a better feel now for how many members are picking up on Thursday vs. Friday so you do not have to call me in advance to remind me. Pickup times are still from 4 to 8 p.m. on both days. If you do not pick up your basket on Thursday I will assume that you will pick it up on Friday. I will pick fresh for you each day, but certain things may have been picked on Thursday morning.

Herald-Leader Article

I attached an article from yesterday's Herald-Leader because the public does not often hear about the harmful side effects of herbicides and pesticides. It is an important philosophy for Berries on Bryan Station Farm to not use any herbicides and to only those organic pesticides and fungicides that are approved for use on organic farms.

That's all for now,

See you next week!

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