

## May 30<sup>th</sup> & 31<sup>st</sup> 2007 Newsletter

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

Welcome to your third basket pickup! We are weathering the drought, using the irrigation system that Erik built last year.

#### **Sweet Peas – edible pod**

We are pleased to offer edible pod sweet peas for the first time this season. Our family prefers to eat them fresh as is. Steaming is also an option. They make a tasty addition to any stir fry recipes that you might have in mind.

#### **Strawberries**

Our patch keeps producing, although we have lost some yield to robins and black beetles. Enjoy the berries fresh or cook with rhubarb for a tasty sauce or pie. These are ripe enough that you should eat them today or tomorrow.

#### **Rhubarb**

This rhubarb is so fresh that you can eat it raw like celery. Many of our members say that it brings back memories of their grandmothers. 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. Dill will be ready next week.

#### **Collard Greens**

Our collards will continue for a couple more weeks. One member reported that the stir fry recipe from last week tastes good over pasta.

#### **Kale & Ovation Salad Greens Mix**

Grown from organic seed, this salad mix includes Red Giant, Early Mizuna, Tatsoi, Red Russian and Arugula. The hot weather is turning up the spice level. Eat fresh in a salad or sauté with onions and garlic.

#### **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. Use as you would use white onions normally, sautéing with other vegetables. They can also be roasted whole for an interesting addition to Southwestern recipes.

#### **Spring Garlic**

These have "flat" leaves and are brighter green than the Spring Onions. Not as strong a flavor as mature garlic. Dice for use in pasta sauce, sautéed with potatoes or other veggies.

#### **Around the Farm**

1. Hanging baskets with flowers and/or herbs are available from \$10-15, take a look at them in the greenhouse
2. Like mushrooms? Bill Webb owns a USDA certified organic mushroom farm and will offer to sell oyster mushrooms to our members at \$12/lb. This is similar quality to what is sold at Whole Food Market for \$14-15/lb. Bill will bring samples and take orders for next week. These mushrooms last for approximately 10 days.
3. School ends this week and Brett (14) is finishing 8<sup>th</sup> grade and Grant (6) has completed kindergarten. So you'll see more of our boys on the farm now.
4. As a point of clarification, members can pick up on either Wed or Thurs from 4-8. We had asked for preferences for our planning purposes, but don't feel that you need to call to change days.
5. Planning a vacation? Why not have a friend or neighbor pick up your basket that week. That is a pleasant gift to them and increases our exposure too.

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

Erik Walles & Family (Gayle, Brett & Grant)  
Andrew English

#### **Berries on Bryan Station Farm**

4744 Bryan Station Road

Lexington, KY 40516

Farm: (859)293-0077

[wallese@linkup.us](mailto:wallese@linkup.us)

[www.kyagr.com/BerriesOnBryanStation.htm](http://www.kyagr.com/BerriesOnBryanStation.htm)