

September 10th and 11th 2008 Newsletter

*Berries on Bryan Station CSA : Local * Organic * Fresh * Delicious*

Welcome to your eighteenth basket pickup!

Raspberries

Delicious, sweet, plump! They benefited from the rain.

Eggplant

Try it! We've included recipe recommendations.

Tomatoes

.. are slowin' down but we'll harvest all month for you.

Peppers

If it's in your basket, it is sweet!

Green Beans

We are pleased to offer nice late season beans. Our plots of lettuce couldn't endure the heat; great that these did!

Potatoes

These white Kennebec and red Pontiac taters are tasty roasted, baked, fried or in a potato salad or soup.

Choice Table

Today you can choose from: okra, swiss chard.

Hot peppers are available for all who like them.

Herbs & Onions

We are offering basil, mint, thyme, oregano, rosemary.

Flowers

Enjoy their beauty for a full week!

Veggie Tales

- Everyone will get a watermelon next week!
- Sept 24-25 will feature sweet potatoes and squash
- Pick-Your-Own Raspberry dates in September will be: *(free to our members for one Saturday)*
 - Saturday Sept 13 9am – 1pm
 - Saturday Sept 20 9am - 1pm
- All jams and jellies are now on sale 2 for \$12, so stock up for winter and holiday gifts!

Member Focus

Following are some members with services you may consider: *(let us know if you want to be listed)*

- Custom Cleaning Techniques *(for home or office)*
Jenny Smith 859-967-7853
- Clean Sweep Carwash & Cargo Collection, at downtown/So. Broadway and at Richmond Rd;
the Littrell family

Have a healthy and happy week!

Erik Walles & Family (Gayle, Brett & Grant)

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RECIPES

Grilled Eggplant

Slice the eggplant into ½" thick slices across the round (optional to keep the peel on). Coat with olive oil by either spraying or dipping. Grill for 5-7 minutes per side.

Eggplant Meatless Lasagna

Courtesy of Sharon Thompson

Ingredients:

- 1 Eggplant, sliced ½" thick
- Milk or eggwhites for dipping
- 2/3 cup cornmeal
- 1/3 cup sugar
- Onions, chopped
- Thyme leaves – fresh, dispersed
- Tomato sauce – fresh or canned (8oz)
- Provolone cheese (or mozzarella)

Directions

- Dip eggplant slice into milk or eggwhites And then dip into Ziploc bag that contains the cornmeal-sugar mix for coating
- Fry the breaded eggplant in a thin layer of olive oil in a skillet
- Layer the eggplant with onions and tomatoes, alternating rows. Add thyme.
- Top with cheese
- Bake 20-25 minutes at 375 F

Roasted Eggplant

- 1 large eggplant
 - 3 tablespoons extra virgin olive oil
 - salt and pepper to taste
 - 2 tablespoons fresh lemon juice
1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper or lightly grease.
 2. Slice the eggplant in half lengthwise, then cut each half into quarters lengthwise. Cut each of those in half to make two shorter quarters. Place the eggplant onto the baking sheet with the skin side down. Brush each piece with olive oil and season with salt and pepper.
 3. Roast in the preheated oven until softened and golden brown, 25 to 30 minutes. Remove from the oven and sprinkle with lemon juice. Serve hot.