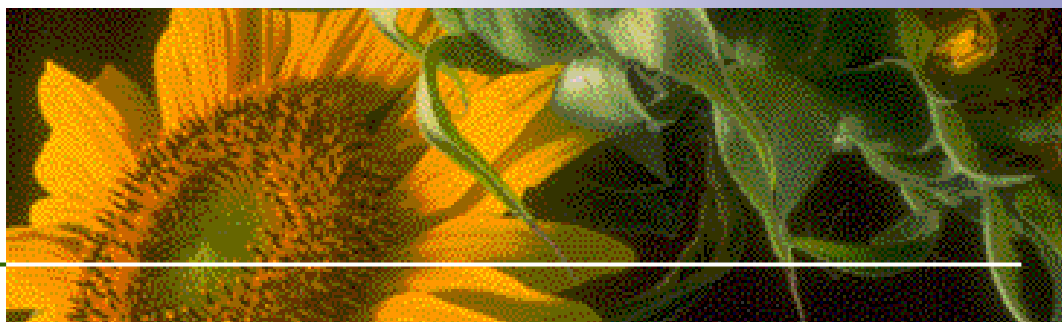


Newsletter  
September 1<sup>st</sup> and 2<sup>nd</sup>,  
2009



### “Creating More Radiant and Energetic Health and Wellness”

#### Inside this issue:

<i>This week's produce</i>	1
<i>Coming Attractions</i>	1
<i>This week's recipes by Deb Outland</i>	2
<i>Feeding Baby (and adult) right</i>	2
<i>This week's recipes by Deb Outland (cont'd)</i>	3
<i>Around the Farm</i>	4
<i>This week's produce (cont'd)</i>	4

#### Upcoming Next Week:

- Butternut Squash
- Peppers
- Sweet Potatoes
- Okra
- Tomatoes
- Dried Beans

#### Wow, it's your sixteenth basket pickup!

Happy September! Only four “official” basket pickups are left as well as two freebie final harvest weeks in October!

We hope that you are feeling more radiant and energetic from eating nearly a season's worth of our wholesome berries and veggies!

By now you should have received an excellent value for your money. From now on, everything more is “icing on the cake”, “gravy on your mashed potatoes”, “marshmallow fluff on your peanut butter”, and “the cat's meow”.

We hope that you have been able to prepare some tasty meals with our awesome veggies! In addition to your own recipes, we hope

that you have tried some of Deb Outland's carefully chosen ones. This week we anticipate that we will have for you:



#### Acorn Squash

Gayle and I harvested these beauties last evening during a pretty sunset. Gayle just prepared some of these for us for dinner tonight. She placed the whole squash skin and all into the oven on a baking dish (the squash is too hard to cut with a knife, so please don't try it). She roasted the squash for about 45 minutes at 420 F. She scooped out all of the good stuff into a bowl and served it hot. It was nice and sweet just by itself!

#### Tomatoes!!!!

We are still finding nice ones for you!

#### Super Hot Peppers for “Chile Heads Only”

For the first time ever we have grown super hot peppers with Scoville units in excess of 250,000. The Scoville scale ranks hot peppers according to their capsaicin levels. I grew these peppers from seeds of several hot peppers that a “Chile Head” friend of



mine gave me. They are orange Habenero and Red Savana. Please use

## Deb Outland's little cooking corner ...

September! This is such a bountiful time of year in the garden! We still have some of the end of summer fruits and vegetables, and now we're beginning to see a whole new and exciting variety of fall produce. This week, we'll talk a little about eggplant, which is still growing strong, and begin to look at great recipes for the fall crops, like butternut and acorn squash, which will be in our boxes in the next week or so.



### Baba Ganoush

Baba Ganoush is a great dip/spread of Middle Eastern origin. It is made with eggplant, and is a bit similar to hummus, which is made with chick peas. Member Abigail Cook sent in this recipe, last weekend, and I made a recipe of it. It was fabulous! So good, in fact, that I made another recipe with my last eggplant... Good thing there's more at the farm! Thanks Abigail! Tahini is a

paste made of ground sesame seeds. These days, you can find it even in the grocery store. Check out the foreign foods section, or ask a clerk. They also have it, of course, at Good Foods or Wild Oats.

- 1 large eggplant (about 1 pound)
- 1 glove garlic, minced
- 1/4 teaspoon salt
- 1/4 cup chopped fresh flat-leaf parsley, plus more for garnish
- 2 tablespoons tahini
- 2 tablespoons lemon juice

Preheat oven to 450°F. Prick eggplant with a fork and place on a cookie sheet lined with foil. Bake the eggplant until it is soft inside, about 20 minutes. Alternatively, grill the egg-

plant over a gas grill, rotating it around until the skin is completely charred, about 10 minutes. Let the eggplant cool. Cut the eggplant in half lengthwise, drain off the liquid, and scoop the pulp into a food processor. Process the eggplant until smooth and transfer to a medium bowl.

On a cutting board, work garlic and 1/4 teaspoon salt together with the flat

side of a knife, until it forms a paste. Add the garlic-salt mixture to the eggplant. Stir in the parsley, tahini, and lemon juice. Season with more salt, to taste. Garnish with additional parsley. Enjoy with pita bread and/or pita chips.

*\*Note from Abigail: I might actually salt the eggplant for 20 minutes and then rinse to get rid of some of the bitterness.*



**"Never eat more than you can lift."**

**— Miss Piggy**

## “Feeding Baby (and adult ) right”

By Bekki Woloch

Today, while reflecting on the beautiful beets that Susan had just harvested, I recounted to Erik my own experience while cooking them 19 years ago for my son Jesse. I had purchased a book titled “Mommy Made and Daddy too: Home cooking for a healthy baby” that gave instructions and recipes for homemade baby food. The basic idea being that the best nutrition for a child being introduced to “solids” be one the family had prepared and that included a wide variety of

produce, even things mommy and daddy had not included in their own diet. Cooked fresh produce pureed and poured into ice cube trays, frozen then bagged and labeled results in your baby getting the freshest nutrition possible. While I knew nothing at the time about beets, I roasted them and fed them to Jesse and he gobbled them up. We did the same for butternut and acorn squash along with fresh apples and green peas. His dad and I spent many a weekend “putting up” food for our son. With a little

practice we became experts – and at any given point we could randomly pull out a cube of this and that to place on Jesse’s tray – giving him a wide variety of foods to try and giving us the knowledge that what we were providing to him was the best. Berries on Bryan Station is a great place to start – hand-picked organic produce is the best nutrition for your baby (and mom and dad too). So while you are cooking up that beautiful yellow zucchini or shucking peas, consider roasting a beet for your own little one. I



promise, you’ll be happy with the results. While I did not find the title listed at the Lexington Public Library, I found several links on the internet, including Amazon.com. It’s a great way to start your child off on the road to healthy eating.

Thanks, Susan – for conjuring up such a beautiful memory! Thanks Berries for providing the link to do so!

## A Cornucopia of Winter Squash

We’ll be receiving some winter squashes in the next few baskets, so here are some ideas and a recipe for using them. Baking is the easiest way to prepare winter squash. To obtain cooked squash meat easily, cut the squash in half, remove the pith and seeds, just the way you would a pumpkin, and bake. It’s best to use a rimmed baking pan lined with aluminum foil. Coat it the foil with cooking spray. You can either place the squash cut side up or down. I prefer up, because the juices are kept inside the squash. Cover the cut side with more aluminum foil, and bake in a preheated oven until the squash is very soft. Let it cool, and then scoop out the meat from

the inside of the squash. Use it immediately, or freeze it for future use as you like. Squash is also good baked this way uncovered, with butter, sugar or other sweetener and spices in the cavity, and served as a side dish. This can be a spectacular dish. I’ll post some recipes like this in future newsletters, but you can have fun making up your own topping/filling combinations. There are also recipes which use cubed, peeled raw squash in stews and casseroles. To do this, it’s good to have a vegetable peeler to remove the skin. The skin is tougher and thicker than most other vegetables, and is downright difficult to peel with a knife, no matter how sharp!

### Butternut Squash Bake

Out of the blue the other day, our friend Drew mentioned this recipe. I knew at once that it would be wonderful for the newsletter. She was kind enough to share it with me. Although she suggests here that the squash be cut up and boiled, easier preparation would be to bake the squash as mentioned above, then proceed with the mashing and mixing as she describes here. Also, you could sue squash meat you’ve cooked and frozen previously.

Bake 1 hour & 45 min's or until an inserted toothpick comes out clean

1 butternut squash (about 2 pounds )  
1/4 cup butter or margarine,



rine, softened  
1 cup sugar  
1/3 cup milk  
1/2 to 1 tsp. ground cinnamon  
1/8 teaspoon salt  
4 large eggs  
1 teaspoons vanilla  
Garnish: toasted chopped pecans

In a mixing bowl, mix all dry ingredients. Cook squash until soft, drain. After drained, add butter and mash just like mashed potatoes. Add milk, eggs and all dry ingredients. Add the vanilla. Mix until well blended. It will be very thin. Pour into baking dish. Bake at 350.

## Berries on Bryan Station CSA Farm

Erik Walles & Family (Gayle, Brett & Grant)

### Berries on Bryan Station Farm

4744 Bryan Station Road  
Lexington, KY 40516

Farm: 859.293.0077

Erik's cell: 859.338.1877

Erik@berriesonbryanstation.com



## Around the Farm

- Proud parents **Andrei and Robin** brought their son **Nolan Shliakhau** last week. He looked awesome! And the parents are looking exhausted, but pleased with their achievement!
- We will have about six dozen of our own eggs at \$3 per dozen.
- Garlic braids from a farmer friend of ours, Levi Gordon, are \$15 each.
- Thank you in advance for returning milk jugs and cardboard lids and boxes (we are running low).
- It is Natalia Truczynski's last day tomorrow before heading off to college.
- Thanks to volunteer Bekki Woloch for bringing helpers to work and wonderful lunches for us to enjoy!
- Thanks to Annette Fischer for arranging the newsletters!!
- Thanks to member Susan Marnatti for helping!

*Go forth and Be Healthy! We'll see you this week!*

## "Potatoes, Tomatoes and More" (cont'd)

plastic gloves only when handling and cutting these peppers as they will burn your skin! Rubbing alcohol is the best solvent to remove the capsaicin from your skin in an emergency. These peppers will be on the choice table.

We'll also have sweet peppers including: chocolate, orchid, sweet yellow habenero, jingle bell, Jimmy Nardello, banana, green, red, yellow and orange peppers which will be in your basket.

### Greens

Your bag will contain a

mixture of Swiss chard, collard greens, Chinese cabbage, mustard, and kale.

### Bok Choi

You will get even more of this tasty green for stir frying. The bunch will be inside your bag of greens.

### Green Onions

You will be receiving more of these, as well as some dried matured ones.

### Herbs

We will have larger bags of **basil** for you to make pesto with. We will also have

**parsley, chives, borage, English thyme, swiss mint, sage, oregano, rosemary, and lemon balm.**

### CHOICE TABLE

We plan to have **okra, eggplant, carrots, Tat Sui, cucumbers, beets, fennel, and foot long Borneo beans from Sumatra, Indonesia.**

### Red and Yellow Raspberries

We will likely run out of time to pick these for you since much of our help has gone back to college. Each member may pick a pint for

themselves during pick-up times.

### Cut Flowers

You will be receiving a bouquet of zinnias, sunflowers and gloriosa daisies this week.

*"The art of dining well is no slight art, the pleasure not a slight pleasure."*

*—Michel de Montaigne*