

## September 28<sup>th</sup> & 29<sup>th</sup> 2006 Newsletter

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

Welcome to your twentieth basket pickup. We made a thorough harvest this week since it is your last official pickup week. Here is what we have for you this week:

#### **Raspberries**

We still have lots of these delicious berries. Now is the time to pick them and freeze as many as you can so that you can enjoy them when the snow flies! Feel free to bring a friend to help pick them!

#### **Sweet Potatoes**

We cured these potatoes for eight days at 80 degrees so that they will store better for you. My favorite ways to eat these are as baked chips, as a whole baked sweet potato, baked together with apple slices, or in a pie. Recipes follow.

#### **Peanuts**

I hope that you had a chance to try the fresh samples last week. We harvested them all, so you have a good amount this week. You can eat these fresh, roasted, or boiled in salt water.

#### **Carrots**

These are small, but delicious.

#### **Green Beans**

Most of these are excellent for steaming for about seven minutes in boiling water or in a steaming basket. If any appear too dry for steaming, save the beans for soup and throw away the shell. I try to give you only tender beans that are good for steaming. I save dried seeds for planting next year.

#### **Sunflower Seeds**

We will give you the seeds still in the mammoth sunflower head. Just lay these out on your deck or in the yard to attract birds.

#### **Corn Stalks**

We have cut corn stalks for you to decorate with. The ornamental corn has attractive deep purple stalks.

#### **Onions**

There are just a few of these left.

#### **Cut Flowers**

These flowers are pretty.

#### **Peppers, Eggplant, & Tomatoes**

There are a few of these in your basket.

#### **Herbs**

I have picked a lot of these for this week. There is a lot of basil in case you want to make a pesto from it.

#### **Special Thank Yous**

I would like to thank once again the following members for their "above and beyond" support this year: **John and Tammy Cox** donated a benchtop refrigerator to keep the raspberries fresh. They also donated a swimming pool after seeing me sweat during a basket pickup. **Larry Leach** contributed several days of his time to dig out the trenches and lay down irrigation pipe with me. **Chris Duff** allowed his farm helper **Darryl Murphy** to lay down the plastic mulch on two days using his more powerful tractor. Darryl brought over a load of old baled hay for the strawberry patch. Darryl also dumped a load of loose hay alongside the transparent red raspberry row. Darryl brought over a tree service with two loads of wood chips after a storm. These chips are keeping the weeds down on the thornless blackberries along the fence row. Darryl came with me to pick up a load of aged horse manure from **Jay Taylor**. We also used Chris Duff's manure wagon for this trip. This manure is now spread alongside the transparent red raspberry row. **Brent Hayden** arranged for a free load of aged horse manure to be delivered and even paid for the delivery charge. **Mark Taulbee** delivered a load of loose straw for the strawberry patch. **Lisa Parks** introduced us to her niece who turned out to be a great helper for us this season. **Annette Fischer** organized the car pool for our members in the southern part of Lexington. I would also like to thank the following nonmembers: **Lucian Anderson** from Victory Haven farm delivered three more loads of horse manure which were free except for a delivery fee. **David Spaulding** from the University of Kentucky supervised laying down the plastic mulch and stopped by frequently throughout the season to answer any vegetable growing questions. Dave also provided free plastic mulch and drip line for an acre of vegetables. This was in exchange for detailed production and financial information. **Charlie Farmer** and **Melvin Dean**

from the Natural Resources Conservation Service and **Paul Howell**, State Geologist met with me and sited the area to drill the water well. Charlie and Melvin also oversaw a \$5000 matching grant that I received for the irrigation system. **Dr. Tim Woods** from the University of Kentucky Ag Economics Department and **John Zinc** from the Lexington Small Business Development Center helped me to write a business plan.

### **Good Boy's News**

Good Boy is about to become a father to puppies. He raced me to the corner store one day a few weeks ago when I left on deliveries. Since I was in a hurry I let him get into the truck with me and continued on my route. I dropped him off at Charlie and Wendy Lowe's place since Wendy wanted to see if her border collie would accept Good Boy. I picked up Good Boy later that evening when my deliveries were completed. Last week Wendy told me that the due date will be around October 21<sup>st</sup>. Brett and Grant are invited to play with the puppies.

### **Picnic**

Please remember that our picnic is this coming Saturday, September 30<sup>th</sup> at 4 p.m. We'll have yard games set up. Please pack swim gear and towels for family members who would like to swim in the small pool and play in the hot tub. Please also bring a dish to share and a beverage. We will provide grilled hamburgers, chicken breasts, hot dogs, buns, lemonade, plates, and plastic cutlery. Please RSVP so that we can plan for the quantity of meat to purchase. Friends are welcome also!

Thank you in advance for returning your baskets. Next March we will send you an invitation to sign up for the new season.

**Thank you very much for your fantastic support this season. I especially thank you for coming out to the farm each week to pick up your basket.** This has allowed us more time to pull weeds and tend to the plants!

I have enjoyed getting to know you! This has been a fun and productive endeavor. Thank you for believing that we can do this! We hope that you can join next year! We look forward to the opportunity to serve you next year,

Erik Walles & Family (Gayle, Brett & Grant)

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

4744 Bryan Station Road  
Lexington, KY 40516  
Farm: (859)293-0077  
[wallese@linkup.us](mailto:wallese@linkup.us)

### **Baked Sweet Potato Chips**

Scrub the outside of the sweet potatoes with a soft brush, then dry them. Slice them into about 1/8<sup>th</sup> inch thick round chips using a large sharp knife. Spread them out into one layer on a shallow metal baking pan that has been sprayed with a light coating of olive oil. Spritz the top side of each chip with a light coating of olive oil also. Bake the chips uncovered for about 20 minutes at 400 degrees. Flip them over, then bake them for an additional 20 minutes. Yum!

### **Baked Sweet Potatoes**

Simply rinse and dry them, wrap them in aluminum foil, and bake them for about an hour at 400 degrees.

### **Sweet Potatoes Baked With Apples**

Rinse and dry sweet potatoes and apples. My favorite apples to use are golden delicious, but any of your favorite apples will be great. Core the apples, leaving the apple whole. You can also leave the skins on if you like, since many good nutrients are in the skin and right beneath it. Slice both the potatoes and apples into circular wedges about 1/4 inch thick. Line a ceramic baking dish with alternating vertical layers of potatoes and apples. Add three tablespoons of water, cover the dish, and bake it for about 45 minutes at 400 degrees until the potatoes are soft in the middle.

### **Sweet Potato Pie**

Rinse and dry sweet potatoes, wrap them in aluminum foil, and bake them for about an hour at 400 degrees. Allow them to cool a bit, then remove the skin. Mash the pulp. Add 2 eggs, a can of non-fat Eagle brand sweetened evaporated milk, 1/4 teaspoon of cinnamon, 1/4 teaspoon of ginger, 1/8 teaspoon of cloves, and 1/8 teaspoon of nutmeg. Mix it with beaters, then pour it into an unbaked pie shell that has been lightly brushed with milk and sprinkled with sugar. Bake it about 45 minutes at 350 degrees.

To make fresh pie crust, whisk 1 1/2 cup of flour with 2 tablespoons of sugar in a large bowl. Add 1/2 cup of no trans fat Crisco vegetable shortening. Beat this mixture at high speed for several minutes until the fat is well dispersed in the flour. Add three to a maximum of five tablespoons of water

and mix until the dough forms a ball. Pat the ball to consolidate it, then cut it in two. Roll a half out into a round circle which is about a foot in diameter. A square linen towel or crust cloth is useful to roll out the dough. A marble rolling pin that has been stored in the refrigerator is also useful. Place the crust into a glass pie dish. Turn under the edges to form a crust. Brush the surface with whole milk, then sprinkle with about 2 tablespoons of sugar. Bake at 360 degrees for about 14 minutes until golden brown.

### **Boiled Peanuts**

Simply rinse the fresh peanuts and cover them with water. Add about a teaspoon of salt. Boil them for about seven minutes. Pour them into a colander to remove the water. They are delicious!

### **Roasted Peanuts**

Simply rinse and dry the fresh peanuts. Spread them out onto a shallow metal oven pan. Bake them uncovered for about 30 minutes at 350 degrees until they are cooked to your desired taste. Be careful not to overbake them. Roasted peanuts can be stored for a long time and enjoyed later.

### **What a Farmer Does on the Off Season**

There is not much rest for a farmer. Our big project this winter will be to build a greenhouse or "high tunnel". This will be very useful for starting transplants. It will allow us to have all of the plants in one location and not move them. This season we had to bring them in and out of doors each morning and evening. I will be spreading manure on a daily basis. My neighbor, Rickie Green has cut an opening in his fence where I drive his tractor and spreader through to spread manure on our fields. Another neighbor, Austin Pyle, lets me use his moldboard plow to turn over the fields. I will focus on expanding our strawberry and rhubarb patches. I have been invited to give a presentation at the Kentucky State University's Small Farmer Conference in Frankfort in November.

## *2007 membership information*

### *Berries on Bryan Station Farm*

#### Membership fee for 2007

\$275 for a half bushel per week

\$550 for a full bushel per week

- If you would like home delivery, the additional cost will be 50 cents/mile per roundtrip
- Would you like to organize a group pick-up? \_\_\_\_\_  
If yes, what is your address? \_\_\_\_\_
  - (Example: 5 families in the Tates Creek/Man O'War area took turns picking up baskets this year)
- Please tell your friends about our farm business CSA (CSA = Community Supported Agriculture)  
As a reward for signing up new members, you can choose from the following (for each new member signed up):
  - 2 free deliveries in '07
  - 1 free/extra basket during any week of '07

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