

September 3rd and 4th 2008 Newsletter

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

Welcome to your seventeenth basket pickup!

Raspberries

While picked fresh today, the red and yellow raspberries are best eaten within 24 hours or frozen for later use.

Tomatoes

You get a pint of cherries plus several slicers. All varieties of tomatoes and peppers are heirloom.

Peppers

They are funny shaped and sweet: orchid, yellow sweet habanero, jingle bell, chocolate bell and golden bell.

Potatoes

These Red Pontiac taters are tasty roasted, baked, fried or in a potato salad or soup.

Okra

New recipes are included today for this bumper crop.

Choice Table

Today you can choose from: cucumber, eggplant, swiss chard. Hot peppers are available for all who like them.

Herbs & Onions

We are offering basil, swiss mint, oregano and rosemary.

Flowers

The zinnias are stepping up in beautiful showy colors. The sunflowers winding down so enjoy your last bouquet

Veggie Tales

- 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
 - Plus each Thursday after 5pm from now on
- All jams and jellies are now on sale 2 for \$12, so stock up for winter and holiday gifts!
- New items in September will include sweet potatoes, acorn, butternut and spaghetti squash, and melons.

Member Focus

Following are some members with services you may consider. Let us know if you'd like us to feature your business in a future newsletter.

- Massage therapy: Matt Schuler 859-420-4637
- Car repair: Drew Filchak/Aamco 859-317-2309
- Dentist: Dr Hubert Hall 859-269-6245

Have a healthy and happy week!

Erik Walles & Family (Gayle, Brett & Grant)

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RECIPES

Grandma's Fried Okra & Potatoes

- 1 pound fresh okra
- 2 large (or 3 medium) potatoes
- 1 medium white onion, finely chopped
- 1/2 cup cornmeal
- 1 teaspoon salt
- 1/2 cup vegetable oil
- 1/4 teaspoon ground pepper

Wash okra and cut off stem ends. Cut in 1/2-inch pieces. Peel potatoes and chop into 1/2-inch dice. Put okra and potatoes in large bowl. Add chopped onion to mixture. Sprinkle cornmeal, salt and pepper over mixture. Stir until cornmeal is evenly distributed throughout mixture.

Heat cooking oil in large skillet over medium heat (oil should be hot, but not smoking hot). Carefully spoon okra/potato mixture into hot oil. Fry, turning mixture occasionally, until potatoes are done and mixture is nicely browned, about 10 to 12 minutes. Drain on paper towels. Makes enough for 4 or 5 hungry people.

Creole Okra and Tomatoes

Ingredients:

1/2 cup Butter or margarine
1 Onion, large, minced
1/2 Green bell pepper, diced
1 quart Okra, fresh, sliced/rinsed
4 Tomatoes, fresh, coarsely chop
Salt to taste
Black pepper to taste

Directions:

Melt butter in large skillet; add onion and saute over medium heat until soft. Add bell pepper, okra and tomatoes; season to taste.

Reduce heat; cover and simmer 20 minutes, stirring occasionally.