

## September 5th & 6<sup>th</sup>, 2007 Newsletter: Berries on Bryan Station CSA Farm

### *“Lettuce Be Your Personal Farmers”*

Welcome to your seventeenth basket pickup! Happy September! We are irrigating 24/7 and working hard to bring you a variety of items. Our new veggies this week are butternut squash and edamame soybeans.

#### **Raspberries**

We'll pick a pint for members each week that the berries are plentiful. Please feel free to stop by and pick a quart during the week when your schedule allows. The berries are best eaten fresh within two days of being picked. To save the sweetness for later, you can freeze the berries on a tray and then place into a ziploc™ bag. Raspberries can also be used in freezer jams, baked into pies or crisps.

#### **Tomatoes**

Several heirloom varieties of roma tomatoes are ripening and are good in sauces and salsa. The cherry and pear type tomatoes are still coming in strong, especially from the greenhouse. The larger slicing tomatoes are delicious!

#### **Butternut Squash**

Butternut squash have a pleasant tender sweetness and texture that lends itself to a variety of recipes. On the back you'll find a suggestion for a baked, sweet recipe and for a soup. Please be careful when cutting the squash open!

#### **Peppers**

We have bell and sweet banana peppers as well as some heirloom types such as “fish” (hot). We have included a basic recipe for stuffed peppers on the back.

#### **Herbs**

Basil, cilantro and oregano partner well with tomatoes. We bought a food processor and made pesto for the first time. The pesto made the house smell great and we all liked the flavor on pasta.

Lemon balm and swiss mint are good in iced tea and fresh lemonade.

#### **Cut Flowers**

Enjoy the gloriosa daisies and colorful zinnias. Let us know if you'd like an extra bouquet for a friend

#### **Lemon Cucumbers**

This will be the last week for cucumbers, so enjoy!

#### **Choice Table**

The choices this week include eggplant, okra and hot peppers.

Okra can be sliced and stewed with tomatoes or used in jambalaya or vegetable soup/gumbo. Members have mentioned that okra is good either sautéed, steamed or deep fried. Eggplant can be grilled, baked or sautéed. Edamame soybeans can be eaten fresh or lightly steamed.

#### **Veggie Tales**

- Thanks to member Kathy Schanding for volunteering to help us out with farm chores and for lending us a food drier. Thus far we have dried tomatoes, peppers and raspberries.
- Still to come: sweet potatoes, carrots, melons and acorn squash.

We hope that you enjoy being a member!

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

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

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#### **Erik's Famous Raspberry Pie**

Erik is the baker in the family. This is a favorite and works for strawberries, peaches, blueberries, blackberries, and raspberries.

In a medium covered sauce pan, start about one pint of raspberries heating on medium (setting of five) with one tablespoon of water. Turn on the oven and set it to 350 F.

To make the crust, add 1.5 cups of flour, two tablespoons sugar, and one-half cup of Crisco solid shortening in a large bowl. Mix these with

a hand-held mixer for several minutes. Add four tablespoons of water, and mix it until it starts to clump. Gather it into a ball, and slap it to consolidate it. Cut it in half. Roll half out into a circle to fit a pie pan using a roller and a cloth with flour on it. Fit it into a glass pie dish. Spread one teaspoon of milk on top of the crust using a pastry brush, then sprinkle on teaspoon of sugar on top. Bake the crust for twelve minutes at 350 F.

To the bubbling berries, add a slurry of 1.5 tablespoons of arrowroot or corn syrup in enough water to make it pourable (about one tablespoon of water). Bring it back to a boil gently, and whisk it smooth. Turn off the heat, then add a pint of fresh raspberries to the syrup. Just coat the berries and pour the mixture into the baked pie crust. Serve with vanilla ice cream. Yummy!

### **Butternut Squash and Apple Casserole** (from recipezaar.com)

- 1 small butternut squash, about 2 pounds
  - 2 apples, cored, peeled, sliced
  - 1/2 cup brown sugar, firmly packed
  - 1/4 cup cold butter
  - 1 tablespoon flour
  - 1 teaspoon salt
  - 1/4 teaspoon ground cinnamon
  - 1/4 teaspoon ground nutmeg
- Peel squash, scoop out seeds, and cut in small pieces.  
Place squash and apple slices in oblong baking dish (7x11-inch). Blend remaining ingredients with fork or pastry cutter until crumbly.  
Distribute over squash and apple.  
Cover and bake butternut squash casserole at 350° for about 45 to 50 minutes.  
Butternut squash recipe serves 6 to 8.

### **Butternut Squash Apple Soup**

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Can be prepared in 40 minutes or less. The trick to great butternut squash soup is the simple addition of one tart green apple to balance the sweetness of the squash. (Recipe from Southern Living)

- 1 yellow onion, chopped
- 1 rib of celery, chopped

1 carrot, chopped

1 Tbsp butter

1 butternut squash, peeled, seeds removed, chopped

1 tart green apple, peeled, cored, chopped  
(squash and apple should be at a 3 to 1 ratio)

3 cups chicken broth (or vegetable broth if vegetarian)

Pinches of nutmeg, cinnamon, salt and pepper.

Combine butter, onion, celery, and carrot in large saucepan. Cook for 5 minutes. Add squash, apple, and broth. Bring to boil. Simmer for 10 minutes or until squash is soft. Puree. Add spices to taste.

Serves 4-6.

### **Easy Beef Stuffed Peppers** (from cooks.com)

- 1 pound lean ground beef
- 4 medium green or red bell peppers
- 3/4 cup chopped onion
- 1/4 cup uncooked rice
- 3 tablespoons catsup, divided
- 2 tsp fresh (or 1 tsp dried) oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 medium tomatoes, chopped

Cut tops off bell peppers; remove seeds and membrane. Combine ground beef, onion, rice, 2 tablespoons catsup, 1/2 teaspoon oregano, salt and pepper, mixing lightly but thoroughly. Spoon an equal amount of meat mixture into each bell pepper. Place in 8-inch square baking dish.

Combine tomatoes, remaining catsup and remaining oregano; pour over stuffed peppers. Cover baking dish tightly with foil. Bake in 350 degree F oven for 1 1/2 hours.

An option is to uncover the dish and sprinkle cheese on top for the last 5 minutes.