

September 7th & 8th 2006 Newsletter

Berries on Bryan Station Farm

“Better Food for a Healthier You”

Welcome to your seventeenth basket pickup. We are thankful for another bountiful week. Here is what we have for you this week:

Raspberries

We have had several members enjoy picking both red and yellow raspberries. It is a lot of fun so you should not miss it!! Picking days will be continue to be Tuesday, Thursday, Friday and Sunday each week for as long as the berries last. Picking times will be from 4 to 8 p.m. each day. While the berries are at their peak, you can pick as many as you like. Feel free to bring a friend to help! The new veggies include:

Yukon Gold Potatoes

Pumpkins

Ornamental gourds

Ornamental Corn

Sunflower Head for Birds

Butternut Squash

Shallots and Onions

Tomatoes

Enjoy them while they last!

Green and Yellow Beans

We hope you have enjoyed the yellow “wax” beans recently. We have pickings from a fresh row of bronco and roma beans.

Choice Table

The choices this week include Eggplant, Okra and Cabbage.

Peppers

This is an especially good week for bell and sweet banana peppers. We recommend that you wash,

dice and freeze some peppers for use in sautéing this winter.

Herbs

We have excellent parsley, basil, oregano, swiss mint, apple mint, lemon balm and rosemary for you to choose from. A member told me that a use for catnip is to keep insects out of your home. Simply lay bunches in corners where insects hang out.

Cut Flowers

Baby’s Breath, Gloriosa daisies and colorful zinnias will be cheering up your home this week.

Leaf Lettuces

The cool weather has benefited some late summer plantings of lettuce.

Picnic

Please remember that our picnic is on Saturday, September 30th 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.

The last pickup days will likely be September 28th and 29th.

Thank you for your support.
See you next week,

Erik Walles & Family (Gayle, Brett & Grant)

Berries on Bryan Station Farm

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Honest Farm String Bean, Potato and Bacon Salad

This recipe is from Susie Quick, owner of Honest Farm in Woodford County. It includes many of the veggies and herbs that are available this week:

2 pounds small potatoes, well-scrubbed
1 large bell pepper, cut into large chunks
3 tablespoons extra-virgin olive oil
Kosher salt and freshly ground pepper
1 pound green beans, trimmed
2 tablespoons red wine vinegar
1 clove garlic, minced
½ teaspoon salt
1/8 teaspoon pepper
1 medium onion, thinly sliced
1 cup cherry or plum tomatoes, halved
2 tablespoons slivered basil
4 strips thick sliced bacon, fried crisp and crumbled

Preheat oven to 400 degrees. Quarter potatoes into bite-sized pieces. Place potatoes and peppers onto a large baking sheet, and toss with 1 tablespoon of olive oil. Season with salt and pepper to taste. Roast for 25 minutes, stirring occasionally or until tender and browned. Set aside.

Cook the beans in a large pot of boiling salted water for 5 to 10 minutes or until crisp-tender; drain. Rinse in a colander beneath cold running water; drain.

In a large bowl, whisk the remaining 2 tablespoons oil, vinegar, garlic, salt and pepper. Add the beans, onion, cherry tomatoes and basil. Taste and add additional salt and pepper to taste.

Arrange the bean salad on a platter, and top with roasted potatoes and peppers. Scatter crumbled bacon over the top. The salad can be served cold or at room temperature. Makes 6 to 8 servings.

Awesome Raspberry Pie

I just made both yellow and red raspberry pies this week. They were both delicious. I recommend adding about two tablespoons of sugar to overcome some tartness.

Divide the berries into two halves-one for cooking and the second for adding in fresh later. Add two

tablespoons of water into the bottom of a two quart saucepan and start it heating on medium. Add half the berries, or about 1 quart. Add 2 tablespoons of sugar. Heat on medium until a sauce forms and it boils gently, or about five minutes. In a small glass dish stir 2 tablespoons of corn starch and a minimum amount of water to get it to stir with a spoon, or about 1 tablespoon. Add the cornstarch to the sauce with a wire whisk, stirring constantly as it thickens. Stir it near boiling for about a minute to ensure that the corn starch dissolves completely. Allow it to cool, then fold in the other quart of fresh berries and coat them gently with a spatula. Pour this mixture into a precooked pie shell. Allow it to thicken by letting it sit for about five minutes, then cut it and serve it with vanilla ice cream.

To make fresh pie crust, whisk 1 ½ cup of flour with 2 tablespoons of sugar in a large bowl. Add ½ 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. Place it into a glass pie dish. Turn under the edges to form a crust. Brush the surface with whole milk, then sprinkle with 2 tablespoons of sugar. Bake at 360 degrees for about 14 minutes until golden brown.

I have used this recipe for strawberries, blueberries, peaches, and blackberries as well.

Butternut Squash Pie

I am eating a slice of pie right now and it is great! I prefer butternut squash to pumpkin pie. It is brighter orange and has a delicious taste. Place the whole squash stem and skin and all on a flat pan in an oven at 350 degrees for about an hour. The whole squash will become soft. Allow it to cool, then remove the skin and seeds. Mash the rest of the pulp. Add 2 eggs, a can of non-fat Eagle brand sweetened evaporated milk, ¼ teaspoon of cinnamon, ¼ 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. Brush milk around the edges, then sprinkle sugar on the dough. Bake it about 45 minutes at 350 degrees.

Questionnaire

1. How do you rate your overall experience?
2. What did you like best?
3. What did you like least?
4. What can we do better next year?
5. What would you like to see more of?
6. To what extent would you like to see us apply for organic certification? Costs include about \$400 per year to apply plus a lot of paperwork and inspections.
7. Next year would you be interested in separately buying fruit pies, eggs, and jam?
8. Would you like to join our CSA next year?
9. Would you prefer a different day of the week and time for pickup next year?
10. Did you like the newsletter?
11. Would you like to see more photos or more recipes?

12. Name(Optional)

13. For the following veggies and berries, please circle your favorites and cross out your least favorites. (No limit on the number circled or crossed out).

Lettuce
Spinach
Onions
Garlic
Shallots
Arugula
Strawberries
Blueberries
Blackberries
Raspberries
Peppers
Zucchini
Summer Squash
Sweet Corn
Tomatoes
Cabbage
Beets
Radishes
Broccoli
Okra
Rhubarb
Eggplant
Peanuts
Potatoes
Watermelon
Cantaloupe
Pumpkins
Ornamental Corn
Decorative Gourds
Herbs
Flowers
Sweet Potatoes
Carrots
Green Beans
Yellow Beans
Peas
Acorn squash
Cucumbers