

August 1st & 2nd 2007 Newsletter: *Berries on Bryan Station CSA Farm* *“Better Food for a Healthier You from your Personal Farmers”*

Welcome to your twelfth basket pickup!

Tomatoes

This week features yellow plum, cherry, Sweet 100, Beefsteak, Marglobe, and Rutgers; all grown by organic practices. We have been enjoying daily tomato sandwiches with herbed mozzarella balls.

Sweet Corn

We picked this today and suggest that you eat it today or tomorrow for maximum sweetness. One option is to shuck them completely and boil in salted water for 4 minutes. Another option is to soak them whole in water and then grill them, either with the husk on for a steamed effect, or peeled back for a grilled taste.

Cucumbers

We are pleased to be producing so many cukes this year after a disappointing season this year. We are growing 5 different varieties and they are all doing well.

Swiss Chard

Add a few leaves in your tomato sandwich or toss a salad.

Peppers

Our heirloom types include sweet ones: Jingle Bell, Orchid, Sweet Chocolate, and Bell. Our hot ones are: Fish, jalapeno, Beaver Dam and Hinkelhaus.

Summer Squash

These continue to be nice and tender. Please see recipes on the back.

Zucchini Squash, green and yellow

August 8th is national “Sneak some Zucchini to your Neighbors Porch” day. We are including recipes on the back this week. We apologize that one row “got away from us” and are quite large, we’ll strive to pick them before they exceed 10” in length.

Cut Flowers

We plan to offer a variety of flowers each week through the end of the season: zinnias, sunflowers, cosmos and gloriosa daisies. Get your vases ready!

Herbs

This week your choice of culinary herbs includes oregano, dill, basil, rosemary, swiss mint, lemon balm and parsley.

Green Beans

We picked at least a pound for everyone of the Kentucky Blue Lake variety.

Choice Table

You can choose from eggplant, blackberries, leaf lettuce, yellow wax beans, okra and extra tomatoes. Please feel free to request onion and/or garlic which we have drying here in the barn.

Local Honey

Offered for sale from one of our members who helps us with our bees.

Around the Farm

- Next week we are heading to Michigan to attend the Walles family reunion and celebrate Erik’s birthday. Andrew will be in charge of next week’s pick-up.
- The recent rain is helping the raspberries set and we’ll expect them from mid August through the first frost (typically mid-October).
- Tomatillos will be ready soon for those who like to make salsa

Thank you for being a member!

Your personal farmers,

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

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RECIPES

Freezing Notes

To store the tastes of summer for use later in the year, you can follow these steps:

Green beans:

1. snap the ends off of the beans and either leave them whole length or snap in half
2. rinse well
3. blanch by boiling for 1 minute
4. rinse the blanched green beans in cold water
5. pat them dry
6. place in plastic storage bags and freeze

Tasty, Easy Salsa

Enjoy mixing and matching different ingredients to make your own signature salsa. Use these recommendations as a starting point:

- 2 large or 3 medium tomatoes, cubed to 1/2"
- 2 tablespoons fresh cilantro
- 1 medium onion, diced to 1/2" pieces
- juice from 1/2 lime
- 2 cloves garlic, peeled and smashed
- 1 pepper, diced to 1/2" pieces

Alexis's Chopped Vegetable Salad Serves 10 to 12. This recipe, courtesy of Martha's daughter Alexis, takes full advantage of summer's availability of fresh vegetables. The trick is to cut all of the vegetables into similar-size pieces so that each forkful offers a mix of flavors.

- 2 teaspoons salt, plus more for water
- 2 ears fresh corn
- 1/2 pound green beans, trimmed and cut into 1/4-inch pieces
- 1/2 pound wax beans, trimmed and cut into 1/4-inch pieces
- 4 plum tomatoes, seeded and cut into 1/4-inch pieces
- 1 small red bell pepper, seeded and deveined, cut into 1/4-inch pieces
- 1 small yellow bell pepper, seeded and deveined, cut into 1/4-inch pieces
- 1 small red onion, cut into 1/4-inch pieces
- 1 cucumber, peeled, seeded, and cut into 1/4-inch pieces
- 3/4 cup fresh cilantro leaves
- 1 medium jalapeño pepper, seeded and deveined, minced
- 2 tablespoons extra-virgin olive oil

- 2 tablespoons rice-wine vinegar
- 1 teaspoon freshly ground black pepper

1. Prepare an ice bath; set aside. Bring a medium saucepan of salted water to a boil. Add corn, and blanch until tender, about 6 minutes. With tongs, remove from water, and plunge immediately into ice bath. When corn is thoroughly cooled, remove from ice bath. Using a large knife, remove kernels from cobs. Transfer kernels to a large bowl. Add green and wax beans to boiling water. Blanch until tender, about 1 minute. With a slotted spoon, remove from water, and plunge immediately into ice bath. When beans are thoroughly cooled, drain in colander.
2. Add green and wax beans, tomatoes, red and yellow peppers, onion, cucumber, cilantro, and jalapeño to corn. Stir to combine. Add olive oil, vinegar, salt, and pepper. Stir to combine. Adjust for seasoning. Serve immediately.

Zucchini Casserole

- 2 medium-large zucchini
- 1 large or 2 small onions, sliced
- 6 oz tomato sauce or 2 sliced tomatoes
- 8oz sliced or shredded mozzarella cheese
- 1/4 teaspoon garlic salt
- sprig of oregano, chopped (or 1/4 teasp. dried)
- optional: 1/2 cup seasoned breadcrumbs
- optional: 3 Tablespoons grated parm cheese

Cut zucchini into 1/4" slices and boil in water for 5 minutes. Drain and set aside. In small frying pan, sauté the onion and when it is done, add the tomato garlic salt and oregano. In a 1 qt casserole make a layer of zucchini, a layer of cheese and a layer of onion tomato mixture. Continue to layer, using all ingredients. An option is to top with the breadcrumbs and parm cheese. Bake 45 minutes at 350.

For more Zucchini and Squash recipes, please refer to last Sunday's Herald-Leader A la Carte section or go to www.kentucky.com. On Sunday we had a terrific meal, using a recipe from Sharon Thompson's recent book [A Taste of Kentucky](#).

Also you can refer to www.basic-recipes.com and go under vegetables.