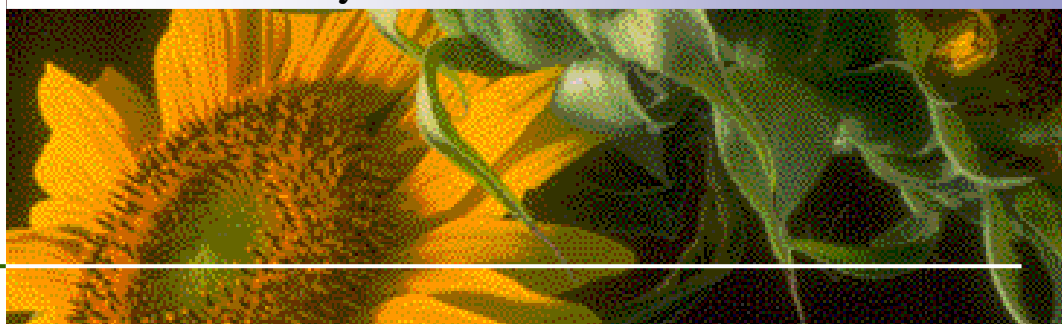


# Berries on Bryan Station CSA Farm

Newsletter #11

July 28th and 29th,  
2010



## “Healthy eating for You”

### Inside this issue:

*This week's produce* 1

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Deb Outland:* 2

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### Coming up

- ⇒ tomatoes
- ⇒ peppers
- ⇒ beans
- ⇒ eggplant

**"In order to  
live off a  
garden, you  
practically  
have to live  
in it.**

**- Frank McKinney  
Hubbard**

Welcome to your eleventh basket pickup! We have another outstanding basket for you!

### Tomatoes

Members will receive a container filled with a mix



of heirloom plum and cherry tomatoes along with at least one medium to large tomato! We will be giving you bigger varieties and container sizes as we move into the “tomato zone” in the upcoming weeks.

### Mixed Greens

A bag of mixed greens including Chard and Kale will be in your basket. You may use them like lettuce or in one of the many recipes posted in our newsletters and on our website. Greens can't be beat for the nutritional value they provide.

### Beans

We're picking plenty of beans for you again this week—look for a mix of our different varieties! Fresh green beans are especially tasty (and healthy) steamed for five minutes. Beans are low in fat and offer an excellent source of protein, fiber, and complex carbohydrates.

### Blackberries

You'll be receiving another pint of plump berries this week. Please enjoy as this might be our final week to offer them to you all.

### Cut Flowers

You will get another gorgeous arrangement of several shapes and sizes of various flowers including zinnias, cosmos, sunflowers and gloriosa daisies. Your flowers will last at least a week - longer if you periodically replace the water.

### Herbs

This week your choice of culinary herbs may include tarragon, dill, basil, rosemary, swiss mint, lemon balm, pars-

ley and others!

### Choice Table

There will be zucchini, squash, beets and cucumbers on the choice table this week. The gold beets have been a real hit



with members this season and we've been glad to be able to offer them!

Thank you for keeping your “veggie dollars” local. Go forth and be healthy! We'll see you this week!

### Going on vacation?

Please let us know in advance and we'll have an extra basket for you upon returning. In order to make certain we prepare enough baskets for everyone, we do need to know in advance. Thanks!

## Deb Outland's little cooking corner ...

Can you believe it's already the middle of the growing season? I find it hard to believe that this is already the eleventh basket week for the year! It's tomato time! I've included some recipes I like for tomatoes, and hope you will enjoy them too. This week, we are discussing bakeware in the kitchen essentials section. Next week, we'll talk about knives and other kitchen utensils that are must-have items. As always I invite your input, either on what I've already written, or on the upcoming subject. Which knives do you think most important? And what other items do you use over and over? Let me know, and I'll pass your thoughts on to the rest of the membership. Thanks for your input! You can write me directly at [djo@insightbb.com](mailto:djo@insightbb.com), or on Face Book, I'm Deborah Outland. You can also call me at 859-361-7740. I love to hear from you! Otherwise, just drop a note to Erik at his Berries on Bryan Station address. We would all love to see your recipe, or hear what you think about cooking and eating! Happy Cooking!



### Essential Cooking Equipment: Bakeware

For our purpose here, let's call bakeware any pans that are used in the oven as opposed to on top of the stove. Many of these pieces of cookware are also used in the refrigerator as well, and some may even go in the freezer for oddball jobs. If you are a very casual cook, you probably don't need a lot. If you love to bake every recipe in Julia Child's Art of French Cooking, it's another matter! Here we're looking for the basics, and where you might want to expand a bit from the bare essentials.

A word about construction. Hopefully, bakeware will help us cook better in two ways. The first of these is to promote browning. Browning improves the visual appeal and more important, the texture and flavor of foods. Browning is enhanced by more intense heat. So if good browning is desirable, then materials which heat up strongly and retain heat better are ideal. The best of these is glass (and other ceramics). At first, glass is slow to heat up, cushioning the initial phases of cooking, then later, becomes quite hot, and holds heat, even after leaving the oven. Dark-colored pans have a similar, but less intense heating pat-

tern. Shiny metal pans, on the other hand, reflect some of the heat away, and although they do get hot, do so slowly, then quickly release their heat later. So for browning, think glass, ceramic, or dark-colored metal pans. The second thing you might need in a baking pan is to keep excess browning to a minimum. Think about cookies, for example. Sometimes, cookies are brown on the bottom, and not done on the top. This is just the opposite of the browning problem. For places where you might prefer the browning to be slightly slower, choose light colored shiny metal pans. Since most non-stick coatings are dark in color, avoid using them for your cookies!

The following sections discuss the four general categories of bakeware and the types of items from each that are basics.

#### Baking sheets

There are several types of baking sheets. In general they are all large in surface area, and mostly vary by the type of sides they have. Cookie sheets tend to be rimless. Other pans, called baking sheets or pans, have a short rim around them, usually about an inch tall. My preference is for a rimmed pan, about 17 x 12 or so in size. The small sides make

it perfect for making things like roasted veggies, bacon, oven fried chicken and other foods that could drip, but need the circulation of air provided by the very low sides. They are also just fine for cookies, too. Shiny metal is my first choice here, but non-stick can work if you are careful about scooping things up off them. Instead of buying non-stick pans, use parchment, waxed paper or foil to line the pan when needed.

#### Cake pans

Cake pans are useful for many purposes as well. A good-quality 9 x 13 pan is perfect for everything from a one-layer "cake mix" cake to lasagna. It also serves as a good roasting pan. Choose a glass or ceramic pan with handles that are easy to grasp for safe and easy removal from hot ovens.

Round cake pans come in a variety of sizes from 6 inches to 14 inches. Beware of bigger pans, as they may not fit in your oven! Standard cakes almost always fit either 8 or 9 inch diameter pans. I recommend getting 9 inch pans that are a full 2 inches deep. Although many cakes will work in 8 inch pans, a few won't, and it's better to have the bigger pans just in case. You need at least 2, and perhaps 3 pans of the same

size. These pans are also good for making small deep-dish pizzas, brownies, pans of rolls or biscuits and other small baked goods. This is the one place where non-stick coatings really shine. The coating works like glass to heat the pan more evenly and thoroughly than a shiny pan, and this makes for better browning. Why not glass? Simple—it's too heavy, and the sides are not sufficiently straight for an even and attractive cake. If you are going to take the trouble to make a layer cake, start with a pan that will make a nice even straight-sided cake to begin with! Other cake pans are more specialized, and their purchase depends on just how you want to bake. A tube pan or Bundt pan is a nice addition, if you want to make ring cakes or other foods that would look attractive this way. Pick a dark-colored pan (again non-stick is one choice), with good heavy construction. Other pan shapes are around as well. Hearts, stars, Christmas Trees, you name it! Just keep in mind that if you buy it, you'll have to store it! And have fun! One final cake pan you probably will enjoy having is a cupcake pan. Heavy duty metal is probably best, and non-stick is less important because

*Continued on Page 4*

## Deb Outland's little cooking corner ...

### Blackberry Pie

This recipe reminds me of my mother.

She always kept tapioca in her pantry, and I couldn't figure out



why—we never ate it. Then, one day, I watched her making a pie, and the mystery was solved! She too, used tapioca as the thickener in her fruit pies. Here's a recipe for some of those great blackberries! Enjoy!

1 double pie crust recipe, divided into 2 balls

5-6 cups blackberries, fresh or frozen

1/2 cup to 3/4 cup sugar (adjust based on berry sweetness)

1 teaspoon lemon juice

1 teaspoon lemon zest

1/2 teaspoon ground cinnamon

1/4 teaspoon almond extract

3 Tbsp quick cooking instant tapioca

1 Place blackberries, sugar, lemon zest, lemon juice, cinnamon, almond extract, and quick cooking instant tapioca in a large bowl. Gently fold the berries until they are all well coated with sugar. Let sit for 30 minutes.

2 Preheat oven to 400°F. Roll out one ball of pie dough and fit it into your pan. Refrigerate until ready to fill pie.

3 Roll out the second ball of pie dough for the top crust. Prepare for lattice if desired.

4 Spoon the berry mixture into the dough-lined pie dish. For a lattice top, weave strips of pie dough over the top of the fruit-filled pie dish. For a solid top, place the second rolled-out pie dough crust on top of the pie. Press ends of strips into the rim of the bottom crust. Trim the edges to 1/2-inch from the outer edge of the pie pan. Fold the edges back over themselves and use your fingers to crimp to seal the edges. If you are using a solid top crust, score the top with a sharp

knife to create air vents for the steam to escape.

5 Place the pie on the middle rack of the oven. Put a baking sheet on the lower rack to catch any juices that might bubble out of the pie while it's cooking. Bake the pie in two stages. First bake it at 400°F for 30 minutes. Then place a sheet of aluminum foil over the pie to protect the edges and top. Reduce the heat to 350°F and bake for an additional 30 minutes, until crust has browned and filling is bubbly. Remove from oven and place on a wire rack. Cool completely before serving.

### Tuscan Chicken Sandwiches

Here's a great summer sandwich meal that uses lots of garden goodness. This is a great place to use some of your frozen pesto, or a perfect excuse to make some fresh! This recipe is adapted slightly from About.com.

1 1/2 lb boneless skinless chicken thighs

1 large onion

1 bell pepper

2 cloves garlic, pressed or minced

Salt and pepper

1/3 cup mayonnaise

1/3 cup pesto

1 large tomato

1/2 cup frozen baby peas

Avocado slices

Foccatia or other sturdy bread

Place chicken, onion, garlic and pepper into crock pot, and add salt and pepper. Add 2 tablespoons water or broth. Cook on low until very tender, about 8 hours. Remove chicken to a plate and pull apart into shreds. Recombine with peppers, onions and juices.

Meanwhile prepare dressing of mayo, pesto, tomato and peas.

Refrigerate until ready to make sandwiches.

To make sandwiches, spread bread with pesto dressing, top with chicken mixture and avocado slices, plus any other goodies you might like. Top with another bread slice. Grill or toast in a Panini



press or Foreman-style grill until warm through and bread is toasty brown. Enjoy! Makes 6 hearty sandwiches.

### Farmgirl Susan's Savory Tomato Pesto Pie

It's time for tomatoes!!! This wonderful recipe celebrates tomatoes and basil in an awesome pie. It's from Farmgirl Fare, which is rapidly becoming one of my favorite blogs. Just as soon as I get enough tomatoes that I'm not wolfing them all down raw, this baby's going to be the star on our table for sure!

#### For The Crust:

2 cups all-purpose flour

4 teaspoons baking powder

1 teaspoon salt

1/2 cup (1 stick) cold butter

1 cup (about 2-1/2 ounces) finely grated parmesan

3/4 cup milk

Combine the flour, baking powder, and salt in a medium bowl. Mix in the butter using a pastry blender, fork, or your fingers until the largest pieces are pea-size. Stir in the cheese. Pour in the milk and use a fork to gently form a soft dough. Do not over-mix. Divide the dough in two pieces, making one slightly larger than the other.

On a generously floured surface, use a rolling pin to gently roll out the larger piece of dough into a circle about 12 inches across, rolling from the center outward. Sprinkle dough with flour if sticky. Gently fold the dough in half and transfer into a 9-inch pie pan. If the dough tears, simply press it back together with your fingers. Roll out the remaining piece of dough into a slightly smaller circle and set aside.

#### For the Pie:

1 cup pesto, divided

2-1/2 pounds of the best plum tomatoes you can find, sliced lengthwise into 4 or 5 slices each

8 ounces mozzarella, grated or thinly sliced

1/2 cup (about 1-1/4 ounces) finely grated parmesan

Note: If you only have

"regular" tomatoes, don't despair! Before assembling the pie, sprinkle your tomatoes (already sliced) with a little salt and allow

## Berries on Bryan Station CSA Farm USDA Certified Organic

Erik Walles & Family  
(Gayle, Brett & Grant)

Berries on Bryan Station Farm  
4744 Bryan Station Road

Farm: 859.293.0077  
Erik's cell: 859.338.1877  
Erik@berriesonbryanstation.com



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### Reduce and reuse



Please remember to return produce containers to us each week. We reuse many items and accept the following each week: clean/rinsed pint and quart containers, egg cartons and bags of fireplace ashes.

(cont'd from Page 2—Bakeware)

so often paper baking cups are inserted in the pan to hold the batter. If you are only going to get one pan, get a 12 cupcake pan. If you don't need all the cups, you can just leave them empty. Few recipes are small enough that a single 6 cupcake pan is adequate.

#### Loaf pans

Loaf pans aren't just for baking bread! Meat loaf, quick breads, gelatin salads and pate are all made

in a loaf pan. Even some cakes are baked in them. You can probably live without one if you never make any of these items, but having one around is a good idea. In fact, I suggest getting two identical loaf pans. The standard size is 4.5 x 8.5 x 3 inches. Glass or ceramic is a good choice for the material.

#### Pie pans

Pie pans come in two depths, regular and deep-dish. I prefer a deep dish pan for some purposes, but for

most pies, like pecan, chess, and many fruit pies, the regular is more attractive. If your filling quantity is large, the deep dish is the only way to go, except discarding the excess filling. Most pie plates are about 9 inches in diameter. Choose one with handles if possible. Glass or ceramic construction is always a good choice. That sums up the bakeware issue. If you're curious about other types of bakeware, just drop me a line.

Tomato Pesto Pie recipe, continued from Page 3

to drain in a colander for about 30 minutes. This won't materially increase the salt in the dish, and will draw out some of the liquid in the tomatoes. Surprisingly, the liquid doesn't really have much tomato taste—you're keeping most of that with the tomatoes themselves! If you're still concerned about excess sogginess, gently pat each slice dry before placing it in the pie. Spread 1/2 cup of pesto over the bottom layer of dough in the pie pan. Layer

about half of the tomatoes over the pesto. Cover the tomatoes with about 2/3 of the mozzarella. Layer on the rest of the tomatoes (you may not need them all to fill the pan). Carefully spread the remaining 1/2 cup of pesto over the tomatoes. Cover with the remaining mozzarella and the parmesan. Carefully place the top crust over the pie. Fold the edge of the bottom piece over the top piece and press together to seal. Use your fingers to

make a crimped design around the edge. If any dough falls apart, simply press it back together with your fingers. Don't worry if it isn't perfect. Cut four slits in the top of the pie for steam to escape. Bake at 375 degrees F in the center of the oven until the crust is golden brown, about 40 minutes. Cover the edge with foil if it starts to brown too quickly. Let cool on a wire rack for at least 15 minutes before serving.

## Around the Farm

- There are plenty of toys in the barn for our younger member's entertainment. Please watch your children carefully to make sure they are safe. The concrete floor is hard so please stay close to the rocking horse.
- A rest room is available in the back corner of the barn for members. Please ask children to wash their hands if they have held our chickens.
- Pickup times are your choice of Wednesday & Thursdays from 4-8pm. You can change your day whenever you like.
- Got stale bread? Our chickens love it! Feel free to bring yours out on pickup day and watch how excited they'll be to see you!
- Seth Hill from "Lose Your List" will be happy to deliver your basket to you whenever you are unable to come to the farm. For more information visit his website at [www.loseyourlist.com](http://www.loseyourlist.com).
- Robin Shliakhau, one of our loyal multi-year members, is also a Pampered Chef representative. She has a new catalog that she will be handing out during basket pickups. There are many very useful cooking utensils that will help you cook like a pro! You may email Robin at [robinsshliakhau@gmail.com](mailto:robinsshliakhau@gmail.com)
- Please let us know in advance if you are going away on vacation and we'll have an extra basket for you when you return. We need to know ahead of time!