

**July 30<sup>th</sup> & 31<sup>th</sup> 2008 Newsletter**  
***Berries on Bryan Station CSA Farm:***  
***“Lettuce Be Your Personal Gardeners”***

Welcome to your twelfth basket pickup! Please feel free to take a walking tour of the farm to see how the plants are maturing and producing their bounty. While the rain earlier this week was welcome, we have been running our irrigation continuously.

**Blackberries**

Our blackberries bounced back nicely after being picked clean by the members on Saturday. Blackberries were featured in last Sunday's Herald Leader, so you can look at [Kentucky.com/Living](http://Kentucky.com/Living) for some ideas plus we have a recipe to suggest this week. Eat them within 2 days or freeze for later use.

**Tomatoes**

We have a veritable potpourri of heirloom tomatoes ranging in color from yellow to pink to red to purple with some striped ones to boot. The Arboretum is holding an Heirloom Tomato tasting/seminar on Aug 9 from 10 to 2, so you can attend if you'd like to become more informed.

**Peppers**

Our heirloom varieties of Jingle Bell, Sweet Habanero and Orchid peppers are all stepping up yield. If a pepper is in your basket, then it is a sweet variety. Hot peppers will always be on the Choice table to avoid unpleasant surprises. Our jalapeno varieties are also bountiful if you wish to make some fresh salsa.

**Zucchini and Summer Squash**

Please ask us if you need serving suggestions. A new recipe option is offered on the back.

**Green Beans and Yellow Wax Beans**

We have 3 varieties today: Roma (green, beefy bean), Concessa (thin green bean) and yellow wax beans. All are touted to be stringless.

**Choice Table**

Today you can choose from the following:

- Okra
- Eggplant
- Kohlrabi
- Kale and collards
- Cucumbers
- A few cabbage

**Herbs**

We are offering basil, dill, swiss mint, lemon balm, cilantro, oregano and rosemary.

**Onions**

Chop with tomatoes, peppers and cilantro for home made salsa.

**Flowers**

You can choose from gorgeous sunflowers, gloriosa daisies, cosmos, and zinnias.

**Veggie Tales**

- The US Supreme Court declared tomatoes a vegetable (as opposed to a fruit) in 1893!
- Consider the water content in the produce you pick up today, and count your blessings that this is all raised organically!
- Okra is in the hibiscus family as evidenced by the similarity in the beautiful blooms.

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

Erik Walles & Family (Gayle, Brett & Grant)

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**RECIPES**

**Berry Smoothie**

1 cup yogurt (plain or vanilla)

½ to 1 cup blackberries (fresh or frozen)

½ to 1 banana, peeled

Blend until smooth and serve promptly

**Open Faced Veggie Grilled Sandwich**

*From Country Magazine (Aug/Sept 08)*

For 4 sandwiches:

1. in a bowl combine:

- a. 2 TBS olive oil
- b. 3 garlic cloves, minced
- c. 1 TBS fresh oregano

- d. 1 TBS fresh basil
2. add these sliced veggies to the bowl above:
  - a. 1 eggplant, thinly sliced
  - b. 1 zucchini, thinly sliced
  - c. 1 large (or 2 medium) onion, sliced
  - d. 1 red pepper, sliced
  - e. 1 green pepper, sliced
3. Transfer the veggies to 2 baking pans and bake uncovered at 425 F for 15-20 minutes until lightly browned, stirring occasionally
4. Prepare toast from your favorite bread, perhaps a baguette sliced ½ inch thick
5. Optional to spread a mix of ¼ cup mayo + 2 TBS balsamic vinegar + 1 tsp Dijon mustard on top of toast
6. Top the bread with the veggie mix + a slice of fresh tomato and a slice of cheese. Broil 6-8 inches from the heat for 2-3 minutes

### **Gourmet Garden Tomato Salad**

*This recipe from Country magazine (Aug-Sep 08) is a great way to present the heirloom tomatoes.*

- 1.5 pounds tomatoes of various color, sliced ¼ inch
- 1/3 cup olive oil
- 1/3 cup balsamic vinegar
- 1 tablespoon sugar
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ cup crumbled feta cheese
- 1/3 cup fresh basil leaves (sliced or torn)

In a jar with a tight-fitting lid, combine the oil, vinegar, sugar, salt and pepper; shake well. Drizzle over the tomatoes. Top with cheese and basil. Serve promptly.

### **Fresh Tomato Salsa Recipe**

#### **Ingredients**

- 2-3 medium sized fresh tomatoes (from 1 lb to 1 1/2 lb), stems removed, finely diced
- 1/2 red onion, finely diced
- 1 jalapeño chili pepper (stems, ribs, seeds removed), finely diced
- 1 serano (or other) pepper (stems, ribs, seeds removed), finely diced
- Juice of one lime
- 1/2 cup chopped cilantro
- Salt and pepper to taste

Optional: oregano and or cumin to taste

### **Method**

**1** Start with chopping up 2 medium sized fresh tomatoes. Prepare the chilies. Be very careful while handling these hot peppers. If you can, avoid touching them with your hands. Use a fork to cut up the chilies over a small plate, or use a paper towel to protect your hands. Wash your hands thoroughly with soap and hot water after handling and avoid touching your eyes for several hours. Set aside some of the seeds from the peppers. If the salsa isn't hot enough, you can add a few for heat.

**2** Combine all of the ingredients in a medium sized bowl. Taste. If the chilies make the salsa too hot, add some more chopped tomato. If not hot enough, carefully add a few of the seeds from the chilies, or add some ground cumin.

Let sit for an hour for the flavors to combine.

Makes approximately 3-4 cups.

Serve with chips, tortillas, tacos, burritos, tostadas

### **Green Beans with Bacon**

*From Southern Foods magazine*

#### **Ingredients:**

1-2 tablespoons butter

4 slices bacon, diced

1/2 pound fresh green beans, trimmed and cut in 1-inch pieces

freshly ground black pepper, to taste

#### **Preparation:**

In a large skillet over medium heat, melt butter; add bacon. Fry bacon until crispy; set aside.

Bring a pot of water to a boil; add beans. Boil for about 10 minutes, or until desired doneness is reached. Drain beans; add them to the skillet with bacon and butter. Toss well and heat until well coated. Add pepper; serve.