

Berries on Bryan Station CSA News

Newsletter #8
For Pickup
Dates July 7th
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Yummy Blackberries and Red Raspberries!

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Welcome to your eighth basket pickup! We hope that you enjoyed your last basket! Usually we do not know exactly what we will have for you until we start harvesting, but we're anticipating having blackberries, translucent red raspberries and red beets as the new items this week.

Blackberries and Red Raspberries

We have been busy picking these beauties for you to enjoy! Starting Thursday at 4 p.m. members will be allowed to pick a quart themselves

Potatoes

We plan to harvest some more of our potatoes this week! You will be getting red, white, gold and blue potatoes. Last week a member mentioned that she saw black potatoes in some baskets. She thought that they were rotten, but in reality they were our blue potatoes! It just goes to show that our farm can still surprise an old Kentucky farm girl!

Herbs

The basil plants are strong and can withstand more

intensive cutting. We will have bags with about two cups of basil leaves in them for making pesto with. Our cilantro is starting to come in and is a favorite for use in salsas, steamed rice and in Mexican food. You can also choose from oregano, Swiss mint, spearmint, parsley, lemon balm, rosemary, and sage.

Royal Burgundy and French Travera Beans

We will have some more beautiful beans in your basket this week.

Greens Mix

Tender collards, Siberian Kale, and regular kale will be in your bag this week.

Green Onions

These have been producing nicely in the field, so we will give you more of these healthy additions to your menu.

They are becoming larger in the bulb size each week. You can still use the tender green leaves as well.

Zucchini and Summer Squash

We will have some nice squash in your basket this week. We try to pick them just the size you like them.

Cucumbers

We will have both normal and lemon cucumbers this week. The lemon cucumbers vary in appearance from deep yellow to tan. On a side by side taste test, we preferred the lemon cucumbers which had a delightful crisp citrusy taste to them.

Cut Flowers

Everyone will be able to choose a zinnia in a vase to take home with you.

Choice Table

We plan to have kohlrabi, okra, royal burgundy beans, salad mix, arugula, zucchini and summer squash on the choice table this week.

Around the Farm

We are now using the irrigation system extensively given the dry weather that we have been having. Thank you for keeping your "veggie dollars" local. Go forth and be healthy! We'll see you this week!

Next Week:

Squash
Beans
Raspberries
Blackberries
Okra
Onions
Cucumbers
Onions
Greens

The Cooking Corner

Wasn't this last week's basket a great one? And what a value! This week, Gayle had a chance to check out the prices of an equivalent basket of produce from one of the local health food stores. She found that it would have cost between \$25 and \$27 to duplicate our basket! And we haven't gotten into the prime vegetable season yet! Even at Kroger's or Meijer's, replacement of last week's basket would have been near the \$20 price we pay per week for our wonderful locally-grown organic produce! And that food is grown with chemicals and transported all over the place, burning fossil fuels. The best part is that your food tastes fantastic, and it is good for you!

It's wonderful to have recipes to share from members! Thanks to all of you who have shared recipes with us this year so far. We're looking forward to many, many more! You can send your recipe, comment or suggestion to the farm, or directly to me at djo@insightbb.com. You can also contact me via Face Book (I'm Deborah Outland), or you can call at 859-361-7740. I'd love to hear from you!

Happy Cooking, Happy Eating!



A Walk Through the Herb Garden, Part 5

The last two herbs from our herb garden are definitely not the least! I've saved two of my favorites for last!

Rosemary



I first discovered rosemary atop mesquite grilled salmon in a little seafood restaurant near Washington, DC. I've been hooked ever since! It tastes and smells so good with meats, fish, eggs, bread, and probably just about everything. OK, I know, I'm a bit prejudiced! Seriously, though, it's a fabulous herb that is not used as much as it ought to be! Native to the Mediterranean area, rosemary is a common seasoning in just

about every Mediterranean cuisine.

The Greeks say the goddess Aphrodite was born from the sea, with fronds of rosemary around her shoulders.

Perhaps this is the reason that the name rosemary means "dew of the sea". Rosemary and Aphrodite are both offspring of Poseidon.

Throughout history, rosemary has been associated with memory, remembrance, love and faithfulness. In Europe, rosemary is used symbolically in weddings and funerals as a symbol of faithfulness and remembrance.

At funerals, mourners toss sprigs of rosemary into the grave, symbolizing their intent to always remember the departed person. Both brides and grooms carry rosemary at weddings, symbolizing their faithfulness and love of each other.

The association of rosemary and weddings perhaps gave rise to the folk belief that rosemary is a love

charm. Giving and receiving rosemary sends numerous significant messages, and even plays a part in capturing the heart of a prospective mate.

Newly married couples would plant a rosemary sprig at their house, and if it grew, it was a good omen for the marriage.

This custom gives rise to my favorite story about how rosemary's meaning shifted over the centuries.. It started as a symbol that the wife would thrive, and later, that she would be the ruler of the household where rosemary grew abundantly in the garden.

By the 1600's men were known to pull up the rosemary bushes in their front yards to keep their wives from ruling the roost! Could this be the origin of the war between the sexes?

Traditionally, rosemary was said to improve memory.

Based on some current scientific research, it may well improve brain health, and prevent strokes, Alzheimer's disease, and other brain

disorders. Some research also appears to indicate that smelling rosemary improves memory, although it may take longer to remember all those facts!

Rosemary is not for everyone. A substantial portion of people are allergic to it. In addition, it blocks the absorption of iron, so those with iron deficiency anemia should be very careful how much rosemary they consume.

Rosemary is known to increase the chance of seizures. Anyone prone to seizures should consult with a physician about how much rosemary is safe to consume. In culinary quantities, rosemary is safe (barring the warnings above).

Also, pregnant women and nursing mothers should limit the quantity they consume.

Finally, rosemary essential oil is a very potent product. It should not be taken internally, as it can be extremely toxic.

Fennel



Although Erik grows this as a vegetable, fennel is used both as a vegetable and an herb. Last year, we posted several recipes using fennel bulbs as vegetables. The focus here is using it as a flavoring agent. Fennel is used in many parts of the world. It is particularly loved in Italy, where it is paired very successfully with tomatoes and makes a wonderful addition to

sausage. It is an essential ingredient in Indian cookery, and is one of the five spices of Five Spice Powder from China. It is a common ingredient in Middle Eastern cooking as well.

Fennel played a role in Greek Mythology. Prometheus used a fennel frond to steal fire from the Gods and give it to man. Fennel grows wild in Greece. The place name "Marathon", which is the site of the Battle of Marathon in 490 BC, translates to English as "place of the fennel". The Nine Herbs Charm, recorded in England in the tenth century is a magical and practical recipe to produce a poultice which will cure infection and draw out poison.

Fennel has several medicinal uses. It reduces flatulence, soothes cramping from gas, and helps prevent acid reflux.

For centuries, fennel seed has been used to improve the condition of the eyes.

Western medicine is now finding evidence in animal studies that it may help in treating glaucoma.

Fennel is a diuretic. As such, it is being considered as a treatment for high blood pressure.

Fennel's estrogen-like component may play a role in helping women increase their breast milk production.

Although studies have been inconclusive, this herb has been used for centuries for this purpose. Most reputable sources suggest that before consuming large quantities while nursing, mothers should discuss their plans with a competent herbalist or other health care professional.

Fennel is also a flea

repellent. Dried fennel leaves crushed to a fine powder can be sprinkled in your pet's bedding to discourage fleas infestation.

Raspberry Vinegar



Often, supermarket raspberry vinegar has extra sugar. You may prefer one with no extra sweetness. It's simple to make your own. Use a good-quality white wine vinegar, or even a balsamic vinegar. You get gourmet quality raspberry vinegar without gourmet prices!

- 1 pint raspberries
- 1 pint vinegar of your choice

Place washed and dried berries in a jar and cover with vinegar.

Be sure that the berries are covered with vinegar. Cover, and let sit in a cool dark place for several days. When vinegar reaches the desired flavor, remove berries, and store vinegar in a clean jar. Frozen berries are fine for this recipe.

Swiss Chard and Beet Saute

Member Anna Stewart sent in this recipe. She says "I've been using the Swiss chard and other greens in this recipe, modified a bit from one I found on epicurious.com.

- 3 slices bacon
- 1 onion, chopped

Farm Information

- You may park close to the large black commercial barn where your basket will be ready for you from 4 to 8 p.m. on Wednesdays or Thursdays.
- 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.
- We love our volunteers! Come out and work with us.
- 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!

*Berries on Bryan Station
CSA Farm
USDA Certified Organic*

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<http://www.facebook.com/pages/Berries-on-Bryan-Station-a-Community-Supported-Agriculturefarm/107845789237316?ref=ts>



- 1 large bunch Swiss chard, stalks separated, chopped 4
- 3 tablespoons red wine vinegar
- about 1 pound of beets

Cook beets in foil in oven for an hour at 400 degrees; cool slightly then cut into thin slices. Cook bacon in heavy large skillet over medium heat until crisp. Using slotted spoon, transfer to paper towels. Add onion and chard stems to drippings and sauté until tender, about 5 minutes. Add chard leaves and cook until tender, stirring frequently, about 6 minutes. Add vinegar and stir 1 minute. Remove from heat. Tear bacon into bits and mix in bacon and beets. Season generously with salt and pepper.

Simple Sautéed Kohlrabi

Kohlrabi is a hard vegetable to find in the store. It has a clean taste similar to turnip, and a texture like water chestnut. Gayle says it looks like a space alien! I think she's right! It's wonderful raw, and here's a simple way to prepare it as a side dish. Tell your kids it's a space invader plant from Planet K! The recipe is from Farmer John's Cookbook via the UK CSA Newsletter.

- 2 kohlrabi bulbs, grated
- 1 tsp. salt
- ¼ cup butter or olive oil
- 1 medium onion, diced (about ½ cup)
- ½ tsp. finely chopped garlic
- 2 tbsp. chopped fresh thyme, chives, or sage

Mix the kohlrabi and salt in colander and let stand for 30 min. to drain.

Melt the butter or heat oil in med. skillet over med. heat.

Stir in kohlrabi. Reduce heat to low, cover, and cook for 10 min.

Increase heat to med., uncover skillet, and cook for 2 min. Remove from heat and stir in fresh herbs. Let stand for 2 min to allow flavors to develop.

reduce, 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.

