

# June 27<sup>th</sup> & 28<sup>th</sup> 2007 Newsletter: *Berries on Bryan Station CSA Farm* “Better Food for a Healthier You from your Personal Farmers”

We hope that you enjoyed your last basket. We like to hear what members liked best and how things were prepared. Today's basket will be very similar to last week's basket. My favorite things are the shallots, fresh leaf lettuce from the irrigated summer veggie field, and edible nasturtium flowers. The blackberries are just starting to come in and we hope to have many picked for you next week. We are also starting to see a few red and yellow raspberries. You are welcome to pick any that you see from now on. We declare open season on berries! We also have about five pounds of gourmet mushrooms at \$12/pound. We also have a few beautiful flowering hanging plants left for sale at \$10 to \$15 each.

## **Shallots**

One member made shallot pancakes from these. She made a dough, spread a circle, sprinkled the chopped shallots on top, rolled it up, squished it back down, then pan-fried them.

## **Summer Squash**

These tender early squash offer many eating opportunities: chopped fresh on salad, grilled, sautéed or roasted. The bright yellow zucchini squash is my favorite. It has really pretty light green star pattern in the center after it has been sautéed or roasted.

## **Peppers**

You will be seeing more varieties in the next few weeks in all different colors, sizes, and shapes.

## **Cucumbers**

Cucumbers enhance salads with a crisp texture and make sandwiches a bit more tasty and crunchy.

## **Salad Greens Mix**

The leaf lettuce is coming from the irrigated summer veggie field and is outstanding.

## **Garlic**

The bulbs have been completely formed and are an excellent flavor in stir fries, sliced on pizzas, and sautéed or roasted in all your favorite dishes.

## **Choice Table**

Our choice table today includes beets, tomatoes, broccoli, eggplant and zucchini from the greenhouse, and edible nasturtium flowers.

## **Herbs**

This week your choice of herbs includes dill, basil, chives, rosemary, swiss mint, catnip, lemon balm. The dill is great in potato salads, the rosemary in chicken, and the swiss mint and lemon balm in lemonade or iced tea. Several of our furry friends have been enjoying the catnip.

## **Hanging Baskets**

A few hanging baskets with flowers and/or herbs are available. They are priced according to size with the small ones for \$10 and the large ones for \$15. The cardinal climber with the dark red flowers are one of our favorites. The baskets of nasturtium flowers will flower for you all season long even after you pick them frequently as edible garnish for your salad.

## **Fresh Mushrooms**

We have about five pounds of gourmet mushrooms for you today for \$12/pound. To order them in advance, please let Erik know by Tuesday night. There are lots of recipes at [sheltoweefarm.com](http://sheltoweefarm.com).

## **Around the Farm**

We have been busy planting a watermelon and cantelope patch which is located on the top of the hill in the back of our property. You will not see it unless you go up the hill. There is a nice broad, flat area there. We also planted a pumpkin patch which is on your left as you turn towards the barn. We have had a couple of great soaking rains. We continue to irrigate different sections of the fields each day using our own well water.

It is fun seeing the different plants grow. The sweet potato plants and okra are especially happy.

Thank you for being a member in our CSA! We want each basket to be a pleasant and positive experience for you!

We strive for friendliness, cleanliness, honest values, and sustained quality and service!

We have enjoyed visiting with all of our members and making friends. It is especially pleasing to see the children having so much fun playing together.

Sincerely,

Erik Walles & Family (Gayle, Brett & Grant)  
Andrew English, Tyler, James, Charles

## **Berries on Bryan Station Farm**

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[www.kyagr.com/BerriesOnBryanStation.htm](http://www.kyagr.com/BerriesOnBryanStation.htm)