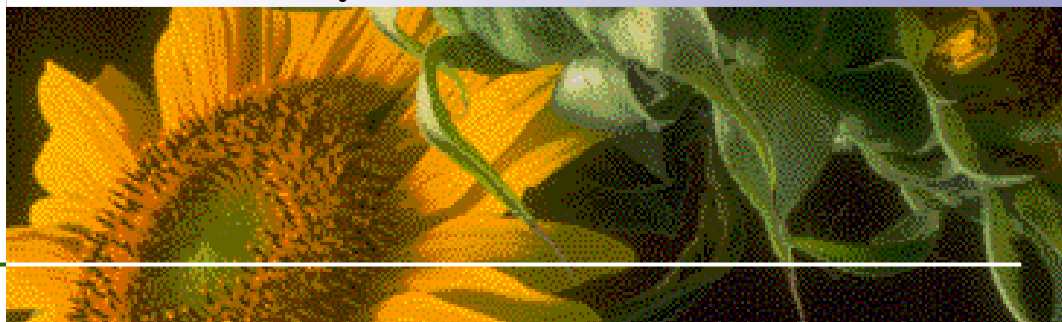


# Berries on Bryan Station CSA Farm



Newsletter  
May 26<sup>th</sup> and 27<sup>th</sup>,  
2010

## “Everyone loves strawberries!”

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**Dear member,**  
Welcome to your second basket pickup! We hope that you enjoyed your first basket! We have been picking lots of strawberries for you! They look and taste exquisite!



### Strawberries

We hope that you enjoy them fresh! Simply rinse them lightly just before eating.

### Herbs

This week your choice of herbs includes oregano, swiss mint, lemon balm, rosemary, and sage.

### Greens Mix

Collards are in the cabbage family and historians note that they have been cultivated since Roman times. It was the favorite food of Spartan warriors, who noted that they gave them extra energy and sharper vision when consumed the

night before they went into battle.

### Salad Mix

Grown from organic seed, this salad mix includes Spinach, Red Giant, Early Mizuna, Tatsoi, Red Russian and Arugula. Just the right mix of mild and spicy.

### Siberian Kale

Kale contain lots of glucosides that are being studied by scientists for their health benefits.

### Spring Onions

The entire plant is edible this time of the year. Simply cut off and discard the root tips and the sheath. We like to rinse and chop up the plants into about ¼ inch segments, then stir fry them in olive or grapeseed oil until they are lightly caramelized. You can also add the greens to make a healthy side dish.

### Choice Table

We plan to have edible pod peas, radishes, and rhubarb on the choice table this week.

### Around the Farm

We have closed our membership for the season. We are very careful each year to keep our membership numbers at a level that allows us to give you generous quantities of high quality vegetables, berries, herbs and cut flowers. You are one of a select number of enthusiastic, excited and eager participants!

We have member garden plots in the main field for those who would like to plant some seeds or seedlings and watch them grow. More information is on page 4!

Thank you for keeping your “veggie dollars” local.

Go forth and be healthy!  
We'll see you this week!

### Upcoming Next Week:

- Herbs
- Strawberries
- Garlic
- Onion
- Greens
- Pea pods
- And more!!!



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



Welcome to the Recipe Corner!

Hello, everyone, from the Recipe Corner. It's a wonderful week on the farm, with lovely strawberries, greens, lettuces, and new this week: Edible Pod Peas and radishes! They are still a choice this week, but they will be with us for several weeks, weather willing. There are so many lovely ways to cook with what we're getting this week. You'll find several suggestions below. Don't forget to let us know if you'd like to share your favorite recipes! You can send recipes, thoughts, and tips directly to me ([djo@insightbb.com](mailto:djo@insightbb.com)) or to Erik, if that's easier for you. You can also find more online at the Berries on Bryan Station web site, where recipes from earlier years have been alphabetized for you.

### Strawberry Pie

This may be the ultimate answer to the Shoney's style Strawberry Pie. I just found it a few days ago, from Cook's Country Magazine. In addition to being delicious (miles ahead of any restaurant-chain pie), it has another unique advan-



tage—it uses only one container of fresh strawberries! It also uses 2 pounds of frozen strawberries to make the “gel” portion of the pie. You can buy these frozen berries at the grocery, of course for a lot less than fresh berries. You can also freeze them yourself if you have any you don't want to gobble up immediately! To do this quickly and easily, rinse and cap your berries, but leave them whole. Spread them out in a single layer on a cookie sheet, and place them in the freezer overnight. Once they have frozen, put them in a freezer storage bag to protect them, and you have better-than-best bought frozen strawberries in about 10 minutes. Enjoy!

#### The Filling:

2 pounds frozen strawberries, either store-bought or home-frozen  
 2 Tablespoons lemon juice  
 2 Tablespoons water  
 1 Tablespoon unflavored gelatin  
 1 cup sugar  
 Pinch salt  
 1 pound (1 quart) fresh strawberries, sliced  
 1 fully-baked 9-inch pie shell

#### Topping:

4 ounces (1/2 box) cream cheese  
 3 Tablespoons sugar  
 1/2 teaspoon vanilla  
 1 cup heavy whipping cream

For the Pie: Over medium-low heat, cook the still-frozen strawberries for 3-4 minutes, until they begin to release some juice, then increase the heat to medium. Simmer the berries for about 25 minutes, until they are jam-like, and have reduced to 2 cups. (Note: If there is more than 2 cups of cooked berries, the pie will be runny, so cook it a bit more to further reduce the water content before continuing).

Meanwhile, mix gelatin, lemon juice, and water in a small bowl, and allow to sit until thickened (about 5 minutes). Add gelatin mixture, sugar, and salt to reduced berries, and return to simmer for about 2 min-

utes more. Set aside to come to room temperature. This will take about 30 minutes, if you remove it to a cool bowl.

When the mixture is cooled, fold in the sliced fresh strawberries. Spread into pre-baked pie shell, and refrigerate for 4 hours (or up to 24 hours).

For the Topping: Whip softened cream cheese, sugar and vanilla in electric mixer at medium low speed for about 30 seconds, until smooth. With mixer running at medium high, gradually add whipping cream, and beat until stiff peaks form, about 2 minutes. Serve with pie.

### Swiss Chard—The Undiscovered Green



Last week, I was delighted to see a separate bag of Swiss chard in my basket! I never heard of Swiss chard until I started doing some gardening in the late 1980's. No one I knew had ever heard of it be-

fore, but the photos in the seed catalog were so lovely, I decided to give it a try. What a surprise! It made the most wonderful cooked greens! I was hooked.

Once I was no longer gardening myself, though, I lost track of this great plant. It's almost never available, even at Farmer's Markets. So I am delighted that it's one of the early spring (and summer) treats from Berries on Bryan Station. We are very lucky to have this lovely green to enjoy. Like all greens, it's high in nutrition, low in calories, and high in fiber, so it's really good for us. According to Nutrition Data.com, in addition to being ultra-low in fat, “It is also a good source of Thiamin, Folate, Phosphorus and Zinc, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Riboflavin, Vitamin B6, Calcium, Iron, Magnesium, Potassium, Copper and Manganese.” The only downside I can find at all is that Swiss chard is not as low in sodium as some vegetables. There are about 50 milligrams of sodium in an ounce of raw chard. Not earth-shaking, but if sodium is something you watch, it's good to be

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

aware of this as a source.

Swiss chard is so named because seed sellers in the 1800's wanted to distinguish it from French chard, which is (or was) another name for spinach. Many experts consider its cooked flavor to be milder than spinach. I know I've used it in my favorite Spinach and Feta Omelet (published in last year's first newsletter) and it was great. According to Wikipedia, it is a variant of the "regular" beet. The oldest varieties have been traced back to Sicily. It is a favorite of Mediterranean cooks to this day. In researching this, I found that Pizzoccheri, a famous Northern Italian dish is made with Swiss chard, potatoes, and buckwheat noodles. It is, perhaps, the ultimate Italian comfort food.

### Pizzoccheri della Valtellina

I just couldn't resist this recipe from the blog Delicious Days. It's fast and easy—you can whip it up in about 30 minutes. Be warned, though, it packs a serious serving of fat. The pizzoccheri pasta is a noodle made with buckwheat. It can be found fresh or frozen as well as dried (which is what the recipe calls for). If you want to try this, and can't find the noodles, use whole wheat noodles instead.

1 stick of real butter  
5 or 6 large sage leaves  
2 large cloves of garlic, peeled but kept whole  
2 medium-sized potatoes  
2/3 pound (sorry, the original here was metric) pizzoccheri or whole wheat pasta  
1/2 pound cheese, preferably a combination of Parmesan and Fontina  
A good double-handful of Swiss chard  
Salt and pepper to taste  
Optional: a dash of fresh-grated nutmeg

Put a large pot of salted water on to boil. Meanwhile, peel and slice the potatoes into thin disks. Chop the chard and stems. If the chard is large, keep them separate. Once the water is boiling, add the potatoes, and cook for about 5 minutes. Note: If you are lucky enough to find fresh frozen pasta, adjust this initial time to allow the pasta and potatoes to be done

together, assuming the potatoes will take about 15-20 minutes. Meantime, melt the butter in a small, heavy pan. Add garlic and sage leaves. Heat carefully over medium heat, until the butter just begins to brown and take on a nutty flavor. Be careful not to burn the butter!

Once the potatoes have partially pre-cooked, add the pasta and continue to boil. Three or four minutes before all is done, add the Swiss chard, stems first, if they are large, then the leaves. When done, pour gently into a colander. Transfer about 1/3 of the potato mixture to serving bowl. Add salt, pepper and if using, a hint of nutmeg. Top with 1/3 of the grated cheeses. Repeat, using all of the vegetables and cheese, ending with cheese on the very top.

Discard garlic cloves and sage leaves from butter, reheat it a minute if necessary, and drizzle over the top of the cheese. Serve immediately.

Swiss chard is also cooked the same way you would cook other greens. It is more tender than greens like kale, mustard, or turnip greens, though, so it needs very short cooking time, especially when the leaves are small. Finally, you can also use small leaves of Swiss chard in salads. It has a nice sharp bitter taste when eaten raw. Just chop up the tender stems and leaves, and put in any salad for lovely color and added flavor notes. Here, too, is an easy Tuna Salad, from the Farmgirl Fare blog. Again, the raw chard is a great boost to the flavor of the salad!

### Susan's Tuna and Swiss Chard Salad



This fast and easy salad is a Berries on Bryan Station tour de force! In addition to the chard, it uses green onions, and it would be wonderful

served atop a lovely bed of fresh lettuce! This charming web site (FarmgirlFare.com) has many great recipes, and calls this dish a "fast farm food". Great idea!

1/2 cup mayonnaise  
1 teaspoon Dijon mustard  
2 teaspoons balsamic vinegar (I like white balsamic)  
1/4 cup chopped kalamata olives (about 10 olives)  
2 teaspoons brine from the olives (or more balsamic vinegar)  
2 6-ounce cans tuna (oil or water packed), drained  
3/4 cups chopped Swiss chard stems  
2 to 3 cups chopped Swiss chard leaves  
1/4 cup loosely packed chopped fresh parsley, preferably Italian flat leaf  
1 cup (or more) chopped scallions (green onions), white and green parts (about 10 small)  
Salt & pepper to taste  
Optional:  
Few handfuls of canned kidney beans, drained and rinsed

1. Combine mayonnaise, Dijon mustard, balsamic vinegar and olive brine in a medium bowl and mix well. Stir in olives, tuna, chopped Swiss chard stems and leaves, parsley, and scallions. Add salt and pepper to taste and more mayonnaise and/or vinegar if desired. Stir in kidney beans if using.

This is best chilled for 2 or 3 hours before serving. Tuna salad will keep for three days in the refrigerator.

Well that's about it for this week. If there is a particular recipe you'd love to see, let me know. Surely among all of us, someone will have a great recipe for what you're looking for. If not, I just love looking for recipes! Drop me an email, or look me up on Facebook (Deborah Outland). I'd love to have you as a friend! Next week, I will most likely post at least one green pea recipe. And who knows where else garden inspiration will send me? Happy cooking!

## Berries on Bryan Station CSA Farm USDA Certified Organic

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Join our Facebook fan page and keep up to the minute on what's happening at Berries!

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



### 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.



## Common Sense on Food Safety

There are always microbes in a farm environment. We are careful to give you only clean, rinsed produce that we have harvested with washed hands and packaged carefully. Even with these precautions, we ask you to lightly rinse everything that we give you with water be-

fore you use it. Even though our bodies contain lots of microbes in our digestive tract, we can get sick if our food contains E. coli or other bacteria and viruses. Please make sure that your work area in the kitchen does not allow veggies to come in contact with

meat products. It is only common sense, but we want you to stay healthy!



## Around the Farm

- 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.
- We have a member garden plot for those who would like to plant some seeds or seedlings and watch them grow during the season. This is very popular, fun and educational. We will provide live plants and seeds or you can bring your own. This week is perfect timing for planting!
- We have 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. I usually place my hand behind a child's head on the John Deere electric tractor to make sure they do not get whip lash.
- 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.
- Going on vacation? You can gift your week's pickup to a friend, colleague or neighbor. We are also happy to "double you up" on the week of your return so that you do not miss out. For security reasons you do not have to tell us when you plan to be gone.
- We will do our best to keep your excitement level high throughout the entire season! Go forth and be healthy! We'll see you soon!
- We love our volunteers! Come out and work with us. We will be planting a lot **this weekend** and would enjoy having your company if you can make it.

**"Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise."**

**Mike Adams, author, investigative journalist, educator**