

October 7th and 8th 2009 Newsletter

Berries on Bryan Station CSA: "Thank You for Participating in Our CSA!"*

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We have sure enjoyed having you participate in our CSA this year! Grant says that it has been great meeting you and we hope you join next year!

This week we anticipate that we will have for you:

Sweet Potatoes

Potatoes

Butternut and Acorn Squash

Heirloom Peppers

Greens

Your bag will contain a mixture of Bok Choi, Tat Sui, Swiss chard, collard greens, Chinese cabbage, mustard, and kale.

Green and Dried Onions

You will be receiving bunches of dried onions from the greenhouse as well as green onions from the field.

Eggplant

We will have these on the choice table.

Herbs

We will have larger bags of **basil** for you to make pesto with. We will also have **parsley, chives, English thyme, Swiss mint, sage, oregano, rosemary** and **lemon balm**.

CHOICE TABLE

We plan to have **eggplant, okra, fennel, and foot long Borneo beans from Sumatra, Indonesia** as well as a variety of extra items that we will find during our actual harvesting done the day of your pickup. There will also be **hot orange habanera** and **hot red Seville** peppers.

Pampered Chef Purchases Are Here!

Robin will be here to give your order to you!

You can still place orders with Robin this week in person or online from her website at www.pamperedchef.biz/robinshliakhau or by sending a note to her e-mail at robinshliakhau@gmail.com. These items will make great Christmas presents!

After-Season Eggs and Greens

After this basket pickup, we will still sell our own good eggs and greens as available. The eggs will remain \$3 per dozen, and a large bag of greens will sell for \$5. You can call any day and I will meet you at the barn to get the things you want. On Thursdays, I will be at or near the barn, so you can just drive up and I'll pick the greens you want. My cell phone is 859-338-1877, and if I don't answer that, use the farm's regular number.

Around the Farm

- Annette Fischer is in Europe this week and could not put together the fancy version of our newsletter for you. This just makes us appreciate even more her creative abilities to arrange the information in a fun way. Both Deb Outland and Annette have worked hard to keep your excitement level going all season long!
- We will be e-mailing you an invitation to join our CSA in March of 2010. We will have lots of tasty greens ready for you at the end of February, so the sooner you join the more greens you'll get to enjoy!
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Department of Agriculture for our farm to become certified USDA Organic.

A Big Thank You to Our Members

Thank you for making this season possible!!

Go forth and Be Healthy! We'll see you this week!

Erik Walles & Family (Gayle, Brett & Grant)

Berries on Bryan Station Farm

4744 Bryan Station Road

Lexington, KY 40516

Farm: (859)293-0077

Erik's cell 859-338-1877

Erik@berriesonbryanstation.com

Cooking Corner

Sweet Sweet Potatoes!

Sweet potatoes just might be the very best thing about fall! They have a wonderful sweet earthy flavor, and they are packed with nutrition! According to NutritionData.com, "This food is a good source of Dietary Fiber, Vitamin B6 and Potassium, and a very good source of Vitamin A, Vitamin C and Manganese." It has a low glycemic load, making it a good food for diabetics and hypoglycemics.

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The sweet potato has had an important role in the Southern American diet for hundreds of years. In my own childhood home, Benton, Kentucky, they have a festival called "Tater Day" every April. The origins of this festival come from the practice of trading sweet potato sets on a certain trade day in April every year. When I was a child, it was still just tater day, and all the old farmers would come to town and gather at the

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Today, alas, the only horses and mules are in the parade. And I suspect there isn't a sweet potato set to be found within 10 miles! But it's still Tater Day, and now all the kids get out of school for the day. It's a grand time! If you are ever in Western Kentucky around the first of April, check it out! There's even a Miss Tater Day contest, and I swear that not one of the young ladies looks anything like a sweet potato! Sweet potatoes are wonderful whether cooked plain or in a fancy recipe. Here are some really simple things to do with them.

- The very easiest thing to do is to bake them. Wash them off, place them on a pan (I like to use parchment paper or aluminum foil under them, as they sometimes leak as they cook). Bake in a 350 degree oven for about 45 minutes, or until soft. Eat while hot, or at room temperature. Some people like them with butter and or cinnamon sugar, but they are just lovely plain. And if you have leftovers, save them for other uses.
- Make cottage fries with them. Peel and slice raw sweet potatoes, and pan fry like hash browns or cottage fries.
- French Fries! Sweet Potato Fries are all the rage. Cut up and deep fry, add salt and (for the strong of tongue) a bit of cayenne pepper powder.
- Mashed Sweet Potatoes. Either peel, chop, and boil until tender, or bake and peel the potatoes. Make them just like your favorite regular mashed potatoes. If you want a sweeter dish, add a little brown sugar and cinnamon. If you want them really sweet, some people add other ingredients like crushed pineapple, additional sugar and spices, chopped nuts, or anything else you can think of. You can make this into a casserole by topping with marshmallows (my family's stand-by) or a combination of nuts and brown sugar. Bake till heated through, and topping is browned.
- Sweet Potato Pancakes. In our family we use leftover potatoes and sweet potatoes to make pancakes. To the cold potatoes, add egg, salt

and pepper. Stir in enough flour to make dough about the consistency of biscuit dough. Shape potatoes into patties and fry/bake on a griddle with a little oil until browned on both sides. This is a great side dish.

Squash Reprise

I can't say enough good about Erik's butternut and acorn squash! I've used all of mine, and want more! The baked "meat" freezes perfectly, and can be used in any recipe calling for pumpkin puree. Frankly, it's better! In particular, the butternut squash is so sweet and flavorful; I find myself sneaking little bites while I'm preparing it! A smallish butternut will yield at least a cup of puree, while a big one will yield up to 4 cups! Since I have lots of space today, I'll post my favorite pumpkin cheesecake recipe, which should work really well with squash. This recipe sounds fussy, but believe me, if you want a pretty cheesecake, follow the recipe! It's the only one I've ever found that didn't get a huge ugly crack in the center! This recipe is a direct copy from Cook's Illustrated. The only thing I do differently is add about 1/2 cup toasted pecans to the crust ingredients before processing them as directed in the recipe.

Spiced Pumpkin Cheesecake

Makes one 9-inch cake, serving 12 to 16. Published in Cook's Illustrated November 1, 2003.

Depending on the oven and the temperature of the ingredients, the cheesecake may bake about 15 minutes faster or slower than the instructions indicate; it is therefore best to check the cake 1 1/4 hours into baking. Although the cheesecake can be made up to three days in advance, the crust will begin to lose its crispness after only one day.

Crust

- 5 ounces graham crackers (9 whole crackers), broken into large pieces
- 3 tablespoons granulated sugar
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 6 tablespoons unsalted butter, melted

Filling

- 1 1/3 cups granulated sugar (10 1/3 ounces)
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon allspice
- 1/2 teaspoon table salt
- 1 can (15 ounces) pumpkin (or 2 cups squash

- puree)
- 1 1/2 pounds cream cheese, cut into 1-inch chunks and left to soften at room temperature, about 30 minutes
- 1 tablespoon vanilla extract
- 1 tablespoon lemon juice from 1 lemon
- 5 large eggs, left at room temperature, about 30 minutes
- 1 cup heavy cream

1. **FOR THE CRUST:** Adjust oven rack to lower-middle position and heat oven to 325 degrees. Spray bottom and sides of 9-inch spring form pan evenly with nonstick cooking spray. Pulse crackers, sugar, and spices in food processor until evenly and finely ground, about fifteen 2-second pulses. Transfer crumbs to medium bowl, drizzle melted butter over, and mix with rubber spatula until evenly moistened. Turn crumbs into prepared spring form pan and, using hand, spread crumbs into even layer. Using flat-bottomed ramekin or drinking glass, press crumbs evenly into pan bottom, then use a soup spoon to press and smooth crumbs into edges of pan. Bake until fragrant and browned about the edges, about 15 minutes. Cool on wire rack while making filling.
2. **FOR THE FILLING:** Bring about 4 quarts water to simmer in stockpot. Whisk sugar, spices, and salt in small bowl; set aside. To dry pumpkin (see illustrations below): Line baking sheet with triple layer of paper towels. Spread pumpkin on paper towels in roughly even layer. Cover pumpkin with second triple layer of paper towels and press firmly until paper towels are saturated. Peel back top layer of towels and discard. Grasp bottom towels and fold pumpkin in half; peel back towels. Repeat and flip pumpkin onto baking sheet; discard towel.
3. In standing mixer fitted with flat beater, beat cream cheese at medium speed to break up and soften slightly, about 1 minute. Scrape beater and bottom and sides of bowl well with rubber spatula. Add about one third of sugar mixture and beat at medium-low speed until combined, about 1 minute; scrape bowl and add remaining sugar in two additions, scraping bowl after each addition. Add pumpkin, vanilla, and lemon juice and beat at medium speed until combined, about 45 seconds; scrape bowl. Add 3 eggs and beat at medium-low until incorporated, about 1 minute; scrape bowl. Add remaining 2 eggs and

- beat at medium-low until incorporated, about 45 seconds; scrape bowl. Add heavy cream and beat at low speed until combined, about 45 seconds. Using rubber spatula, scrape bottom and sides of bowl and give final stir by hand.
4. Set spring form pan with cooled crust on 18-inch-square doubled layer heavy-duty foil and wrap bottom and sides with foil; set wrapped spring form pan in roasting pan. Pour filling into spring form pan and smooth surface; set roasting pan in oven and pour enough boiling water to come about halfway up side of spring form pan. Bake until center of cake is slightly wobbly when pan is shaken, and center of cake registers 145 to 150 degrees on instant-read thermometer, about 1 1/2 hours (see note). Set roasting pan on wire rack and use paring knife to loosen cake from sides of pan. Cool until water is just warm, about 45 minutes. Remove spring form pan from water bath, discard foil, and set on wire rack; continue to cool until barely warm, about 3 hours. Wrap with plastic wrap and refrigerate until chilled, at least 4 hours or up to 3 days.
 5. **TO SERVE:** Slide thin metal spatula between crust and pan bottom to loosen, and then slide cake onto serving platter. Let cheesecake stand at room temperature about 30 minutes, then cut into wedges and serve.

- 1 tbsp fresh ginger, grated or minced
- 1 onion, diced
- 2 tomatoes, chopped
- 1/2 tsp turmeric
- 1/2 tsp chili powder
- 1/2 tsp mango powder (optional)
- 1/2 tsp garam masala (a mixture of curry, cumin and coriander can make a reasonable substitute) McCormic makes an excellent one available at the grocery.
- Dash salt, to taste
- 1/2 tsp lemon juice

1. Drizzle the eggplants with one tablespoon olive oil and bake at 400 degrees for 20 minutes, or until soft. Cool and remove peels. Mash or blend until smooth.
2. In the remaining one tablespoon of olive oil, heat the mustard seeds, bay leaves, chilies, ginger and onions for a few minutes.
3. Add the eggplant and remaining ingredients and stir well to combine. Allow to cook for at least 6 to 8 more minutes.
4. Serve hot with rice or Indian bread.

Eggplant, Etc.

We're also very lucky to still have eggplant! I have been so focused on Baba Ganoush, I have just ignored all the other recipes out there! This one is definitely going on our table this week though! I first tried it at an Indian restaurant, and it is delicious. I had no idea that it was this simple to make! This version is from About.com. With the exception of the optional mango powder, you should be able to find all the remaining ingredients at the supermarket. Don't forget the Basmati rice!

Baigan Ka Bharta (Eggplant Bharta)

Vegetarian Baigan Ka Bharta is a mashed and Indian spiced eggplant dish, to be eaten with rice or Indian breads. This vegetarian Indian recipe is also vegan. Baigan ka bharta, also sometimes spelled "baingan ka bjarta" is an Indian Punjabi favorite.

- 2 tbsp olive oil or vegetable oil. divided
- 2 eggplants, sliced in half
- 1/3 tsp mustard seed
- 2 bay leaves
- 2 green chilies, minced

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- 2 bay leaves
- 2 green chilies, minced