

# September 19<sup>th</sup> & 20<sup>th</sup> 2007 Newsletter

## *Berries on Bryan Station Farm*

### *“Better Food for a Healthier You”*

Welcome to your nineteenth basket pickup!  
Here is what we have for you this week:

#### **Raspberries**

We have picked a pint for you this week.  
We have had a number of members enjoy picking lots of berries. We need your help picking them!  
Please stop by whenever your schedule permits.

#### **Sweet Potatoes**

We have a nice quantity of sweet potatoes for you both this week and next. Thus we dedicated the whole flip side of the newsletter to sweet potatoes, featuring a couple of recipes. Also, here are some simple yet delicious recommendations:

Bake slices: scrub potato and slice ¼” thick and place on a pan that has been sprayed lightly with cooking oil. Place in an upper rack of your oven at 400F for 10 minutes, take out and flip over and bake for another 5-10 minutes. Sprinkling with salt or herbs at this point is an option.

Roasted: scrub potato and cut into bitesize chunks. Place in an ovenable pan and drizzle with olive oil. Cover with foil to keep moisture in. Bake for 1 hour at 400F. The chunks in the corner may carmelize but there is usually at least one family member who likes it that way.

Bake with apples: scrub potato and slice ¼” thick. Also slice apples at ¼” thick. Alternate the slices upright in a 9 x 16 baking pan, so that you end up with 3 or 4 rows of alternating apple/potato slices. Mix ¼ cup apple cider with ½ teaspoon cinnamon and ¼ teaspoon ginger and pour over the slices. Cover with foil and bake at 375F for 1 hour.

#### **Peppers**

The sweet peppers are peaking now. Heirloom varieties include Jingle bell, Orchid, Sweet Chocolate, Hinkelhaus and Banana peppers.

#### **Tomatoes**

Roma type tomatoes are aplenty and can be used to make small stuffed tomatoes, chopped in salads

or cooked in sauce. Our larger slicing varieties are slowing down in production. Cherry and plum types are still bountiful.

#### **Sunflower Heads for Birds**

We recommend that you place these outside to attract birds, either now or come winter.

#### **Corn Stalks**

We have pre-cut corn stalks ready so that you can arrange attractive Fall decorations.

#### **Choice Table**

The choices this week include Eggplant, Okra, dried beans and hot peppers.

#### **Herbs**

We have a pre-picked assortment for you to choose from. Another round of dill is coming in to replace what wilted, so please let us know if you'd like dill.

#### **Cut Flowers**

Gloriosa daisies and colorful zinnias make beautiful arrangements for you this week.

#### **Around the Farm**

- We are including brochures for you to share with friends and neighbors to sign up next year
- We are striving to hold our prices firm for the '08 season
- Preparations underway for '08 include weeding the strawberry rows (3X over '07) and planting spinach seeds for the Spring
- We are open to your feedback on how to make improvements for you in '08.

Thank you for your support.  
See you next week,

Erik Walles & Family (Gayle, Brett & Grant)  
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