

August 17 & 18 2006 Newsletter *Berries on Bryan Station Farm*

“Better Food for a Healthier You”

Welcome to your fourteenth basket pickup. Here is a rundown of what we have for you this week:

Tomatoes

We have a bounty of tomatoes in a variety of shapes, sizes and colors. Enjoy fresh or make a sauce or salsa. Recipes are on the back. A good website for recipes is www.salsa-recipes.com. Fresh sliced tomatoes with basil, mozzarella cheese balls and French bread is our favorite lunch

Sweet Corn

Some of our cornstalks were knocked over by last week's storm, but most of the produce is fine. Some ears have corn borer damage, so just cut the top off and enjoy the tender sweet corn. We recommend eating it the same day as you pick up, boiling in salted water for 4 minutes.

Choice Table

The choices this week include Okra, Cabbage, Cantaloupe, and golden zucchini. They are taken on a first come, first served basis, but we restock them so that everyone has a selection.

Okra can be sliced and stewed with tomatoes or used in jambalaya or vegetable soup/gumbo. Members have mentioned that okra is good either steamed or deep fried.

Green Beans

This week we have Bronco and Roma varieties of Green Beans. We enjoy eating them steamed for 5 minutes. On the back you'll find recipes plus tips for freezing green beans.

Eggplant

Eggplant is in the basket again this week - Black Beauty and Ichiban. You can sauté them with onion and tomato in a frying pan or grill ½" thick slices on the BBQ (coat lightly with oil first).

Zucchini and Summer Squash

Summer squash are still producing well, zucchini are winding up. Butternut squash is on its way.

Peppers

We have bell and sweet banana peppers as well as some heirloom types such as “fish” (hot).

Herbs

Basil and cilantro partner well with tomatoes. Dill and fennel compliment green beans nicely. Lemon balm and swiss mint are good in iced tea and fresh lemonade.

Cut Flowers

Enjoy the gloriosa daisies and colorful zinnias. Let us know if you'd like an extra bouquet for a friend

Cucumbers, Leaf Lettuces

We have a new section of buttercrunch and romaine lettuces harvested for you as well as some cucumbers.

Veggie Tales

- Our member potluck picnic will be Saturday September 30. Members can pick-up that week's veggies on Saturday if they prefer.
- Erik could use some part time help picking veggies on Thursdays for the next several weeks. Please alert us if you know of someone who is interested.
- Yellow raspberries will be ready in about 2 weeks, followed by red raspberries. We will invite you to pick them when they are ready.
- We are missing a lot of baskets. Please check your homes for baskets and return them to keep our costs down. Thanks to those of you who return baskets regularly.
- We are preparing a member questionnaire to gain feedback to make next year even better.
- Grant has started Kindergarten and Brett entered 8th grade this week.

That's all for now, see you next week!
Erik Walles & Family (Gayle, Brett & Grant)
Berries on Bryan Station Farm
4744 Bryan Station Road
Lexington, KY 40516
Farm: (859)293-0077

Freezing Notes

To store the tastes of summer for use later in the year, you can follow these steps:

Green beans:

1. snap the ends off of the beans and either leave them whole length or snap in half
2. rinse well
3. blanch by boiling for 1 minute
4. rinse the blanched green beans in cold water
5. pat them dry
6. place in plastic storage bags and freeze

Sweet Corn

1. husk the corn and pull the silk off
2. blanch by boiling for 1 minute
3. let cool
4. shave the kernels off. Typically we skewer one end and hold the ear vertically and use a knife to slice off 2-3" sections
5. place in plastic storage bags and freeze

Easy Tomato Sauce

No need for canning. We find that the easiest storage technique is to freeze the sauce in plastic freezer bags. One helpful tool you'll need is a Foley Food Mill, a hand operated device for separating out the skin and seeds from sauce.

1. Rinse the tomatoes and cut out any bad spots
2. Place in large cooking pot and start simmering
3. Place one carrot in the pot as this offsets some of the acidity of the tomatoes
4. Add a few fresh leaves of basil or oregano
5. Allow to cool enough to work with the sauce. Pour cooked tomatoes into the Food Mill and turn the crank to filter out seeds and skins
6. Pour sauce into freezer bags and freeze

Tasty, Easy Salsa

Enjoy mixing and matching different ingredients to make your own signature salsa. Use these recommendations as a starting point:

- 2 large or 3 medium tomatoes, cubed to 1/2"
- 2 tablespoons fresh cilantro
- 1 medium onion, diced to 1/2" pieces
- juice from 1/2 lime
- 2 cloves garlic, peeled and smashed
- 1 pepper, diced to 1/2" pieces

Alexis's Chopped Vegetable Salad Serves 10 to 12. This recipe, courtesy of Martha's daughter Alexis, takes full advantage of summer's availability of fresh vegetables. The trick is to cut all of the vegetables into similar-size pieces so that each forkful offers a mix of flavors.

- 2 teaspoons salt, plus more for water
- 2 ears fresh corn
- 1/2 pound green beans, trimmed and cut into 1/4-inch pieces
- 1/2 pound wax beans, trimmed and cut into 1/4-inch pieces
- 4 plum tomatoes, seeded and cut into 1/4-inch pieces
- 1 small red bell pepper, seeded and deveined, cut into 1/4-inch pieces
- 1 small yellow bell pepper, seeded and deveined, cut into 1/4-inch pieces
- 1 small red onion, cut into 1/4-inch pieces
- 1 cucumber, peeled, seeded, and cut into 1/4-inch pieces
- 3/4 cup fresh cilantro leaves
- 1 medium jalapeño pepper, seeded and deveined, minced
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons rice-wine vinegar
- 1 teaspoon freshly ground black pepper

1. Prepare an ice bath; set aside. Bring a medium saucepan of salted water to a boil. Add corn, and blanch until tender, about 6 minutes. With tongs, remove from water, and plunge immediately into ice bath. When corn is thoroughly cooled, remove from ice bath. Using a large knife, remove kernels from cobs. Transfer kernels to a large bowl. Add green and wax beans to boiling water. Blanch until tender, about 1 minute. With a slotted spoon, remove from water, and plunge immediately into ice bath. When beans are thoroughly cooled, drain in colander.
2. Add green and wax beans, tomatoes, red and yellow peppers, onion, cucumber, cilantro, and jalapeño to corn. Stir to combine. Add olive oil, vinegar, salt, and pepper. Stir to combine. Adjust for seasoning. Serve immediately.