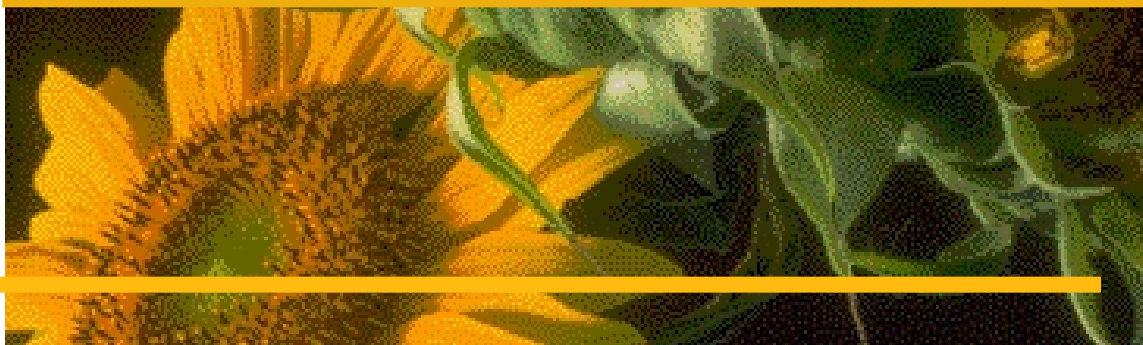


Newsletter 14
Basket Pickup
Dates August
18th and 19th,
2010

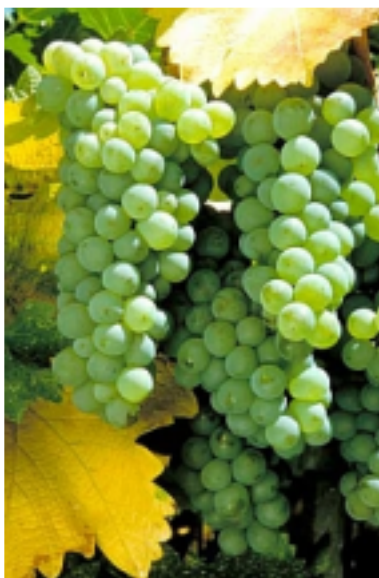
Berries on Bryan Station CSA News



Summer Is Good!

Welcome to your fourteenth basket pickup! We have another outstanding basket for you:

Pears and Grape Jam



Our neighbor Virginia Pyle has been kind enough to let Erik pick her pears, apples and grapes. She does not use any chemical sprays or man-made fertilizer, so they are organic, except for not being USDA inspected as such.

Grape Jam

Erik hopes to

have enough grape jam ready for pickup days this week so that everyone can have a jar. Grapes are loaded with resveratrol, a powerful antioxidant.

Dried Onions

We dried our own onions by hanging them up in our attic which also has good air flow.

Greens

We plan to have Swiss chard, Pak Choi and kale this week.

Tomatoes

This will be another big week for tomatoes! Just like last week, each member will be able to choose from an excellent selection of wonderful tomatoes!

Some of the names of tomato varieties that you will receive include: Jeanne Flambe, brandywine, purple Russian, German pinks, golden

jubilee, mortgage lifter, and pineapple among many others.

Herbs

We will have Holy basil, nufar basil, oregano, parsley, rosemary, and sage.

Holy basil is named after Jerusalem where it is from.

Cut Flowers

Everyone will be able to choose an arrangement of zinnias and sunflowers.

Choice Table

We plan to have eggplant, potatoes, peppers, okra, royal burgundy and French travera beans, kale, Swiss chard, cucumbers, beets and summer squash on the



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Next Week:

Tomatoes
Peppers
Butternut squash
Acorn squash
Sweet potatoes
White and red
potatoes

The Cooking Corner

Last Thursday, my husband Wade and I had the opportunity to sit and visit with Erik, Gayle and Grant during the basket pickup time.

Once in a while, Wade has played his Native American flute for the Wednesday pickup, and this was a chance for him to be there for those who pick up on Thursdays. Luckily I was able to join him.

The acoustics in the barn are wonderful for enhancing the flute's sound.

This is the first time I've been able to spend essentially a whole pickup time at the farm, and I was struck by just what a labor of love it is to run a CSA! The farm is packed full

of good things to eat right now, and it is hot, hard work to gather and prepare the barn for pickup. Many of the vegetables are very perishable, and have to be harvested just in time so that the product you take home is in top condition. Others, such as tomatoes, have to be harvested and sorted, so that you can have the very best of the tomatoes to choose from for your baskets. A few things are harvested only as they are needed; meaning Erik or Gayle has to run out to the field to pick it "while you wait". The result is an organized, pleasant place to pick up our baskets, and a friendly host to help you with

your choices.

All this is hard work! Erik and Gayle clearly love that they are doing this work, though, and offer a cooking tip here, or a storage idea there, as they help with the members. It is a friendly, bustling group of members, coming in, picking up their baskets, and saying hello, while the chickens scratch, the cat plays, and Good Boy surveys things from a nice cool spot! And Grant is the ambassador of good will... What a charmer! Meanwhile, Brett is doing last minute shopping and putting together dinner back at the house. And that's just a pickup day! The mind boggles to think of the work in

preparing the ground, planting, weeding, and cultivating enough vegetables and berries for an army!

It was a lovely visit. Thanks to Erik, Gayle, Brett and Grant for making it fun.

We love members' recipes! Give them to Erik, or send them to me at djo@insightbb.com, or send them to Deborah Outland on Facebook. Happy Cooking!



Abby Cook's Vegetable Bake

Member Abby Cook gave us this recipe last week.. Erik made it for the farm workers, and says it is ideal to start at breakfast for a lunchtime treat with no watching needed!.

Delicious! Thanks, Abby!
Several tomatoes

2 Garlic cloves
Several small peppers
Herbed Olive oil
Chopped Basil and Rosemary
Halve tomatoes. Arrange in a layer in a large shallow baking dish. Slice garlic and wedge between tomatoes. Slice peppers and tuck into the tomatoes. Drizzle olive oil over the veggies. Add additional herbs if wanted. Bake at 200 F for two to

four hours. Serve with pasta, rice or French bread.

Tomato and Pepper Salad

Here is a cool, easy salad to go with any summer meal! It's an old recipe from Georgia.

3 medium tomatoes
1 diced sweet pepper
1 celery rib, thinly sliced

1/2 cup diced onion
2 Tbsp cider vinegar
1 Tbsp sugar
1/2 tsp salt
1/8 tsp pepper
In a large bowl, combine the tomatoes (seeded and chopped), green pepper, celery and onion. Separately, combine vinegar, sugar, salt and pepper. Stir into tomato mixture. Cover and chill for at least 2 hours, stirring several times. Serve cold.

Essential Kitchen Equipment:

Knives

Even before they used fire to cook, people had to have knives to prepare food! That is how important the knife is to every kitchen. Knives are absolute necessities, yet we take them for granted. We buy a fancy-looking set or the least expensive one in the store, then treat it like it is indestructible, store it unsafely and develop a dislike of cooking, all because the knives don't cut well!

You don't have to spend a fortune on them, but you certainly can! Great chefs guard their favorite knives as if they were gold. And they are! Knives that fit your hand, have appropriate size and weight for the task, and have and maintain a keen edge are both safer and infinitely more enjoyable to use. Hand forged and expensive, or thoughtfully mass produced, good knives have similar characteristics no matter what the dollar cost. When purchasing knives, you should look for the following features.

Good knives are made of very hard steel or stainless steel that can hold an edge well. The blade should be "full tang", meaning the metal extends all the way up the handle, making the knife sturdy. The handle should be firmly attached to the tang, and be easy to grip, even with slippery hands.

The knife should also feel good in your hand, with the blade and handle being well-balanced. If the knife is large and used for heavy work, it should have heft and be strong yet feel like it extends your hand.

Smaller knives should feel light, simple to hold and easy to maneuver.

Before buying a knife, hold it in your hand. Do you feel as if you have control of it? Imagine doing an appropriate task with the knife. For a large knife, imagine chopping on a board or jointing a chicken. For smaller ones, imagine holding a potato and peeling it or slicing a tomato. Is the handle comfortable to you?

Does the blade seem long enough or too long? Try several designs before you buy. There are plenty of reliable brands out there to choose from, so be picky!

Handle your knives carefully. Protect their edges in storage and by cutting on safe surfaces. Wash

and dry them by hand. Use a knife block, or magnetic knife holder on the wall to store them safely. Check out any additional care instructions from the manufacturer, and heed them.

Good knives rarely need sharpening. A steel, which only re-orientates the edge of the blade, should be used frequently to keep your knives at top performance. If you notice them not cutting well after being steeled, they may need to be sharpened. You can have them professionally sharpened, learn how to do so yourself.

Many think the chef's knife as the ultimate knife for all occasions. It's NOT! If you want to chop produce on a board, cut up a chicken or smash garlic cloves, it's ideal. But have you ever tried to peel a potato with one? No way! The features that make the knife perfect for its intended tasks makes it dangerous for peeling and hand slicing.

So you need a second kind of knife, called either a paring knife or a utility knife. These knives are fairly short bladed, light, very sharp, and much easier to use when performing tasks like peeling and getting the eyes out of potatoes, peeling thinner-skinned vegetables and fruit, and making small slits and other delicate cuts. If you have a chef's knife and a good paring knife or two (long and short blades), you may not need anything else. At least, if you are a minimalist cook.

If you are a baker, you may want a serrated bread knife. These are long and thin, with fairly fine serrations. For tasks like splitting a cake into thinner disks, the longer the knife, the better. Look for one 8 or more inches long.

In my kitchen, I have a chef's knife, 2 paring knives, and several others, that I almost never use. The one exception is my Japanese Santoku knife. I use it interchangeably with my chef's knife, except in the heaviest jobs, where the Chef's knife always wins out.

It is pointless to buy poor knives. A bad knife always needs sharpening, and a dull knife is dangerous. If you have to apply force when cutting, a slipping blade can result. This "wild" knife is a far worse hazard than one that is under control. When you buy knives, get the right items to care for them. Learn just how to maintain your knives, and do it! An appropriate knife is a thing of joy. Buy knives wisely, and keep them well.

Farm Information

- 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.
- There are plenty of 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.
- 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.
- We love our volunteers! Come out and work with us.
- Got stale bread? Our chickens love it! Feel free to bring yours out on pickup day and watch how excited they'll be to see you!

*Berries on Bryan Station
CSA Farm
USDA Certified Organic*

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



Tomato 9-1-1!

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Ever have problems peeling or seeding tomatoes? Bekki Woloch just sent me a link to an excellent photo tutorial on both tasks, along with other good to know information on tomatoes. The peeling technique is a step above the one I've always used! Check it out at:

<http://startcooking.com/blog/458/How-to--Tomatoes>. Thanks, Bekki!

Around the Farm

We are working on planting additional Fall crops such as summer squash, zucchini, beans, Swiss chard, broccoli, cucumbers and cabbage. We have been irrigating a lot since the weather has been very dry. We are mixing perlite volcanic rock and wood chips into the greenhouse beds to keep them from drying out with the intense heat.

We are weeding the golden raspberries and hope to get some berries from them soon.

The okra is growing phenomenally well, so if you like okra, please choose some on the choice table. Our favorite way to eat okra is simmered in a skillet with olive oil and onions. Okra is especially beneficial if you are type 1 or 2 diabetic, since it promotes the release of insulin.

Robin Shliakhau plans to be present both pickup days this week. She will have a display table showing some of her favorite Pampered Chef items. You may place your order with her and she will deliver the items to you on another pickup day. You will get many hours of enjoyment from these very useful cooking tools. Robin and her family have been loyal and enthusiastic members of our farm for all five seasons.

Thanks for keeping your veggie dollars local!
Go forth and be healthy!

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.

