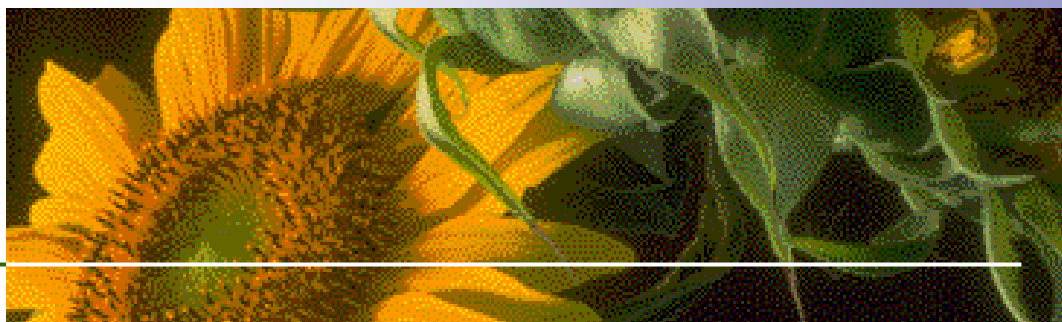


Newsletter  
August 19<sup>th</sup> and 20<sup>th</sup>,  
2009



### “Potatoes, Tomatoes and More”

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#### Upcoming Next Week:

- Butternut Squash
- Acorn Squash
- Potatoes
- Okra
- More Varieties of Peppers
- Lots of Tomatoes
- Runner Beans
- Bok Choi

#### Welcome to your fourteenth basket pickup!

We hope that you are enjoying your baskets and visiting the farm. This week we have for you:

#### Potatoes!!!!

You will be receiving patriotic red, white and blue potatoes in a separate bag. The blue potatoes were grown from organic seed potatoes from High Mowing Seeds in Vermont. The



red ones are “Pontiac” and the white ones are “Kennebec”. Bekki Woloch made a wonderful frittata for our worker lunch last Thursday. Gayle and I tried her recipe yesterday and it

worked out well. Simply sauté green onions, garlic, potato slices, green and red peppers in olive oil, add five beaten eggs, then grated cheese. Once the bottom of the eggs are golden brown, place the pan under the broiler of the oven and broil for a few minutes until the top is golden brown also.



#### Tomatoes!!!!!!

This will be another big tomato week. You will be able to choose another entire tray of tomatoes.

#### Greens

Your bag will contain a mixture of Swiss chard, collard greens, Chinese cabbage, mustard, and kale. One of our members was complimented on her healthy skin by

her dermatologist who she had seen about some poison ivy. She attributed her healthy skin to her first season of eating our greens!! Greens are loaded with copper, iron and other micronutrients which are in a form that your body can readily use. We have been very happy with how long our greens have been doing well, from the end of February until now. They are coming from the field as well as the greenhouse.

#### Bok Choi



You will get even more of this tasty green for stir

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

This week there will be a variety of recipes featuring potatoes, tomatoes and more. I'm always looking for more recipes, so do send them in! Here is a Grilled Potatoes with Garlic and Rosemary recipe, Tomato Pie Recipe and Zucchini Chocolate Chip Cookies recipe. Enjoy!



### Tomato Pie, oh my!

No, it's not sweet! I haven't tried this, but it looks so good that I thought I'd share it with you anyway. It's from Simply Recipes, a food blog. If you try it, drop me a line and let me know what you think. I'm putting it on my list for next week! How could anything with tomatoes, basil and cheese be bad?

- 1 9-inch pie shell
- 1/2 yellow or red onion, chopped
- 3 -4 tomatoes, cut in half horizontally, squeezed to remove excess juice, roughly chopped, to yield approximately 3 cups chopped tomatoes
- 1/4 cup sliced basil (about 8 leaves)\*
- 2 cups grated cheese (combination of sharp cheddar and Monterey Jack, or Gruyere or Mozzarella)
- 3/4 cup mayonnaise
- 1 teaspoon (or more to taste) of Frank's Hot Sauce (or Tabasco)
- Salt and freshly ground black pepper

Preheat oven to 350°F. Place pie shell in oven and cook for 8-10 minutes or longer until lightly golden. If you are starting with a frozen crust, you'll need to cook it a little longer. If you are using a homemade crust, freeze the crust first, then line the crust with aluminum foil and pre-bake it for 20 minutes, then remove the foil and bake an additional 10 minutes.

Squeeze as much moisture as you can out of the chopped tomatoes, using either paper towels, a clean dish towel, or a potato ricer.

Sprinkle the bottom of

the pre-cooked pie shell with chopped onion. Spread the chopped tomatoes over the onions. Sprinkle the sliced basil over the tomatoes.

In a medium bowl, mix together the grated cheese, mayonnaise, Tabasco, a sprinkling of salt and freshly ground black pepper. The mixture should be the consistency of a gooey snow ball. Spread the cheese mixture over the tomatoes.

Place in oven and bake until browned and bubbly, anywhere from 25 to 45 minutes.



"Take care of yourself as if you will live forever, but enjoy your life as if this is your last day!"

## Zucchini Chocolate Chip Cookies

Another member kindly sent in this recipe. I have to say I was intrigued by it, and decided to give it a try. My husband, Wade, was determined to not like it—after all, it had ZUCCHINI in it. I had faith! The cookies turned out quite good. They are dense and soft, with very good flavor. An NO, you cannot taste the zucchini! Thanks for the great recipe! And it's whole wheat, so it's even good for you, right?

### Mix together:

1 egg  
 ½ cup brown sugar,  
 packed  
 ½ cup soft butter  
 1/3 cup honey  
 1 Tablespoon vanilla  
 2 cups whole wheat flour  
 ½ teaspoon salt  
 ½ teaspoon cinnamon  
 ¼ teaspoon nutmeg

### Stir in:

1 cup finely grated zucchini

12 oz package chocolate chips (jumbo recommended)

Put out on cookie sheet (use parchment or grease pan) by spoonfuls. Flatten with back of a spoon. Bake at 350 degrees 8-14 minutes, depending on how big and how done you like them. Note: Our cookies were pretty big, so it took about 12-14 minutes for them to bake just till no longer shiny and gooey.



## Grilled Potatoes with Garlic and Rosemary

Since Erik is so happy to have the potatoes dug, I thought we'd celebrate with a potato recipe here. This one is particularly good, and neatly solves the problem of cooking potatoes on the grill. Doing potatoes on the grill this way keeps the herbs and garlic from burning and getting bitter. *Adapted slightly from Cook's Illustrated Magazine, July 2007*

4 tablespoons olive oil  
 9 medium garlic cloves, minced or pressed (about 3 Tbsp.)  
 1 tsp. chopped fresh rosemary  
 Kosher salt  
 2 pounds Red Bliss potatoes, scrubbed, halved, and skewered )

Ground black pepper  
 Large disposable baking pan (13 by 9-inch)  
 2 Tbsp. chopped fresh chives  
 1. Make a charcoal fire that is medium hot on one side and low heat on the other side of the grill.  
 2. Meanwhile, in doors, heat olive oil, garlic, rosemary, and 1/2 teaspoon salt in small skillet over medium heat until sizzling, about 3 minutes. Reduce heat to medium-low and continue to cook until garlic is light blond, about 3 minutes. Pour mixture through fine-mesh strainer into small bowl; press on solids. Measure 1 Tbsp. solids and 1

Tbsp. oil into large bowl and set aside. Discard remaining solids but reserve remaining oil.  
 3. Place skewered potatoes in single layer on large microwave-safe plate and poke each potato several times with skewer. Brush with 1 tablespoon strained oil and season liberally with salt. Microwave on high power until potatoes offer slight resistance when pierced with tip of paring knife, about 8 minutes, turning them halfway through cooking time. Transfer potatoes to baking sheet coated with 1 Tbsp. strained oil. Brush with remaining Tbsp. strained



oil; season with salt and pepper to taste. Place potatoes on hotter side of grill. Cook, turning once, until grill marks appear, about 4 minutes. Move potatoes to cooler side of grill; cover with disposable pan and continue to cook until paring knife slips in and out of potatoes easily, 5 to 8 minutes longer. Remove potatoes from skewers and transfer to bowl with reserved garlic/oil mixture; add chives and toss until thoroughly coated. Serve immediately.

## Berries on Bryan Station CSA Farm

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



## Around the Farm

- **Reinti and Debal Mazumder** just had a baby girl, **Prateeti Mazumder**. She weighed 7 pounds, 12 ounces. We're looking forward to meeting her!
- We will have some of our own free range eggs for sale. They are pretty brown eggs and have a deep yellow yolk. They are for sale at \$2.75 per dozen.
- We have our own jams and preserves for sale this week. Varieties include red, champagne and blackberry jams. We also have grape jelly. The golden tomato preserves and warm pepper preserves are excellent as a dipping sauce for any meat or tofu. They are \$5 each.
- Bekki Woloch brought a large crew of five college students to help us harvest both days last week! Susan brought her friend Karen to help as well.

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

## "Potatoes, Tomatoes and More" (cont'd)

frying. The bunch will be inside your bag of greens.



### Green Onions

You will be receiving green onions that were companion planted in our main summer veggie field. They served a dual purpose to deter bugs



from our main plantings.

### Green Beans

We plan to have a bag in everyone's basket today, just like last three weeks.

### Eggplants

Every Basket will include one eggplant this week.

### Herbs

We will have larger bags of **basil** for you to make pesto with.

We will also have **parsley, chives, borage, English thyme, swiss mint, sage, dill, oregano, rosemary, cilantro** and **lemon balm**.

### CHOICE TABLE

We plan to have **Tat Sui, green bell peppers, jingle bell peppers, banana peppers, fennel, sweet peas and foot long Borneo beans from Sumatra, Indonesia**.

### Cut Flowers

You will be receiving a bouquet of **zinnias, sunflowers and gloriosa daisies** this week.



**"The best way to a man's heart is through his stomach."**

August 22<sup>nd</sup>, 2009

3 pm to 11 pm

New Albany Riverfront Amphitheater

On the Ohio river, just east of I-64 at the foot of Pearl St.

in downtown New Albany, Indiana

[www.kentuckianacelticfest.com](http://www.kentuckianacelticfest.com)

**FREE** Concert!

The Celts Are Coming!

Celts On The River



Ireland's own:

**Brendan Loughrey**

Featuring local artists:

Men of Thunda, The Derby Boys, Cloigheann  
Keltricity, Guilderoy Byrne, Liam's Fancy

Bring blankets and chairs

**NO** pets, outside food, alcoholic beverages, or coolers please!

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