

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



## “When BOBS\* gives you Tomatoes, Make Gobs of Tomato Sauce”

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### Upcoming Next Week:

- Butternut Squash
- Acorn Squash
- Okra
- Peppers
- Tomatoes
- Runner Beans

### Welcome to your fifteenth basket pickup!

We hope that you are enjoying your culinary adventure! We never know just what we'll have for you until we harvest it, but this week we anticipate that we will have for you:



### Potatoes!!!!

We carefully dug up potatoes a pitchfork quantity at a time to avoid damaging them.! They are a nice size this season due to plentiful rainfall. The blue ones are a funny oblong shape, but the white ones are a normal shape. This is the first year that we open row cultivated them. Weeds eventually grow

between potato plants, but not before they have had a good chance to grow and set nice potatoes. We are pleased with this technique and will expand plantings next year. The potatoes that you are receiving now were planted by the light of a full moon on Good Friday.

### Tomatoes!!!!!!

This will be another big tomato week. You will be able to choose another entire tray of tomatoes. We discovered a new heirloom variety that we had not seen before. At first we called it “Not Mr. Stripey”, but then Bekki suggested we call it “Mrs. Stripey”. This name has stuck. It has a deep orange center from the top and has red and yellow on it also. You have been telling us some of your favorite ways that you use tomatoes and one way I like is



to heat the tomato chunks on a sheet in the oven at 190 F all day long. This works best with Roma tomatoes. The long cooking at low temperature dehydrates the tomatoes and concentrates the flavors. The dried tomatoes can be stored in a reclosable plastic bag in the freezer if they are not fully dry, but the intent is to get them dry enough to store at ambient temperature. We have tomato “seconds” available from the cooler if you want to make pasta sauce.

### Eggplants

You will be receiving another beautiful one in your basket this week. Both eggplant and toma-

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

Almost September! It's hard to believe it, but the days are getting a bit shorter, and the nights a bit cooler. And we're preparing to move into the fall harvest season. In the meantime, we can still enjoy the end of the summer bounty. I've included a bit on grilled pizza. Sounds crazy, I know, but this is the best pizza idea I've ever seen! And it's very versatile. Last, but definitely not least is a recipe for a French-style freeform fruit tart that is simply fabulous. I promise!



### Grilled Pizza

Other than the recipe for the crust, this isn't really a "recipe". You get to put whatever you want on this pizza, although the philosophy is just the opposite from others. For this pizza, less is more! We've done these outside, and I have to say we both believe them to be the very best pizza we ever ate. The crust is grilled on one side, removed from the grill, turned over, topped, returned to the grill, and finished, all in just a few minutes. First, here is the crust recipe.

#### Pizza Dough:

2 tablespoons extra-virgin olive oil  
1 cup water (8 ounces), room temperature

2 cups bread flour (11 ounces), plus more for work surface  
1 tablespoon whole wheat flour (optional)  
2 teaspoons sugar  
1 1/4 teaspoons table salt  
1 teaspoon instant yeast

Combine all dry ingredients in the bowl of a food processor and using metal blade pulse to combine. With processor running, pour in water and oil. Within about 1 1/2 minutes, a dough ball should form, cleaning the sides of the bowl. If not, add flour a tablespoon at a time until the dough comes together and cleans sides of bowl. Dough will be a little sticky and soft. Remove dough to an oiled bowl, cover, and let rise until doubled (about 1 1/2 to 2 hours).

When risen, gently deflate dough, then put out on floured work surface and divide into 4 equal balls. One at a time, flatten a ball of dough with your hand on a lightly floured piece of parchment paper, and then roll out to a diameter of 9 to 10 inches. If dough resists, allow it to rest a few minutes and continue to another ball. Stack

crusts on parchment paper atop one another and allow to rest for about 15 minutes. Meanwhile, assemble your toppings and prepare the fire. See below for topping ideas. For the fire, create a medium-hot fire over about 3/4 of the grill. Leave the last quarter of the grill free from coals as a cool spot.

When ready to grill, take crusts, toppings, serving dishes, tongs, large spatula or peel and a small paring knife to grill area. Place 2 crusts on the hot part of the grill, and allow them to cook for about 2 minutes, until they are golden brown with grill marks. If large bubbles appear, pierce them with the paring knife. Remove crusts when the bottoms are golden brown. Repeat for other two crusts. Turn crusts so that grilled side is up. Add toppings (see below), and place carefully on grill. Cover and cook 3-4 minutes, or until cheese is melted and the crust is brown and crispy on the bottom side. If crust browns too quickly, move pizza to cool spot on grill to complete melting. Repeat with other 2 pizzas.

#### Toppings

Small amounts of toppings are the order of the day

here! Too much will just make a mess and keep the pizza from cooking all the way through. Here are some great toppings you can try.

- Tomatoes, diced, salted, and drained of liquid for 30 minutes before putting on pizza
- Olive oil infused with garlic (spread on crust before adding other toppings)
- Pesto (spread on crust before adding other toppings)
- Small amounts of Italian Sausage or other meat, browned and crumbled or chopped
- Eggplant grilled on the grill with oil and garlic, then chopped into small pieces
- Bits of roasted red pepper
- Cheese of your choice, such as Mozzarella, provolone, or fontina
- Olives
- Fresh herbs of your choice, especially basil
- Freshly grated Parmesan cheese

The sky's the limit, but only use about 1/2 to 3/4 cup melting cheese on each pizza, and keep the other toppings in the same general quantities.

*"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie."*

*Jim Davis, 'Garfield'*

## Rustic Freeform Fruit Pie



We made one of these this week with peaches, and I don't think that I've ever had a better pie. Period. It's utterly simple, yet so full of flavor that adding ice cream would have been overkill. You can use any fruit you want, either a single type, or a mixture. One recommendation was apricots and blackberries. Another was raspberries and nectarines. This recipe was originally from Cook's Illustrated with liberal adaptations.

### The Crust

10 tablespoons butter, cut into pats and frozen  
 1 ½ cups all purpose flour  
 ½ teaspoon salt  
 3-6 Tablespoons ice cold water

### The Filling

3 cups fruit of your choice  
 ¼ to ½ cup brown or granulated sugar (to taste for fruit)  
 1 tablespoon granulated sugar

### To Make the Crust

In a food processor with metal blade, pulse the flour and salt to combine. Sprinkle the pats of frozen butter over the flour. Pulse about 10 to 12 times. The mixture should resemble coarse breadcrumbs with some butter pieces about the size of small peas. Add ice water 1 tablespoon at

a time, pulsing to incorporate between each addition. As soon as the dough begins to form "curds", and if pressed together, sticks together, remove it to a clean work surface. Arrange the clumps of dough in a narrow strip pointing away from you. If any totally dry spots remain, sprinkle a teaspoon or 2 of ice water over them, and lightly mix into the rest of the dough. Now, using the heel of your hand, press down on the dough the farthest away from you, and smear it along the work surface for an inch or so. This should be about 1/6<sup>th</sup> of the dough that you've smeared. Repeat with the remaining dough, working your way back toward you. When all the dough has been smeared, scrape it up with a dough scraper, rearrange it in the same long narrow mound, and repeat the process once. The dough should be cohesive and smooth now. Form it gently into a round flat disk, wrap tightly, and refrigerate for at least 1 hour.

### To form/bake the Pie

When ready to bake pie, prepare fruit and add brown or granulated sugar. Stir to combine. Set aside.

On a lightly floured piece of parchment paper, roll the dough out to about 12 inches in diameter. Place fruit/sugar mixture in a pile in the middle of the crust. Fold up about 2 ½ inches of crust on one side. Repeat with an adjacent area of crust and press together at the edge over the fruit. Continue around the crust until all the dough edges are pressed together in the middle of the pie. Be careful not to press the crust down into the fruit, just pinch it together. There should be a large hole in the middle, 3 or 4 inches at least. Brush or pat the crust with water, and sprinkle with 1 Tablespoon of granulated sugar.



Bake at 400 degrees for 50 to 55 minutes, until the crust is deep golden brown and the fruit is bubbly. Cool on pan for 10 minute, then remove to wire rack for another 30 minutes before serving.

## Berries on Bryan Station (BOBS) CSA Farm

Erik Walles & Family (Gayle, Brett & Grant)

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## Around the Farm

- Proud parents **Andrei and Robin** welcome to our world **Nolan Shliakhau**. He weighed nine pounds at birth, was 21 ¼ inches long, and had black hair. Their daughter **Nadya** also had black hair at birth which later turned blond. **Robin** is recovering well.

- Our hens are laying regularly now and Grant is in charge of gathering eggs. We only know of two main nesting areas in the barn, but there may be more. The eggs are \$3 per dozen.



- We continue to have our own jams and preserves for sale this week at \$5 per jar.



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

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

atoes are referred to as the veggies of love in Italy. My favorite meal with eggplant was in an Italian restaurant in Belgium. A mixture of diced eggplant, tomatoes, onions, garlic and a bit of olive oil was heated together in a wood burning oven until the eggplant was nice and soft.

### Peppers

These are coming in very nicely now and are a good size and appearance. Both the orchid peppers and sweet yellow habenero peppers are delicious to nibble on

fresh.

### Greens

Your bag will contain a mixture of Swiss chard, collard greens, Chinese cabbage, mustard, and kale. The greens continue to grow nicely in the summer heat in both the greenhouse and the field.

### Bok Choi

You will get even more of this tasty green for stir frying. The bunch will be inside your bag of greens.

### Green Onions

You will be receiving

more of these.

### Green Beans

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

### 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, oregano, rosemary** and **lemon balm**.

### CHOICE TABLE

We plan to have **carrots, Tat Sui, green bell peppers, jingle bell peppers, banana pep-**

**pers, 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.

*"An old-fashioned vegetable soup, without any enhancement, is a more powerful anti-carcinogen than any known medicine."*

*James Duke M.D.  
(U.S.D.A.) ."*