

# August 27<sup>th</sup> and 28<sup>th</sup> 2008 Newsletter

## *Berries on Bryan Station CSA : Farming with a Flair*

Welcome to your sixteenth basket pickup!  
Gayle and Grant flew back to Lexington on Sunday night and the Bluegrass looked pretty tan from the drought. We continue to irrigate for growth!

### **Tomatoes**

Our heirloom varieties are all peaking. Enjoy!

### **Peppers**

The heirloom varieties in your basket are sweet.

### **Raspberries**

The red raz are starting their late summer growth drive

### **Potatoes**

These Red Pontiac taters are freshly dug and best if eaten within the next couple of weeks.

### **Okra**

This southern specialty is nice and tender.

### **Choice Table**

Today you can choose from the following: cucumber, eggplant, swiss chard, hot peppers, squash, green beans.

### **Herbs & Onions**

We are offering basil, swiss mint, catnip, cilantro, sage, oregano and rosemary. Please ask anytime if you would like a large bunch of basil for pesto or other recipes.

### **Flowers**

We have gorgeous sunflowers, daisies, and zinnias.

### **Veggie Tales**

- Pick-Your-Own Raspberry dates in September will be: *(free to our members for one Saturday)*
  - Saturday Sept 13 9am – 1pm
  - Saturday Sept 20 9am - 1pm
  - Plus each Thursday after 5pm from now on
- We now have organic grape jelly
- All jams and jellies are now on sale 2 for \$12, so stock up for winter and holiday gifts!

Thank you for continuing to bring us your clamshell containers, jelly jars and veggie boxes. We reuse it all. Have a healthy and happy week!

Erik Walles & Family (Gayle, Brett & Grant)

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## **RECIPES**

### LAURA DAWAHARE'S TARTE AU TOMATE

*If you're in a hurry, buy a ready-made pie crust. This recipe is from a member!*

CRUST: 2 c. flour

1/2 c. salted butter

1/2 t salt

2 T shortening

2-3T ice water

FILLING: 2-3 fresh ripe tomatoes, cored and sliced.

1/2 t. each salt and pepper

1/4 cup chopped chives

1/8 c. sliced basil (or more if you like it)

1/2 cup mayonnaise

2 c. shredded sharp cheddar cheese

Preheat oven to 425 degrees. Blend flour, salt, butter and shortening together using food processor, forks or fingertips. Add ice water 1T at a time until dough comes together into a ball. Gather into a disk, wrap and chill. Line 9" pie tin with dough, parchment and pastry weights. Bake 5-8 minutes or until set. Remove weights and parchment. Reduce oven temp to 400.

Line pastry shell with sliced tomatoes, sprinkling each layer with seasonings and herbs. Mix mayo and cheese together in separate bowl; spread over tomatoes, taking care to seal edges of pie crust well with mayo mixture. Bake 20 minutes at 400 degrees. Serve immediately.

### Okra tips

- We've shared a couple of recipes. In summary, you can stir fry, deep fry, boil or steam them.
- Ramsey's has a great dish where they mix steamed okra with chopped tomatoes and corn kernels for a tasty colorful mix
- Stir frying in a small amount of oil to a brown color carmelizes the natural sugars and tastes good.