

For basket pickup August 4th and 5th, 2010

Berries on Bryan Station CSA News



Awesome Tomatoes!

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This Week's Basket

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

Blackberries

We will have blackberries only this week and next, so enjoy them while you can! We will pick as many berries as time allows. Members may pick more berries during their scheduled pickup time (4 to 8 PM) either pickup day.

Tomatoes

It's a big week for tomatoes! Each member can choose from an excellent selection!

All of our tomatoes are "heirloom". These are varieties which families maintain for taste, shape and color over many seasons. The closely guarded seeds are available only from its original family source, or a few rare seed merchants.

Tomatoes, peppers and potatoes all originated in the mountains of Peru. Native Incas still preserve

these vegetables by walking on top of them with their feet to press out the juices. In the thin dry mountain air, the veggies dry out and are stored for winter use.

The Spanish began their spread across the world. They took seeds north to Central America on military campaigns, where they met Portuguese traders. The traders took seeds all around the world as they moved from port to port.

In each country the local people developed their own varieties from the original seed stock.

In Europe, tomatoes made it as far north as England, where they were grown in greenhouses as ornamental curiosities.

Because they are in the Nightshade family, for many years tomatoes were thought to contain strychnine, a poison that stops the heart. In the US, people began to eat tomatoes only in the 1860's when a Mr.

Johnston publicly ate tomatoes on the courthouse steps.

Heirloom tomatoes are \$4 per pound at Farmer's markets. Their superior flavor and texture make them very popular. Their thin skins make them highly perishable.

Some of the varieties we grow are: Jeanne Flambé, Brandywine, purple Russian, golden jubilee, mortgage lifter, pineapple and others.

Herbs

We have Holy basil, nufar basil, oregano, parsley, rosemary, and sage. Holy basil is named for its home, Jerusalem.

Cut Flowers

You may choose bouquet of zinnias and sunflowers.

Choice Table

Choose from peppers, okra, red and French green beans, kale, Swiss chard, cucumbers, beets and summer squash this week.

Next Week:

Tomatoes
Peppers
Blackberries
Beans
And More!

HAPPY BIRTHDAY ERIK!!!

Guess Erik's Age and Win A Tomato!

A reliable source has informed the staff of the newsletter that Erik's birthday is this Friday. This source also states that if you can guess Erik's age, she will add an extra big fat juicy heirloom tomato to your basket! No password or identification codes needed! Just you're your guess! Happy Birthday Erik! We wish you many more!

In Search of the Home of the Thistle!

Last month, Erik and Gayle decided that they didn't have enough weeds at the farm, so they visited the home of the Thistle, Scotland! Here, Gayle shares a short article about the trip.

Erik & Gayle enjoyed exploring Scotland. Edinburgh is a beautiful city with a castle on a hill, a port and lots of parks including a mountain just outside the city limits. It is a great walking city, everyone was very friendly. You'll see our photo with a history teacher displaying his William

"While it was refreshing to explore another area we are very glad to be back home at the farm!"



Wallace.

We learned firsthand why everything is lush and green...it rains just about every day for an hour or so. We explored to the north up by Inverness and Loch Ness (no signs of Nessie) and over to beautiful Isle of Skye. A few times we got misted on and we got completely drenched on a hike through the moors. We enjoyed a bike ride to a ruined castle.

Throughout the trip we noted a focus on

restaurants serving local specialties and supporting local farmers. Yeah! We enjoyed soups such as cock-a-leekie and Leaky-Potato and Cullin Skink (interesting names) and dared to try haggis (not bad).

The time off from weeding helped the skin on Erik's arms and legs to heal.

While it was refreshing to explore another area we are very glad to be back home at the farm!



The Cooking Corner



Gayle calls it “The Tomato Zone”, and she’s just about right! Wasn’t it great to have all those tomatoes last week? And no doubt, we’ll be getting more this week and for several weeks to come! Ahhhhh! This week there will also be the first few eggplants and peppers as well. When these vegetables come along, you know it’s the height of summer, and good summer eating is has arrived!

Right now, we’re focusing on recipes using these old friends. Got a great recipe featuring tomatoes or peppers or eggplant? Send it in! My email address is djo@insightbb.com, or you can also find me on Facebook (Deborah Outland). My phone number is 361-7740.

Scalloped Tomatoes with Croutons



Here’s a recipe that’s perfect for this time of year, or for some of your home-frozen tomatoes this winter. The recipe is from Ina Garten, via one of my favorite blogs, The Smitten Kitchen. It’s simple to make, and you can see from the ingredients that it has to be good. In fact, it’s just about heaven in a pan!

3 Tbsp olive oil
2-3 cups sturdy white bread, in ½ inch cubes
2 ½ pounds tomatoes, in ½ inch cubes, with juices
3 cloves garlic
2 Tbsp sugar
Salt to taste
1 tsp fresh ground black pepper
½ cup basil leaves, cut in strips
1 cup grated Parmesan cheese

Preheat the oven to 350°F. Heat olive oil in a large sauté pan over medium-high. Add the bread cubes and stir so that they are evenly coated with oil. Cook cubes, tossing frequently, until toasty on all sides, about 5 minutes.

Meanwhile, combine tomatoes, garlic, sugar, salt and pepper in a large bowl. When the bread cubes are toasted, add the tomato mixture and cook them together, stirring frequently, for 5 minutes. Remove from heat, and stir in the basil. Pour into a shallow (6 to 8 cup) baking dish and top with Parmesan cheese. Bake 35 to 40 minutes until the top is browned and the tomatoes are bubbly. Serve hot or warm.

Tomato, Bean and Fresh Mozzarella Salad

This versatile salad is great as is, with some Italian bread.

Also try some of the following ideas:

- Use it as a pizza topping

- Toss it with pasta and make a casserole
- Toss it with cold pasta and some Italian Dressing for a pasta salad
- Make a Panini-style sandwich with it.
- Add Meat, chicken, or other vegetables as your imagination dictates.

This makes a wonderful lunch!

¾ lb fresh mozzarella cheese, cut into ½ inch cubes
1 pound fresh tomatoes
1 15 oz can white beans, rinsed
¼ cup pesto
3 to 4 Tbsp red wine vinegar
Salt and pepper to taste

Chop tomatoes into ½ inch cubes. Combine cheese, tomatoes, beans pesto and 3 Tbsp vinegar. Taste and add more vinegar if desired. Add salt and pepper to taste. This can be eaten immediately, or kept refrigerated for a few days.



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>



Around the Farm...

- We are now using the irrigation system extensively given the dry weather that we have been having.
- Seth Hill, one of our workers, is an entrepreneur and will have peaches for sale. He is selling three peaches for a dollar or \$20 for a box.
- Wade Outland plans to play his Native American flute music for members next week.
- Robin Shliakhau plans to display her Pampered Chef wares during our pickup times this week or next.

Eggplant and Pesto Sandwiches

This recipe combines the lusciousness of Eggplant Parmesan with a kick of pesto on an open-face sandwich. Give it a try!

For each sandwich you'll need:

- A ½ inch slice of eggplant
- 1 slice provolone cheese
- 1 Tablespoon (or more) Pesto
- Tomato and cucumber slices
- 1 slice toasted Italian bread

You will also need:

- 1 egg
- Seasoned Breadcrumbs (about 3 Tablespoons per sandwich)
- Olive Oil

Lightly beat egg in a shallow bowl. Place breadcrumbs on a plate. Dip eggplant slices in egg, then coat with breadcrumbs. Fry breaded eggplant slices in a little olive oil for about 5 to 6 minutes, until they are well browned on both sides, and tender. Add a little more oil when the slices are turned if necessary. Easy does it - eggplant loves to soak up oil!

Lay a slice of cheese over the eggplant, and cover the skillet until the cheese is melted.

Spread Pesto to taste on the slices of bread, top with tomato and cucumber slices, then the eggplant. Serve immediately.

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.

