

## Berries on Bryan Station CSA Farm

Newsletter  
August 5<sup>th</sup> and 6<sup>th</sup>,  
2009



### “Raining on the Garden of Eatin’ ”

#### Inside this issue:

<i>This week's produce</i>	1
<i>Coming Attractions</i>	1
<i>This week's recipes by Deb Outland:</i>	2
<i>This week's recipes by Deb Outland:</i>	3
<i>This week's recipes by Deb Outland (cont'd)</i>	3
<i>Around the Farm</i>	4
<i>This week's recipes by Deb Outland (cont'd)</i>	4

#### Upcoming Next Week:

- Potatoes
- Okra
- More Varieties of Peppers
- Lots of Tomatoes
- Green Beans
- Butternut Squash

#### Welcome to your twelfth basket pickup!

We have another humongous basket ready for you. The rain has not dampened our spirits, we are managing to get out in the torrential rain and harvest lots of goodies for you. This week, you will enjoy:

#### Tomatoes!!!!

This will be another big week for tomatoes.



#### Green Beans

Last week we had plenty for everyone's basket and we hope to do the same this week.

#### Onions

You will be receiving a mixture of dried and

green onions.

#### Beautiful Berries

You will have mainly blackberries with a few yellow and red ones sprinkled in.

#### 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**.



#### Greens

Your bag will contain a mixture of Swiss chard, collard greens, Chinese cabbage, mustard, Tat

sui, bok choi and kale.

#### CHOICE TABLE



This may be the last week for Zucchini and Summer Squash. In addition, we plan to have **green bell peppers, jingle bell peppers, banana peppers, orchid peppers, cucumbers, patty pan squash, fennel, okra, eggplants, and sweet peas.**



## Deb Outland's little corner ...

Can you believe this is our twelfth basket pickup? The bounty of summer is definitely upon us! With all the tomatoes coming in like crazy, I'm going to try and focus on tomato recipes this week, but there will be room for an unusual fruit recipe called Slab Pie... Next week, I'd love to publish Salsa recipes. Do you have any? If so, please send them in to [djo@insightbb.com](mailto:djo@insightbb.com)! You can never have too much salsa!



*Wade did it again, my mouth waters when I see this.*

## Slab Pie

Yes, I know, it's a very strange name! I was a bit doubtful when I read the original recipe for this on Smitten Kitchen, but was intrigued. I kept coming back to look at it, and finally this week, I limbered up my piecrust-making resolve, and boy, am I glad I did! Instead of the original sour cherry filling, I used blackberries

and some frozen raspberries I happened to have in the freezer. Wow! If the folks who invented Pop Tarts had a model for their product, it might have been slab pie. It's fairly thin, with top and bottom crust and a simple glaze on top... But it's many steps beyond a Pop Tart! As given here, the filling is not very sweet. All those wonderful tart berries give it a wonderful tang. If you like it sweet, add more sugar. And of course, it would be great with just about any fruit you can imagine...

6 cups fruit, chopped if not berries.  
 ¼ cup cornstarch  
 Juice of half a lemon  
 Pinch of salt  
 1 cup sugar or Splenda, or to taste (adjust for sweetness/tartness of fruit)

1 ½ recipes of your favorite pie dough, divided into 2 pieces

Heavy cream or egg mixed with 1 Tablespoon water

1 cup Confectioner's sugar  
 2 tablespoons Milk or 1 Tablespoon water and 1 tablespoon lemon juice

Roll out half of pastry to a 12 x 18 inch rectangle. Place it in a 10 x 15 inch pan with sides. Allow excess to drape over sides evenly. Set aside.

Mix filling ingredients, fruit, lemon juice, sugar, salt, and cornstarch in a mixing bowl to combine.

Roll out second half of dough to about 11 x 16. Pour fruit mixture into prepared baking pan, and spread out to an even layer. Try and get a fairly even layer of fruit over the entire surface. Drape second pastry rectangle over pie, and crimp edges to seal. With a fork, prick top of

pie at about ½ inch intervals. Brush top of pie with cream or egg mixture. Bake at 375 degrees for 45 to 50 minutes. The crust should be golden brown, and the filling should be bubbling. Allow to cool about 45 minutes, and then drizzle with glaze. Serve Warm or at room temperature.

Glaze: Combine sugar with desired liquid. Add a bit more liquid if too thick, or a bit more sugar if too thin. Drizzle over pie with a spoon.

*"When baking, follow directions. When cooking, go by your own taste."*

Laiko Bahrs



## Ratatouille

*From The Frugal Gourmet by Jeff Smith*

Ratatouille is just about the perfect summer veggie dish! If you make up a big pot full, you can use it in every imaginable way, from a side dish to something wonderful as a main dish. Basically it's just a stew of fresh summer vegetables—eggplant, squash, tomatoes, onions, peppers and olive oil. You can make fabulous pizza-like dishes with it, top a cheese omelet with it, or just have it plain for a light and delicious lunch. It re-heats well, but when frozen, it tends to be a bit watery in my experience, although it still tastes great.

1 egg plant  
 2 Tablespoons salt  
 Olive oil  
 4 cups chopped zucchini or summer squash  
 2 large onions, chopped coarsely  
 1 green sweet pepper  
 3 to 4 medium tomatoes cut into cubes  
 Basil  
 Cilantro  
 Cut eggplant into ½ inch cubes. Toss with 2 Tablespoons salt. Place salted eggplant in colander and allow to drain for 30-45 minutes to remove some of the liquid.  
 In a Dutch oven, saute the squash (also cut into ½ inch cubes) in a generous amount of olive oil (the original recipe calls for ¼

cup, but I'm not that generous!). Saute for 5 minutes, and then add the onions and green pepper. Continue to saute for about 15 minutes longer.

Meanwhile, in a skillet or saute pan, saute the drained eggplant for about 15 minutes in a small quantity of additional olive oil. Cook for about 15 minutes, and then add to the squash mixture. Place tomatoes in skillet and saute them for a minute or two, then add them to the Dutch oven as well. Add chopped fresh basil to taste (about a tablespoon). Simmer for 45 minutes, and then stir in a little more fresh basil and about half as much cilantro. Correct seasoning if necessary. Serves 8 to 10



## Cherry Tomato Salad with Basil & Fresh Mozzarella

*Serves 4 to 6. Published July 1, 2008. From Cook's Illustrated.*

This fantastic salad works OK with tomatoes other than cherry, if you're careful to drain the liquid carefully and thoroughly. It is fast, easy, and fantastic!

2 pints cherry tomatoes, ripe, quartered (about 4 cups) (see note)  
 Table salt  
 1/2 teaspoon sugar  
 1 medium shallot, minced (about 3 tablespoons)  
 1 Tbsp. balsamic vinegar  
 2 Tbsp. extra-virgin olive oil  
 Ground black pepper  
 1 1/2 cups lightly packed

fresh basil leaves, roughly torn  
 8 oz. fresh mozzarella cheese, cut into 1/2-inch cubes and patted dry with paper towels

Toss tomatoes, 1/4 tsp. salt, and sugar in medium bowl; let stand for 30 minutes. Transfer tomatoes to salad spinner and spin until seeds and excess liquid have been removed, 45 to 60 seconds, stirring to redistribute tomatoes several times during spinning. Return tomatoes to bowl and set aside. Strain tomato liquid through fine-mesh strainer into liquid

measuring cup, pressing on solids to extract as much liquid as possible. Bring 1/2 cup tomato liquid (discard any extra), shallot, and vinegar to simmer in small saucepan over medium heat. Simmer until reduced to 3 Tbsp., 6 to 8 minutes. Transfer mixture to small bowl and cool to room temperature, about 5 minutes. Whisk in oil and pepper to taste until combined. Taste and season with up to 1/8 tsp. table salt. Add basil, cheese, and dressing to bowl with tomatoes; toss gently and serve.



## Berries on Bryan Station CSA Farm

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## Around the Farm

- Andrei's Photography has cards on display near the pickup table. They are \$3.75 each or ten for \$30.
- 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.
- Thank you in advance for returning the clamshell containers!
- Grant won a number of blue ribbons and two purple "Best of Show" ribbons at the Bluegrass Fair for veggies that he helped grow. You are eating "Award Winning Veggies"!!!!



Go, be strong and of good courage from eating our healthy food! We'll see you this week!

## Slow-roasted Tomatoes

A home-made version of sun-dried tomatoes, these are perfect to make with extra tomatoes from the farm that you don't eat right away. They are good when made, but freezing them in small containers (say a cup of tomatoes per container), will yield intense fantastic tomato flavor in foods all winter long. Feel free to improvise the herbs you prefer in this very free-form recipe. When cooking with these, a cup should yield more intense flavor than a whole can of diced tomatoes in juice, but you may want to add a bit of water if you are

concerned with the liquid content of the recipe.

Small to medium-sized tomatoes

Fresh herbs of your choice

Salt and pepper, if desired

Garlic cloves, chopped coarsely

Olive oil

Cut tomatoes in half. If some are bigger, cut into pieces of about the same size as the halved smaller tomatoes. Place in a large bowl. Drizzle with a little olive oil. The object here is to coat the tomatoes lightly with

oil. Add chopped fresh herbs and garlic. Mix to coat tomatoes with herbs and oil. Prepare a large rimmed baking sheet by coating it with nonstick spray. Place tomato pieces on it, peel side down. If you want, very lightly salt and pepper the tomatoes. Bake in an oven set to 225 degrees. Depending on just how big and juicy your tomatoes are, it may take as little as 5 or as much as 10 hours to get them roasted. If you're using sauce tomatoes, like Roma, they may not take more than 5 hours. If you're using

beefsteak tomatoes, it may take 10. They are done when they have shriveled up considerably, but are still juicy in the middle. If some are done sooner than others, just take them out and put them in a bowl in the refrigerator.

**"There is no love  
sincerer than the  
love of food."**

-George Bernard  
Shaw