

## August 6<sup>th</sup> and 7<sup>th</sup> 2008 Newsletter

### *Berries on Bryan Station CSA Farm: Happy Birthday Erik!*

Welcome to your thirteenth basket pickup!  
**Be sure to wish Erik a happy birthday!** Gayle will have a special prize for those who can guess his age.

#### **Sweet Corn**

We are pleased to offer you sweet corn from a farmer that lives south of here about 50 miles. While it is not organic, we feel comfortable enough with his growing technique that we went and picked these fresh. We've learned first hand that it is very frustrating to try to raise corn organically. Some of our nearby farmers had trouble with their crop this year so we networked to this farmer named Sam.

We recommend that you eat the corn today or tomorrow. Refrigerating it keeps it fresh. We have a few recipes suggested.

#### **Tomatoes**

We have a veritable potpourri of heirloom tomatoes ranging in color from yellow to pink to red to purple with some striped ones to boot. The Arboretum is holding an Heirloom Tomato tasting/seminar on Aug 9 from 10 to 2, so you can attend if you'd like to become more informed. Often the "funny color" tomatoes taste the best!

#### **Peppers**

Our heirloom varieties of Jingle Bell, Sweet Habanero and Orchid peppers are all stepping up yield. If a pepper is in your basket, then it is a sweet variety. Hot peppers will always be on the Choice table to avoid unpleasant surprises. Our jalapeno varieties are also bountiful if you wish to make some fresh salsa.

#### **Blackberries**

Enjoy the end of the harvest! Raspberries should start within 3 weeks and last through September.

#### **Choice Table**

Today you can choose from the following:

- New leaf lettuce
- Green beans
- Zucchini and squash
- Okra
- Eggplant
- Hot peppers

#### **Herbs**

We are offering basil, dill, swiss mint, marjoram, cilantro, oregano and rosemary.

#### **Onions**

Chop with tomatoes, peppers and cilantro for home made salsa.

#### **Flowers**

You can choose from gorgeous sunflowers, gloriosa daisies, cosmos, and zinnias.

#### **Veggie Tales**

- Feel free to walk the farm and see how the crops are faring
- Let us know if you would like any tomato "seconds" for making sauce at home
- We will plan 2 U-pick raspberry days in Sept, asking members to choose 1 day.
- We certainly have gained appreciation of the challenges involved in starting a small business. Many of our members also run small businesses from fixing cars to fixing teeth. We propose to make a flyer for our members of services offered by other members. Please share a brief description and contact info w/Erik and we'll compile.

Thank you for keeping your "veggie dollars" local. Go forth and be healthy! We'll see you next week!

Erik Walles & Family (Gayle, Brett & Grant)

#### **Berries on Bryan Station Farm**

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#### **RECIPES**

##### **Traditional Boiled Corn on the Cob**

Start 4-5" of water boiling in a 4-6 quart pot. Add salt as an option to boil the water hotter. Husk the corn and square the ends. Place in boiling water and once it restarts boiling, time for 4 minutes.

## **Parmesan Corn on the Cob**

Ingredients:

1/4 cup melted butter  
1/4 cup grated Parmesan cheese  
1/2 tsp. Italian herb seasoning  
4 or 5 ears sweet corn, husked  
1/4 cup water

Preparation: In a bowl, combine the butter, Parmesan and Italian herbs. Place husked corn, ends cut straight across, in a shallow microwave-safe dish. Add water, cover with vented plastic wrap or a glass lid, preferably. Microwave on high for 10-13 minutes, turning dish once. Let stand, covered, 5 minutes. Drain ears and brush with the butter mixture. No salt should be necessary because the cheese is salty. Yield: 4 or 5 servings. *Taste of Home's Quick Cooking Annual Recipes*

## **California Succotash**

Ingredients:

3 Tbs. butter  
1 bunch green onions, chopped (white parts only)  
1 lb. yellow summer squash  
Salt  
1 sprig fresh thyme  
10-oz. pkg. frozen baby lima beans, thawed  
1/2 cup water  
2 ears sweet corn, husked  
1/2 lb. cherry tomatoes  
1/4 cup torn fresh basil leaves

Preparation: Combine the butter and green onions in a large skillet over medium heat and cook to soften onions. Quarter summer squash lengthwise and slice thinly. Add to skillet with salt, as desired but no more than 1 teaspoon, the thyme leaves scraped with thumb and forefinger from stem.

Cover skillet and cook on medium-high, stirring occasionally, until squash has softened, about 10 minutes. Meanwhile, slice corn kernels from cobs. Add to skillet with the thawed lima beans and water (or chicken broth). Scrape the cobs with an inverted tablespoon, adding the milky bits to the skillet. Slice tomatoes in half and add to skillet; heat through. Add basil and serve. Yield: 6 servings

Recipe adapted from *How to Read a French Fry and Other Stories of Intriguing Kitchen Science* by Russ Parsons, Los Angeles Times food editor.

## **BAKED TOMATOES**

1 pt. tomatoes, slightly chopped or mashed  
1 1/2 c. sugar  
2 tbsp. flour  
3 slices bread, crumbled  
1/2 to 1/4 tsp. cinnamon  
1/4 stick butter, melted in baking pan  
1/2 tsp. salt  
Mix dry ingredients and crumbled bread. Add tomatoes. Pour in baking pan or glass dish. Bake at 350 degrees until firm. Printed from COOKS.COM

## **BAKED WHOLE TOMATOES** (Gayle's favorite)

Cut slice from stem ends of 4 medium tomatoes  
Combine 1/4 cup dry bread crumbs, 1/4 cup grated Parmesan cheese, 1/4 cup melted butter, 2 tablespoons finely chopped green onions, 1 teaspoon salt and dash of pepper. Top tomatoes with cheese crumb mixture; bake at 350 degrees for 30 minutes. Sprinkle with additional Parmesan. Printed from COOKS.COM

## **TOMATO SAUCE Comments**

Many people feel uncomfortable with canning tomato sauce, so we would like to share the approach of freezing your sauce in heavy weight plastic ziplock bags. Here is our approach:

1. cut off any bad sections of tomato and add to a large pot in chunks
2. simmer for several hours, then cool for handling
3. Use a handheld Foley FoodMill to separate out the seeds and skin.
4. At this point you can either ladle the sauce into bags or simmer longer. We typically simmer longer, adding sprigs of oregano and chopped peppers. Once the sauce is at desired consistency we place in bags, label and freeze.