

August 8th & 9th 2007 Newsletter: *Berries on Bryan Station CSA Farm* “Better Food for a Healthier You from your Personal Farmers”

Welcome to your lucky thirteenth basket pickup!

Tomatoes

This week features Beefsteak, Marglobe, yellow plum, cherry, Sweet 100 and Rutgers; all grown by organic practices.

Cucumbers

Eat these fresh in your salad or add a fresh crunch to a pasta salad or to a sandwich. Please see the recipe suggestions on the back.

Peppers

Our heirloom types include sweet ones: Jingle Bell, Orchid, Sweet Chocolate, and Bell. Our hot ones are: Fish, jalapeno, Beaver Dam and Hinkelhaus.

Summer Squash

These continue to be nice and tender.

Zucchini Squash, green and yellow

August 8th is national “Sneak some Zucchini to your Neighbors Porch” day. We are including recipes on the back again this week

Cut Flowers

We plan to offer a variety of flowers each week through the end of the season: zinnias, sunflowers, cosmos and gloriosa daisies. Get your vases ready!

Herbs

This week your choice of culinary herbs includes oregano, dill, basil, rosemary, swiss mint, lemon balm and parsley.

Green Beans

We picked at least a pound for everyone of the Roma variety and Concessa variety.

Choice Table

You can choose from eggplant, sweet corn, spaghetti squash, blackberries, leaf lettuce, yellow wax beans, okra, swiss chard and extra tomatoes. Please feel free to request onion and/or garlic which we have drying here in the barn.

Local Honey

Offered for sale from one of our members who helps us with our bees.

Around the Farm

- Andrew took the lead this week, allowing Erik and his family to attend a family reunion in Michigan. Thanks Andrew!

Thank you for being a member!

Your personal farmers,

Erik Walles & Family (Gayle, Brett & Grant)
Andrew English and James Shropshire

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RECIPES

Cucumber-Dill Salad

- 1 seedless European cucumber, or 2 American cucumbers
- 3 tablespoons cider or white vinegar
- 1 tablespoon sugar
- salt and freshly ground black pepper
- 1 small red onion, sliced and broken into rings
- 3 tablespoons finely chopped fresh dill

Wash the cucumber(s) and partially remove the peel in lengthwise strips using a vegetable peeler or fork and leaving a little skin between each strip. Thinly slice the cucumber widthwise. Place the vinegar, sugar, salt, and pepper in a bowl and whisk until the sugar is dissolved. Add the cucumber, onion, and dill, and toss well. The salad can be served at once, but it will improve in flavor if you let the ingredients marinate for 5 minutes.

Shrimp & Cucumber Stir Fry

Ingredients:

- 2 large cucumbers, peeled
- 3 T salad oil
- 2 T minced fresh ginger
- 1 clove garlic, minced
- 1/4 cup (2.5oz / 70.87 grams) minced green onions (including tops)
- 1 pound (453.6 grams) medium-sized shrimp, shelled and deveined
- salt
- cooking sauce(recipe follows)

Prepare cooking sauce and set aside. Cut cucumbers in half lengthwise; scrape out and discard seeds. Cut each cucumber half crosswise into 1/4 inch thick slices.

Place a wok or heavy pan over high heat. When wok is hot, add 1 tablespoon of the oil. When oil is hot, add cucumbers and 1 tablespoon of the ginger; stirfry until cucumbers are tender-crisp to the bite (about 3 minutes). Pour onto a platter and keep warm.

Pour remaining 2 tablespoons oil into wok. When oil is hot, add garlic, remaining 1 tablespoon ginger, onions, and shrimp; stirfry until shrimp is cooked through (about 3 minutes).

Stir cooking sauce, pour into wok, and stir until sauce boils and thickens. Season to taste with salt, then pour over cucumbers.

Cooking Sauce: Stir together 3 tablespoons dry Sherry or regular -strength chicken broth, 2 tablespoons distilled white vinegar, 1 1/2 tablespoons soy sauce, 1 teaspoon cornstarch (corn flour or potato flour), and 1/2 teaspoon sugar.

Stuffed Zucchini w/Sausage

INGREDIENTS:

- 4 medium or large zucchini
- 1/4 pound pork sausage
- 1/4 cup chopped onion
- 1 clove garlic minced
- 1/2 cup Parmesan cheese
- 1/2 cup crushed saltine crackers
- 1 egg, lightly beaten
- 1/4 teaspoon dried leaf thyme, crumbled
- 1/4 teaspoon salt, or to taste
- dash pepper

PREPARATION:

Cook whole zucchini in boiling salted water until just tender, about 6 to 9 minutes. Cut each zucchini in half lengthwise; scoop out squash, mash, and set aside. Place shells in a shallow baking dish; set aside. In a heavy skillet over medium heat, cook sausage with chopped onion; drain off excess fat; stir in mashed zucchini.

Reserving 2 tablespoons of Parmesan cheese for topping, add remaining Parmesan cheese to the meat mixture along with remaining ingredients. Mix well. Spoon mixture into zucchini shells; sprinkle stuffed zucchini with the reserved 2 tablespoons Parmesan cheese. Bake stuffed zucchini at 350° for 20 to 30 minutes.

Skillet Green Beans w/Peppers

INGREDIENTS:

- 16 ounces green beans, cooked
- 1 red bell pepper, sliced in strips
- 1 yellow or orange bell pepper, sliced in strips
- 1 small onion, halved and sliced
- 2 cloves garlic, minced
- 2 tablespoons butter
- salt and pepper

PREPARATION:

Melt butter in a large skillet over medium-low heat. Add cooked green beans, peppers, onion, and garlic. Cook slowly, stirring, until peppers are crisp tender, about 8 to 10 minutes. Add salt and pepper to taste.

Foil Wrapped grilled Veggies

Mix the following in a bowl:

- 2 1/2 pounds new potatoes, thinly sliced
- 1 large sweet potato, thinly sliced
- 2 Vidalia onions, sliced 1/4 inch thick
- 1/2 pound fresh green beans, cut into 1 inch pieces
- 1 sprig fresh rosemary
- 1 sprig fresh thyme
- 2 tablespoons olive oil
- salt and pepper to taste
- 1/4 cup olive oil

Use 2 layers of foil and place a mix of the veggies and fold to make a packet. Cook on a hot grill (not flaming) for 20-30 minutes. Turn 2-3 times.