

July 1st and 2nd 2009 Newsletter

Berries on Bryan Station CSA Farm: "Tasty Food for You"

Welcome to your seventh basket pickup!

Strawberry Red, Black and Golden Raspberries

We're excited that our prolific strawberry red raspberries and blackberries are starting to ripen. Their bushes are loaded with fruit about to ripen!

Summer Straightnecked Yellow Squash and Zucchini

We have loads of these beauties for you! Or, as my New Zealand helper would say, "Heaps!".

Greens

Your bag of greens contains a mix of collards, Swiss chard, Chinese cabbage, kale, and mustard for sautéing.

Green Onions

The bulbs are getting bigger every week. You can still use all of the green stems as well.

Choice Table

Cucumbers are starting to be ready! Other choice **garlic**.

Herbs

basil, chives, borage, English thyme, swiss mint, basil, rosemary, sage, dill, oregano, and lemon balm.

Around the Farm

- We appreciate volunteers! Thanks this week to Bekki Woloch and Deb Outland for helping out. Annette Fischer will be converting our newsletters to pdf format so that they are easier to send.
- Natasha Druggan had her last day at work here and is off to the Naval Academy near Washington, D.C for her "real" boot camp.
- We have been weeding like you can only imagine, and it's nicer that way since it is tough work. Misery likes company and we have had about six people every day to help out. The new plot next to Bryan Station road looks great! All of our irrigation lines have been connected and are being used extensively.
- The hoop house has been renovated, replanted and closed up again. We turn on the drip lines there frequently to keep it nice and humid inside for the plants to thrive. The greenhouse has been replanted as well.

- Andrei's cards are on display as you pick up your basket. You can also check out Andrei.photography@gmail.com for custom matting and framing of nature and portrait photography.
- Bill Pence's fresh, natural, range fed chicken eggs are available every week for \$3 per dozen or two dozen for \$10.

Go forth and be healthy! We'll see you next week!

Erik Walles & Family (Gayle, Brett & Grant)

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Coming Attractions!

Potatoes are nearly ready! Also, beans and other summer delights are coming along soon. We're already starting the berry season, and blackberries are beginning to come into season.

If you have a recipe to share, comments on the current or past recipes, or quick and easy ways to prepare foods from Berries on Bryan Station, send it to us, and we'll be sure to post it in the newsletter and on the web site. Mail to: djo@insightbb.com or Erik at the above address.

This Week's Recipes from Deb Outland

In the following weeks, I'm hoping to share several types of recipes here. First, of course, is healthy recipes. If you have low-fat, low-carb, low-sodium, or just plain old "good for you" recipes, please share them with us!

I'm also hoping to share recipes you remember from childhood. The ones your Grandmother used to make, or your Mom: the ones that meant "summer" to you when you were a child. These can only come from you, and don't forget to let us know where you got the recipe, and the memories it stirs.

Finally, any recipe that uses the things from Berries on Bryan Station will be gratefully appreciated.. If you or your family thinks it's terrific, send it in! Since we're so fortunate to have an amazing array of herbs, tell us your favorite way of using them. It doesn't

even have to be a recipe, just a short "cooking tip" on its use would be wonderful.

Squash is "where it's at" this week. The yellow squash is a bumper crop, and the zucchini isn't far behind! Stir-fries are great with a bit of squash added, and it's good just steamed as well. The Summer Squash Medley (below) is another extremely easy way to have squash that is more than just a plain Jane side dish. Those microwave steaming bags are ideal for squash, peas and lots of other goodies. Just put the vegetable in the bag, add a bit of seasoning (salt, Molly McButter, butter, etc), and microwave based on the timing directions on the bag. Fast, easy, and no pan to wash! The bags we use are from Zip-Lock, but I'm sure there are other brands out there. For edible pod peas, I use just less time than for asparagus (peas aren't listed on the bag, but asparagus is).

In addition to these quickie ideas, here are some slightly more involved dishes to enjoy squash in:

Italian Sausage and Zucchini Soup

I don't remember anymore where I found this recipe, but it is truly one of our favorite soups! It's no longer quite like the original, but wherever it came from, Thank YOU! Served with garlic bread, it is a wonderful dinner, either for your family or for casual company.

5 links sweet Italian turkey Sausage
olive oil, for browning sausage
1 onion, diced
1 bell pepper, diced
1 T finely chopped fresh garlic
4 cups diced zucchini
6 cups chicken stock
2 16-oz can diced tomatoes
1-2 cups water
2 tsp. dried oregano
2 tsp. dried basil
1 cup macaroni
3 T minced fresh basil
fresh grated parmesan cheese for
topping soup

Remove the sausage from the casing and brown like ground beef in a medium stock/soup pot. Make sure the meat is well-browned, as the browning of the meat is important to the flavor of the soup. If needed, add a small amount of olive oil so that meat can "fry" in it a bit and

develop crusty bits. Once the sausage is browned, add onion, and pepper. Continue to cook until the onion and pepper are softened. Add garlic and sauté another 30 to 60 seconds, until the garlic is fragrant.

Deglaze pot with a cup or so of water, then add stock, tomatoes, dried herbs (may also use fresh here, or course). Bring this mixture to a simmer. Simmer for 30 minutes.

Meanwhile, cut zucchini into ½ inch cubes. Add squash to soup and simmer an additional 15 minutes.

Add macaroni, and gently boil until pasta is cooked, 10 to 15 minutes more. Stir in fresh basil, and serve with freshly grated Parmesan cheese.

Note: About ¾ cup of pesto instead of the basil takes this soup to a whole new level! We make pesto in the summer and freeze it. That's about like having little blocks of frozen summer!

If you use turkey Italian Sausage and Dreamfield's pasta, and only a moderate amount of parmesan cheese, this soup would be a great choice for phase two or three of The South Beach Diet. I think you could make a pretty great tasting soup for phase one by leaving out the pasta and replacing it with a can of white beans or garbanzo beans if you wanted to try it. In any case, it's a fairly low-carbohydrate main dish.

Summer Squash Medley

Provided by Grocery Shopping Network

I found this recipe on AOL Food, an internet site. It is simple, quick, and great with fresh herbs (rosemary, basil and oregano instead of the dried Italian mix

called for here), and, of course, squash! The rule of thumb for substituting fresh herbs for dried is 1 Tablespoon of fresh herbs for every 1 Teaspoon of dried. Fresh herbs are best if added later in cooking than dried herbs, as they have more nuances that can be destroyed by over-cooking.

1 tsp olive oil
1 medium onion
2 cloves garlic, minced or pressed
2 medium zucchini (about 6 oz each)
2 medium yellow squash (about 6 oz each)
1 can (14-1/2 ounces) Italian-style stewed tomatoes
2 tsp dried Italian seasoning
Salt and black pepper to taste

1. Heat the oil over medium heat in a 2-quart saucepan that has a lid. Meanwhile, peel and thinly slice the onion, adding it to the pan as you slice. Stir occasionally. Add garlic and continue to cook until fragrant.

2. While the onion and garlic cooks, slice the zucchini and yellow squash into 1/4-inch or thinner circles. Add them to the pan as you slice.

3. Raise the heat to medium-high and add the tomatoes and Italian seasoning. Stir gently, cover, and bring the mixture to a boil. Immediately reduce the heat to medium-low and cook 10 minutes, or until the squash and onions reach the desired tenderness.

4. Remove from the heat and season with salt and pepper. Spoon the vegetables, with some of the juice, into small bowls to serve.

Tex-Mex Summer Squash Casserole

Even non-squash eaters might like this one, especially if they are Tex-Mex fans. I think I may try it with chopped leftover chicken one of these days soon. Oh! And what about some fresh cilantro from Berries on Bryan Station on top as well?

2 1/4 pounds summer squash
2/3 cup finely chopped yellow onion
1/4 teaspoon garlic powder (or 1 clove fresh garlic, pressed)
1 4-ounce can chopped green chilies
1 4-1/2-ounce can chopped jalapenos
1/2 teaspoon salt
2 1/4 cups grated extra-sharp Cheddar cheese
1/4 cup all-purpose flour
3/4 cup mild salsa
4 scallions
1/4 cup finely chopped red onion

1. Preheat oven to 400°F. Coat a 9-by-13-inch baking dish with cooking spray.

2. Combine squash, onion, garlic, chilies, jalapenos, salt and 3/4 cup cheese in a large bowl. Sprinkle with flour; toss to coat. Spread the mixture in the prepared baking dish and cover with foil.

3. Bake the casserole until it is bubbling and the squash is tender, 35 to 45 minutes. Spoon salsa over the casserole. Sprinkle with the remaining 1 1/2 cups cheese. Bake, uncovered, until golden and heated through, 20 to 30 minutes. Top with scallions and red onion.

Grandma Pattie's Fresh Berry Pie

We probably all think that our Grandmothers are the best cooks in the world. Of course, they can't all be, but I bet my Grandmother Pattie ranks right up there! This easy and utterly, sinfully delicious recipe was the high point of Blackberry season for our family.

1 quart berries, blackberries, raspberries, blueberries, even strawberries.

Sugar

Pie crust for a 2-crust pie, divided into 3 pieces, or into several smaller ones for individual serving portions (see instructions)
Whipping cream and/or Ice Cream

Clean and put the berries in a bowl. If using strawberries, cut them up a bit, so the pieces aren't too big. Add sugar to taste, about ½ cup or so. If you prefer really sweet berries, add more. Stir to slightly bruise berries, and allow to sit for about an hour on the counter. Berries should exude juices and make a thin sauce.

Meanwhile, bake the piecrust flat. You can either make rounds the size of a pie plate bottom, or cut into serving-size squares. You will need 3 rounds for the pie pan, or 3 times the number of servings you're planning, of the squares. Dampen the tops by patting with a little water on your fingers, then sprinkle very lightly with sugar. Bake until light golden brown and crispy.

To assemble, place a round of crust in the bottom of the pie pan (or square in the serving dish), top with 1/3 of berries (for pie), then repeat layers to use up crust and berries. Don't waste any of the juices; just drizzle any extra over the top of the pie.

The above procedure should be done within an hour or two of serving the pie. To serve, top with sweetened whipped cream. It's also good with ice cream. Refrigerate any leftovers.

Simple Summer Fresh Fruit Pie

The original of this recipe comes from Zonya Foco, who has a lovely show, Zonya's Health Bites, on PBS. I've experimented with this recipe a lot because it's good, easy, and I don't always have fresh fruit around. It's basically concentrated Jello and Jello Instant pudding combined with fruit in a graham cracker crust. So, just pick your Jello flavor to enhance or compliment your fruit, and either place bite-sized pieces of fresh fruit, or more finely-chopped frozen or canned fruit with it. In winter, I just chop a single bag of purchased frozen strawberries, raspberries, or peaches in the food processor while still frozen, and

add them to the Jello. Otherwise, with fresh fruit, just follow the recipe as written below. It all takes about 5 minutes, but you do have to let it set for a couple of hours before serving. As deserts go, it's about as "diet" as it gets, but it doesn't taste that way!

1 large box sugar-free Jello
1 large box sugar-free vanilla Jello
Instant pudding Mix
2 cups boiling water
1 ½ cups non-fat milk
2 pre-made graham cracker crusts
1 to 2 quarts of fresh, canned or frozen fruit of your choice

Combine boiling water with Jello and stir to dissolve gelatin. Let cool slightly while you get the fruit ready. Chop fresh fruit into moderate-sized pieces, and place in a large bowl.

Combine pudding mix with milk, and whisk until beginning to thicken. Add somewhat-cooled Jello mixture and stir to combine. Pour sauce over fruit and stir to combine. Divide fruit and sauce evenly between pie crusts, cover, and refrigerate 2-3 hours before serving.

Note: You can really pile on the fresh fruit if it's in chunks, but if using finely chopped fresh (yes, my husband LIKES it this way), frozen or canned fruit, be sure not to use quite as much fruit, or you'll overflow your pie crusts.

Enjoy!

***Thank you in advance for sending
Deb Outland your favorite recipes
to share with our Berries on Bryan
Station CSA Farm community to:
djo@insightbb.com***