

July 13-14 2006 Newsletter

Berries on Bryan Station Farm

“Better Food For a Healthier You”

Welcome to your ninth basket pickup!

UK Professor Tim Woods asked if he could sample 2 types of organic blueberry jam to you all this week for your feedback. If a good number of you fill out the cards on the jam, then he will sample other organic products during the season such as blueberry vinegar and dried blueberries. I took a class in Ag Business that Tim co-taught.

Choice Table

This week we will continue the use of a table where you can choose an additional vegetable for your basket. (Full bushel members pick two items). This week our choices include **broccoli, cabbage, eggplant, beets**, a few **sweet corn** and **red potatoes**. All organic and fresh from our farm.

Green Beans

Beans are the bumper crop this week! We have harvested *over 100 pounds* of several varieties of climbing and bush beans: Blue Lake, Half Runner, and Bronco beans. They are delicious fresh or steamed lightly (5 minutes works well). Some people enjoy topping them with sliced almonds or an herb such as parsley, cilantro or dill. Some recipes with beans are on the back of this newsletter. Feel free to share your recipes.

Peas

This week features peas that you will want to shell and keep the peas and compost the pods/hulls. Peas are nice steamed lightly. In the next week or two we'll have more sugar snap edible pod peas.

Zucchini and Summer Squash

We are entering our fourth week of bumper crop, and we are now picking them every other day. You can store these up to one week in a plastic bag in your fridge.

Peppers

Bell peppers and sweet banana peppers are forming nicely. The red peppers will take longer to ripen. If you like hot peppers, let us know.

Herbs

Each week we will have a selection of herbs cut on the same day. You can choose from: Basil, Catnip, Cilantro, Lavender, Lemon Balm, Mint, Oregano (several varieties), Parsley, Rosemary, Sage (several varieties), Thyme.

Cut Flowers

Your options include sunflowers, zinnias, cosmos, bachelor buttons and daisies.

Cucumbers, Radishes,

Mesculin and Romaine Leaf Lettuces

Salad makings will be a bit lighter this week. Some lettuce varieties have begun to bolt. We are harvesting a second planting of leaf lettuces. The cucumbers are coming in nicely after many tender transplants were lost early in the season to striped beetles. The radishes are tender and can be enjoyed fresh (sliced thin) or steamed.

Around the Farm

- Say “Hi” to Lisa Parks who has been helping us on the farm for the last month. She is visiting local relatives from New Zealand. We appreciate her help very much!
- You may have noticed that we are growing some tobacco near the barn. This is for “fun” since it is part of Kentucky heritage.
- Tomatoes will be with us soon. We estimate there are over one thousand green ones now.

Thanks to everyone for returning your baskets and plastic containers. Have a great week!

Erik Walles & Family (Gayle, Brett & Grant)

Berries on Bryan Station Farm

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Simple Cucumber Salad

The basics:

- 1-2 cucumbers, sliced
- 1-2 peppers, diced
- a few leaves of your favorite herb (try cilantro, parsley or sage)
- 3-4 tablespoons Italian dressing (some people prefer ranch dressing)

Add as desired:

- a handful of green beans, cut to 1" lengths
- a handful of shelled peas
- chopped tomato

Mix and serve cool as a side dish or as a topping to lettuce mix.

Gayle's Veggie Quiche

This low fat recipe can vary depending on what veggies you have on hand. This does freeze and re-heat well. Yes, and "real men" like it!

Crust:

- Grate 3 medium sized potatoes
- 1 tablespoon oil

Filling:

- handful of broccoli florets
- chopped bell pepper
- 1 small onion (can sauté in advance)
- 1 clove garlic (sauté in advance w/onion)
- handful of fresh green beans, 1" length
- 1 cup cheese (low fat cheddar or swiss)
- 3 eggs
- ¾ cup milk (2% milk works fine)
- dash of pepper
- few leaves of sage or parsley, sliced up

Preheat oven to 425. Rub or spray olive oil on glass pie plate. Press the potato gratings into the shape of the pie pan. Bake in oven for 10-12 minutes and then set on counter for adding the filling. Turn oven down to 350.

Saute the onion and garlic lightly.

Fill the quiche: Sprinkle half of the cheese down first. Then add the broccoli, pepper, onion and green beans. Top with the remaining cheese. In a bowl, break open the eggs and add in milk and work with a whisk. Add the pepper and sage (optional to add ½ teaspoon of salt) to the egg/milk mix. Pour the liquid mix into the pie pan and place in the oven at 350.

Bake for 20 minutes at 350 and check to see if the center is solidifying (it may need an extra 5 minutes if the center is still liquidy). Cool for 5-10 minutes before serving.

Green Beans Supreme Casserole

- 2 pounds fresh green beans
- 1 cup sliced mushrooms
- ½ cup chopped onions
- 1 clove garlic, crushed
- 2 tablespoons olive oil (or butter)
- ¾ cup sour cream
- a few leaves of cilantro, parsley or dill
- 1 teaspoon salt
- ¼ teaspoon ground pepper
- ½ cup breadcrumbs
- ¼ cup grated Parmesan cheese

Snip ends of green beans and steam for 4 to 5 minutes. In a skillet, sauté mushrooms, onions and garlic in olive oil or butter until soft. Stir beans together with sour cream. Add salt, pepper and herbs. Turn into 2 qt casserole. Sprinkle top with crumbs and cheese mixture. Bake at 350 for 20 to 25 minutes until top bubbles.

Green Beans & Bacon-Onion Dressing

½ to ¾ pounds fresh green beans
1 quart water with 1 teaspoon salt

Dressing: 1 or 2 bacon slices with 2-3 tablespoons of minced onions

Prepare the dressing by slicing the bacon into ¼" pieces and sautéing over medium-low heat until limp. Add onion and sauté until they are cooked through and the onion is tender. Set aside.

Wash beans and break off ends. Leave whole or cut into 2" lengths. Either steam or boil the beans (we prefer steaming for 5 minutes). Drain when the beans are tender, al dente. Toss with the bacon-onion dressing. Add salt and pepper to taste.

Notes:

- one member pointed out that you can make potato-zucchini cakes by grating a 50-50 mix
- zukes can be pickled like cukes