July 18th & 19th 2007 Newsletter: *Berries on Bryan Station CSA Farm*
"Better Food for a Healthier You from your Personal Farmers"

Welcome to your tenth basket pickup! We have another excellent basket for you!

Blackberries

Blackberries are a great treat today. The Dorman red raspberries are ready for picking now and will be in some baskets as well.

Edible Pod Peas

Andrew and James picked over 80 pounds and there are still more to pick!

Yellow Summer Squash

This is a new item today.

Concesa French Green Beans and Roma Beans

These are two of our favorites!

Tomatoes

We are harvesting some excellent tomatoes from the summer veggie field now. They are looking great!

Swiss Chard

We have both red and green veined varieties. You can eat the leaves in as salad. You may also add them to sautéed onions and garlic and cook them without a lid on the pan until they are "crispy tender".

Leaf Lettuce

The leaf lettuce is coming from the irrigated summer veggie field and is outstanding. We especially like the red leaf lettuce and the one with many interesting shapes and colors.

Peppers

We really like the shapes and appearance of these.

Zucchini Squash

We are giving you lots of beautiful ones!

Grilled Zucchini: Mix two tablespoons of olive oil with crushed garlic, salt, pepper, and fresh chopped herbs in a small cup. Baste both sides of zucchini slices with this using a pastry brush. Grill them on the top rack of your grill.

Steamed zucchini ala Bart: Place zucchini chunks in the bottom of a sauce pan with two tablespoons of water. Cover and steam them for about three minutes. Add fresh dill on top right before serving them.

Zucchini Medley ala Lisa: Toss chunks of fresh summer squash and zucchini in a Ziploc™ bag with your favorite cheese and two tablespoons of olive or canola oil. Bake them at 350 degrees for about 40 minutes. Your children will likely gobble these up before you get to taste them.

Onions

These are still a welcome addition to meals.

Cut Flowers

We have a lovely arrangement of miniature and regular zinnias, cosmos, and gorgeous heirloom purple sunflowers for your enjoyment today.

Herbs

This week your choice of culinary herbs includes dill, basil, rosemary, swiss mint, and lemon balm. Marjoram and parsley will be ready soon.

Choice Table

Gayle is very proud of her beautiful eggplant. There are also cucumbers.

Local Honey

Two of our members, Bev and Nick Nickels, would like to sell their "Kentucky Honey" here. All sales will go directly to them. Bev plans to set up her display this week and will be available for questions. Nick is a very experienced beekeeper and is teaching Erik how to take care of bees.

Gourmet Mushrooms

We have a signup sheet today so that you can order your mushrooms for delivery next week. We will place the order once we have at least three pounds total.

Around the Farm

Despite this area remaining in a severe drought, our veggies are still looking great! We have plenty of water in our own well. We have been running the irrigation constantly. Our melon patch on the top of the hill was just hooked up to irrigation. The young plants there are looking good. We will be mulching them with straw also. The pumpkin patch is taking off. These will be timed to be ready closer to Halloween. Any advice that you care to give on organic control of Japanese beetles will be gladly accepted. We are evaluating Pygol™, which is a mixture of canola oil and a natural Pyrethrin extract of marigold flowers.

We hope that you enjoy today's veggies!

Thank you for being a member!

Your personal farmers,

Erik Walles & Family (Gayle, Brett & Grant)
Andrew English and James Shropshire
Berries on Bryan Station Farm
4744 Bryan Station Road
Lexington, KY   40516
Farm: (859)293-0077
wallese@linkup.us
www.kyagr.com/BerriesOnBryanStation.htm