

# **July 2<sup>nd</sup> and 3<sup>rd</sup>, 2008 Newsletter**

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

Welcome to your eighth basket pickup!

### **Raspberries**

All three of our varieties: red, golden and transparent red varieties are available now. They are delightful. They do spoil rapidly once picked, so please use them right away! They freeze easily inside reclosable freezer bags in case you want to use them later for shakes or smoothies.

### **New Potatoes**

We hope that you enjoyed these last week. Even the small ones are excellent roasted. Simply place them on a shallow metal pan, spritz them with olive oil, and bake them for 30 minutes at 400 F in the oven. You can also bake them on your BBQ grill.

### **Choice Table**

We plan to have edible pod peas, beets, radishes, collard greens, mustard greens, and swiss chard.

### **Herbs**

Our son Brett is in charge of herbs and today you can choose from: English thyme, parsley, cilantro, French tarragon, swiss mint, basil, rosemary, sage, dill, Greek oregano, and lemon balm.

### **Leaf Lettuce**

So far the heat has not made it taste bitter.

### **Spring Onions and Garlic**

These are a nice addition to many recipes.

### **Zucchini(Green and Yellow)**

### **Fabric Grocery Bags**

One of our talented members is taking orders for fabric grocery bags and/or drawstring fabric bags. They are very reasonably priced at \$25 for the whole set of four bags or \$12 for just the three sizes of drawstring bags. This is a great way for you to reduce your carbon footprint!

### **Fresh Lamb**

Eden Meyers from [www.gardenofedenfarms.com](http://www.gardenofedenfarms.com) is taking orders every Wednesday for biweekly delivery during basket pickup times from 4:00 p.m. through 8:00 p.m. Her lamb is the best tasting and highest quality available!

### **Gourmet Mushrooms**

We are taking orders for fresh USDA organic gourmet mushrooms from Sheltowee Farms. They will be delivered next week. You have a choice of Shiitake, Hu, Italian, and Rainbow mushrooms. They are \$14/pound. We enjoy them baked at 325 F for 30 minutes with olive oil, sea salt, and fresh ground

pepper on top. They are awesome! You can see their website at [www.sheltoweefarm.com](http://www.sheltoweefarm.com).

### **Seven Dog Soap**

This handmade soap is a favorite of ours and is made by a sister of one of our members. She is a chemist and is expert at formulating soap to wash cleanly without irritating your skin. Each bar is \$4.

### **Our Own Jams and Honey**

We have been preparing jam in our spare(you're kidding, right?) time. We have strawberry, golden champagne raspberry, and red raspberry jams available at \$7 a jar. Remember, we had to pick a lot of weeds to grow these berries!

We also have our own raw honey for sale as marked on individual packages.

### **A Reminder About Food Safety**

Please remember to lightly rinse all veggies and berries that we give you just to make sure that no uninvited guests are present to give you problems! Proper handwashing, sanitation, and cooking veggies and berries can prevent most problems with bacteria and viruses.

### **Around the Farm**

- We are almost out of cardboard boxes, so please remember to return yours next time!
- Thank you for bringing us clamshell containers, especially the quart size.
- We just completed a major weeding of the red raspberries. It was a major project and would have been so much easier to just use Roundup™, but we're organic!
- We anticipate a bumper crop of blackberries in one or two weeks.
- Please see Erik if you want help arranging car pools to pick up baskets.

Go forth and be healthy! We'll see you next week!  
Happy Fourth of July celebrations!  
Erik Walles & Family (Gayle, Brett & Grant)

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

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