

Berries on Bryan Station CSA News

Newsletter #10
for Basket
Pickups on 21st
and 22nd July,
2010



Summertime, and the Eatin' is Easy...

Welcome to this lovely mid-summer basket pickup. It's hard to believe it's already our 10th week! We have lots of lovely berries and vegetables for you this week! See you Wednesday or Thursday!

Summer Squash and Zucchini



There will be plenty of yellow summer squash and zucchini for your baskets this week. Both squashes make great salad ingredients! Just slice and add a few rounds to your salad great color and taste!

Onions

We'll have more of those wonderful



onions this week. They are very sweet, and fantastic raw as well as in cooked foods.

Blackberries



We'll have some great juicy blackberries again this week!

Choice Table

On the choice

table this week, we'll have greens, okra and cucumbers. It's also possible we'll have a few tomatoes, since word is they're almost ready!

Herbs

The usual fresh herbs will be available this week. Basil, oregano, mint, sage, rosemary, cilantro, tarragon, and lemon balm are among the ones available.

Cut Flowers

We'll have bouquets of cut flowers available again this week.



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Next Week:

TOMATOES!!!

Squash

Beans

Onions

Cucumbers

Herbs

and More!

The Cooking Corner

As I mentioned last week, I'm beginning a new series on cooking equipment. Next week's topic is essential bakeware. I'd like you to consider what is your most necessary bakeware, and why? Send me a short note about your bakeware choices and it will be included in next week's discussion.

Send your comments and recipes to djo@insightbb.com, or call 859-361-7740. I'm also on Facebook as Deborah Outland. Happy Cooking!



Greek Green Beans

If you've ever had green beans at a Greek restaurant, then you know how tasty this style of green beans can be! This recipe is adapted slightly from the web site "Green Beans and More" which has an amazing array of information as well as an extensive list of green bean recipes. The version below will serve 2-3.

Olive oil
1 large onion, chopped
1 clove garlic, minced
1 pound green beans
2 medium tomatoes
1 tsp sugar
Pinch salt
In a skillet, sauté the onions and garlic in olive

oil. Add remaining ingredients, cover, reduce heat, and cook for about 45 minutes until beans are tender.

Remove lid and increase heat for a few minutes if beans have too much liquid at end of cooking time.



Low Fat Pesto

It's basil season! Nothing is better than pesto with all kinds of summer veggies! It's great as a base for pizza instead of red sauce, or in addition to it. It

makes fantastic pesto garlic bread, or grilled pesto and cheese sandwiches. It's great in anything where you want a taste of fresh basil. You can freeze pesto for several months. I like to freeze it in a thin flat layer.

When you're ready to use some, just chip off a piece the size you want.

Voila! Fresh homemade pesto all winter long! The tomato used here takes the place of some of the oil thus reducing the fat content, and adding a very interesting subtle sweet and tart overtone.

Makes about 1½ cups
1/2 cup whole almonds
4 ounces basil (4 cups)
3-6 large cloves garlic

1/2 cup Romano cheese
3 small tomatoes (10 oz)
1/2 tsp salt
6 Tbsps good olive oil
If using raw almonds, spread them on a baking sheet or piece of aluminum foil and place in a 350 degree oven for 8 to 10 minutes- a toaster oven works great for this, especially in summer. Process the almonds and garlic in a food processor until finely chopped. Add the basil, pecorino Romano, tomatoes, and salt and process until thoroughly combined and of the consistency you like. (Alternatively, you can use a large mortar and pestle. With the food processor running, drizzle in the olive oil through the chute. Add more salt to taste if necessary and more olive oil if desired.

Essential Cooking Equipment—Pots and Pans

Without pots and pans of some kind, you almost can't cook! I started college with an electric skillet and a coffee pot. This is roughly equivalent to having a skillet and a

saucepan. In addition to nearly burning down my dorm, I was able to do quite a bit of primitive cooking with those two pots and a very few gadgets and utensils. But most of us are not living

in a dorm anymore, and we're looking for a few more pieces to make our lives easier in the kitchen. So here are the collective thoughts of several of us, including CSA members and their friends, as well

as information I've gleaned from the internet.

So, what IS a good set of pots and pans? Cook's Illustrated Magazine recently published a list of its "Top Nine" pots and

pan. This list seems like a good place to start.

They've listed brands and models, which I'm going to ignore for the moment. Basically here's what they recommend: one 12-inch stainless steel skillet and one 12-inch non-stick skillet, one 10-inch non-stick omelet pan with cover, one 12-inch cast iron skillet, one 2-quart saucepan with lid, one 4-quart saucepan with lid, one 7-quart Dutch Oven (preferably attractive enough to use at the table), one 12-quart stockpot, and a stainless steel roasting pan with rack.

Cook's Illustrated list is expensive. Even if you get the "best buy" version, you will still spend over \$600 for those nine pieces, or over \$1000 if you get the top rated ones every time! So, if you're ready to go out and get a new kitchen full of their suggested cookware, take a big wallet! This article will discuss what real world cooks think about the priority and type of cookware to consider when starting from scratch or when buying the next nice piece of cookware for your kitchen.

First of all, beware of sets of cookware. If it's the perfect set you really NEED, and you like the style, then get it! Just be aware that often cookware sets include a few pieces you'll rarely use. For example, several years ago, I bought a gorgeous set of Cuisineart cookware. It was expensive, but it had great saucepans and a "Dutch oven" as well as a skillet and a "steamer". I still adore the two saucepans (they are my absolute favorites), and I like the so-called Dutch oven for making some kinds of casseroles and soups. On the other hand, I've not touched the skillet in years, and I don't even have the steamer anymore! I would have done better to just buy the two saucepans as open stock!

The great advantage to buying your cookware one at a time is that you can pick and choose the ideal pan for the job each time, and only add what you know you need when you need it. I think that most of us would agree that if you really had to make do with a minimum, it could be a single skillet, a small saucepan, and a stockpot. If you are cooking for one, the sizes could be small, of course. Generally, though, consider that unless you frequently cook very small quantities, very small cookware isn't very useful. A six or seven quart Dutch oven might suffice for one or

two, but for many soup recipes that serve more than 6,³ a 12-quart stockpot is needed. Even if you do purchase an 8 or 10 inch skillet, be sure to get at a 12-inch one as well.

If I had to add only one more item, it would be another larger (4-quart) saucepan. And here is where finding a set falls apart. The skillet should probably be cast iron, the saucepans stainless steel, and the stockpot would be larger than available in any set I've seen recently. You almost never see anything but a 6 to 8-quart Dutch oven in cookware sets. Whichever your preference, you are looking for heavy construction and good energy dispersal. Don't be tempted to buy the first pots you see on sale. Good cookware is good for a lifetime.

You may be surprised to see that NONE of these personal suggestions are non-stick! Non-stick frying pans can have a place in the kitchen, but it is not really likely to be your main frying pan. As for other items, such as saucepans, don't waste your money! Why? First of all, because of the wear that a non-stick pan gets, the finish will wear out or be damaged within a few years. The pan will have to be discarded and replaced, since it either no longer is non-stick or the surface is unsafe because it flakes off into food. This means that it's not economically reasonable even at a \$20 price.

In addition to this price, replacement, and ecologically unfriendly problem, the non-stick skillet is also not really multi-purpose. Certainly some delicate foods are more easily cooked with minimal fat in a non-stick skillet, but generally a properly cared for cast iron skillet can do as well. And the cast iron skillet can much better be used to brown meats and vegetables, and produce a fond (i.e. the layer of browned bits that stick to the skillet when cooking). Because of the non-stick properties, food does not temporarily stick to the bottom of the pan while it is cooking thus it does not brown as well. And those browned bits that are usually left in the skillet, essential for great pan sauces, never develop! So save your non-stick skillet purchases for later, rather than sooner.

Cast iron also has its adherents. For skillets, it is certainly my material of choice. Although it lacks an

Farm Information

- You may park close to the large black commercial barn where your basket will be ready for you from 4 to 8 p.m. on Wednesdays or Thursdays.
- There are plenty of toys in the barn for our younger member's entertainment. Please watch your children carefully to make sure they are safe. The concrete floor is hard so please stay close to the rocking horse.
- A rest room is available in the back corner of the barn for members. Please ask children to wash their hands if they have held our chickens.
- Pickup times are your choice of Wednesday & Thursdays from 4-8pm. You can change your day whenever you like.
- We love our volunteers! Come out and work with us.
- Got stale bread? Our chickens love it! Feel free to bring yours out on pickup day and watch how excited they'll be to see you!

*Berries on Bryan Station
CSA Farm
USDA Certified Organic*

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aluminum core, its thicker construction allows it to distribute heat quite well. It is a bit unwieldy for the larger pots and pans. A cast iron saucepan full of food weighs way too much for one hand to pick up comfortably! For larger cast iron pieces, make sure it has ample handles on both sides, so it can be picked up with two hands! Many people use a cast iron Dutch oven as a fryer, as well as for normal Dutch oven cooking. Plain cast iron is not particularly attractive, though, at the table.

Enameled cast iron, on the other hand, is very attractive; the Le Creuset brand specializes in this type of cookware. Many people swear by it. I have a tiny skillet myself, and use it for making cornbread for two. It works great. Enameled cast iron is an excellent choice for a Dutch oven. It can be used on top of the stove and in the oven, and then taken to the table as a serving piece. When shopping specifically for a Dutch oven, this kind of versatility really ups its usefulness in any kitchen. Although the Le Creuset Dutch ovens are beautiful, you can find an equally attractive less expensive one at Wal-Mart for about a quarter of the price.

Finally, a word about roasting pans. They are great to have on those rare occasions when you are roasting something really big like a turkey or standing rib roast. The rest of the time, they are a pain to store! Again, a heavy stainless steel one with adequate handles on both ends is recommended. Be sure it comes with a roasting rack, which will allow roasts to be suspended for even cooking. If your storage is limited, a large cast iron skillet or a rectangular cake pan works fine. A 9" x 13" baking pan will work for the larger roasting tasks, and you can buy a separate rack, or improvise one.

Next week, we discuss bakeware. What do you consider essential? Send us your advice!

reduce, reuse

Please remember to return produce containers to us each week. We reuse many items and accept the following each week: clean/rinsed pint and quart containers, egg cartons and bags of fireplace ashes.

