

Berries on Bryan Station CSA Farm

Newsletter
July 22nd and 23rd,
2009



“Everything Here is Good for You ”

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Upcoming:

- Potatoes (*due to mower break-down, we couldn't dig this week*)
- Sweet Yellow Habanero Peppers, not the hot kind!
- Sweet Orchid Peppers
- Heirloom Runner Beans
- Okra
- Lots of tomatoes (Beefsteak, Purple Russian, Golden Jubilee)

Welcome to your tenth basket pickup!

We hope that you enjoyed reading Annette Fischer's creative newsletter and tried out some of Deb Outland's mouth-watering recipes. Your culinary adventure continues with more:

Tomatoes!!!!

These beauties are starting to ripen nicely for us and you will be seeing more and more of them each week. They



are fun to look at since they come in so many different sizes and shapes. As a fun trivia, you can ask your spouse if they know where tomatoes, potatoes, and peppers come from.

They come from Peru. Local natives still bring them to high altitude and press juices from them with their feet and let them freeze dry. They carry the dried produce in their knap sacks and make soups, stews and other recipes from them during the winter.

The first westerners to see tomatoes were the Spanish conquistadors, who brought them north into Central America where they met Portuguese traders at the ports. The Portuguese traders brought them around the world. In each country, local varieties were raised by selective breeding. That is why you will be receiving some of our favorites including Purple Russian tomatoes from Siberia, German Pinks, Brandywine, Pineapple pear tomatoes, and Mortgage Lifter beefsteak tomatoes.

Bok Choi

We have been watering these each week in the greenhouse and they are now an ideal size for you to enjoy!

Onions

You will be receiving an entire bunch of onions that we dried in our greenhouse. They are nice and dry now and can be used as a normal onion vs. green ones. You can hang them in a



handy place until you need them for your recipes. You will still be

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A word from Deb Outland, our recipe coordinator ...

Well, it's high summer! That means we've got just about every summer vegetable in the book. Today we'll be featuring some old and some new vegetables. The berries are still flourishing, with more raspberries coming along soon. Member Rhonda Grissom has not only shared her recipe for a lovely gourmet Raspberry Tart, but also sent us a picture of it! Thanks, Rhonda! It's always exciting to get photos of things from the farm, or pictures of your family at the farm. We love to share them all!

The fennel is doing very well this year, and since it's not particularly common, we've got a "Fennel 101" section, to tell you a bit more about this great vegetable. And since we have lots of squash, we have another zucchini recipe that looks great, and comes highly recommended by member Marianne Kuhn. Thanks to all of you for sending in your recipes!



Wade Outland 's still life is so good, we held it over another week :-)



Fennel 101

Fennel is a lovely vegetable. It's particularly good because it soothes the digestion. Perhaps because of this, it's recommended by some for pregnant women, and those who are breast feeding. You can eat all the parts of the fennel plant. The fronds

and flowers are wonderful in salads. The seeds are fantastic in homemade Italian sausage, and sprinkled lightly on pizza. In general, fennel is a wonderful taste combination with tomatoes and (surprise), oranges! Here are a couple of very sim-

ple fennel recipes from a marvelous article in an old Cook's illustrated magazine you might enjoy. They are fast and easy, and feature fennel in two totally different ways. And don't forget the soup from last week — it's terrific!

Sautéed Fennel with Garlic and Parsley

When raw, fennel has a distinct licorice flavor, but when sautéed like this, its licorice flavor recedes, and the sweetness of the caramelized vegetable come to the fore. This side dish is particularly good with chicken and seafood.

From Cook's Illustrated Magazine. Serves 4. Published May 1, 1996.

- 2 medium bulbs fennel (about 2 pounds), stems, fronds, and base trimmed, 1 tablespoon minced fronds reserved
- 3 tablespoons olive oil

- 4 medium cloves garlic, minced
 - Table salt and ground black pepper
 - 2 tablespoons minced fresh parsley leaves
1. Halve and core fennel). With cut side down and knife parallel to work surface, slice each fennel half crosswise to yield 1/2-inch slices. Then, with knife perpendicular to work surface, cut each fennel half lengthwise into long thin strips.
 2. Heat oil in large skillet.

Add garlic; sauté over medium heat until lightly colored, about 1 minute. Add fennel strips; toss to coat with oil. Cook, stirring often, until fennel has softened considerably but still offers some resistance, about 15 minutes.

3. Season generously with salt and pepper to taste. Stir in minced fronds and parsley.
4. Serve immediately and enjoy this delicious side dish.

If organic farming is the natural way, shouldn't organic produce just be called "produce" and make the pesticide-laden stuff take the burden of an adjective?

~Ymber Delecto

Fennel-Orange Salad

From *Cook's Illustrated*. Serves 4. Published May 1, 1996.

This salad is popular in southern Italy, where fennel grows wild. Use small black olives in brine, such as Niçoise or Gaeta olives.

2 large seedless oranges, zest and pith removed, fruit sections and juice saved

1 medium bulb fennel (about 1 1/4 pounds),

stems, fronds, and base trimmed

1/3 cup small black olives

12 fresh mint leaves, cut crosswise into thin strips

2 tablespoons extra-virgin olive oil

Table salt and ground black pepper

1. Place orange sections and juice in large bowl.

2. Halve and core fennel (illustration 4). With cut

side down and knife parallel to work surface, slice each fennel half crosswise to yield 1/4-inch slices. Then, with knife perpendicular to work surface, cut each fennel half lengthwise to yield long 1/4-inch-thin strips.

Add fennel, olives, and mint to oranges. Season with salt and pepper to taste. Drizzle with oil and toss gently. Serve immediately.



Raspberry Genoise Tart

From *The Martha Stewart Cookbook, Recipes for Everyday*

Submitted by Rhonda Grissom

3 eggs

1/2 cup granulated sugar

1/2 teaspoon vanilla extract

1 tablespoon framboise or Grand Marnier

Pinch of salt

2/3 cup sifted all-purpose flour

4 tablespoons (1/2 stick) unsalted butter, melted and cooled

1 tart shell, partially baked and cooled (recipe follows)

2 pints fresh raspberries

Confectioner's sugar

1/2 cup red raspberry jelly, melted and strained

To make the genoise batter, beat the eggs, sugar, vanilla, framboise, and salt in the bowl of an electric mixer for approx. 10 minutes, until very thick and pale yellow. Quickly but gently fold in a third of the flour. When it is nearly incorporated, fold in a third of the melted butter. Continue folding in the flour and butter alternately until all is incorporated. Do not over mix; the batter should retain its volume.

Quickly pour the batter into the partially baked tart shell and arrange about 1/4 of the raspberries on top. Sprinkle with a bit of confectioner's sugar and bake for 15 to 18 minutes, or until the tart shell is golden brown and the genoise springs back when lightly touched. Remove to a rack and let cool.

Carefully arrange the remaining raspberries in two rows around the outer edge of the tart, and dot the tops of the berries with the red raspberry glaze. Serve immediately.



Yummy!

Around the Farm

• We appreciate volunteers! Susan Marnatti single handedly picked all of your berries for you last week! Bekki Woloch has been volunteering to help put baskets together every Wednesday. Bekki has also been posting current newsletters each week on our website so that you can view it there also. Annette Fischer has been finalizing each newsletter and has been making it more exciting for you to read. Deb Outland has been carefully choosing and putting together wonderful recipes for you to try.

• Andrei's Photography has cards on display near the pickup table. They are \$3.75 each or ten for \$30.

• Bill Pence is selling fresh, natural, range fed chicken eggs during pickup times this week. They are \$3 per dozen for white ones or \$3.50 per dozen for brown eggs. The white eggs are also two dozen for \$5.00.

We have our own jams and preserves for sale this week. Varieties include red, champagne and blackberry jams. We also have grape jelly. The golden tomato preserves and warm pepper preserves are excellent as a dipping sauce for any meat or tofu. They are \$5 each.

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

Berries on Bryan Station CSA Farm

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Zucchini Squares

Submitted by Marianne Kubn

Marianne writes, "With the abundance of squash, I thought I'd send you one of my favorite ways to use zucchini. I think yellow squash would work just as well although I haven't tried it. Hope you like!" Sounds great, Marianne! Thanks!

Ingredients:

3 cups thinly sliced zucchini, unpeeled
1 cup biscuit mix
1/2 cup finely chopped onion
1/4 teaspoon dried leaf oregano or 1 teaspoon fresh chopped oregano
1/4 teaspoon black pepper
1/2 teaspoon salt, or to taste
Dash garlic powder
2 tablespoons chopped fresh parsley
1/2 cup grated Parmesan cheese
1/4 cup vegetable oil
4 eggs, lightly beaten

Combine all ingredients in a large bowl; mix well. Pour mixture into a 13 x 9-inch baking dish. Bake at 350° for about 30 minutes, or until lightly browned. Cut into squares and serve as an appetizer or side dish.

"Everything Here is Good for You" (cont'd from page 1)

getting some green onions in future baskets as well.

Beautiful Berries

You will have blackberries and/or Dorman "strawberry raspberries" in today's basket.



Green Beans

We are busy picking these Kentucky Wonder and White Half Runner bush beans and plan to

have them ready for you.

Zucchini and Summer Squash

We have been picking these nearly every day and have been making an extra effort to pick them while they are small, young and tender.

Herbs

Our herbs are all doing very well. The **rosemary** mother plants have made a strong comeback and are ready for picking again. We are inundated with **cilantro** especially, so please help yourself to more as you choose your herbs. We will have lar



ger bags of **basil** for you to make pesto with. We will also have **parsley, chives, borage, English thyme, Swiss mint, sage, dill, oregano, and lemon balm.**

Greens

Your bag will contain a mixture of Swiss chard, collard greens,

Chinese cabbage, mustard, and kale.

CHOICE TABLE

We plan to have **Tat Sui, our first peppers, cucumbers, patty pan squash, fennel, sweet peas, beets, and garlic.**

**The belly rules
the mind.**

~Spanish Proverb