

July 26th 2007 Newsletter: *Berries on Bryan Station CSA Farm* “Better Food for a Healthier You from your Personal Farmers”

Welcome to your eleventh basket pickup! We have another outstanding basket for you!

Yellow Summer Squash

These have come in strongly this week.

Yellow Zucchini

These are beautiful with their bright yellow color.

When cut crosswise, they have a delicate green striated star pattern that is pretty. They are filled with beta carotene which is especially healthy for your eyes.

Roma Beans

We picked at least a pound for everyone.

Tomatoes

We gave you a fun variety of shapes and colors.

Tomatoes are especially good for men to eat since they help to prevent problems with their prostate gland.

Swiss Chard

You may use this as a substitute for leaf lettuce on a sandwich or a salad.

Peppers

Most of our members like sweet, no heat ones, but we have some fiery hot ones that are ten out of ten where ten is the hottest. Please ask for these and remember not to touch near your eyes when handling these.

Zucchini Squash

On a volume and weight basis, these are a large contributor to today's basket. We will continue to give you ideas on how to use them.

Cut Flowers

You will get another gorgeous arrangement of several shapes and sizes of zinnias, cosmos, and heirloom purple sunflowers and gloriosa daisies. Your flowers will last at least a week, but they stay good even longer if you exchange the water now and then.

Herbs

This week your choice of culinary herbs includes French tarragon, dill, basil, rosemary, swiss mint, and lemon balm. Marjoram and parsley will be ready soon. Fresh catnip is available for you kitty lovers.

Choice Table

This will be the last week for edible pod peas. There are also Cherokee Purple tomatoes, eggplant, blackberries, leaf lettuce and Dorman red raspberries to choose from.

Local Honey

This was a big hit last week! This honey is from Nick and Bev Nichols. Nick has hives on other people's land all over Fayette County. We are not sure

how well the science behind it has been studied, but local honey seems to be a great way to dose your body throughout the year with those molds, spores, yeasts, dusts and pollens that you are exposed to in your environment. Antibodies are created in your bloodstream to fight these allergens. Once the antibodies are there, the allergic reactions will be less severe. This is why you need to buy local honey vs. honey in the grocery store which is from other places that do not have the antigens which are present in your environment here.

Gourmet Mushrooms

These delightfully fresh mushrooms were delivered here yesterday.

Commemoration of Homer/ Flight 5191 Victim

One of our members, Dr. Hubert Hall, Jr., DDS, donated heirloom tomato seeds to commemorate his friend Homer, who died on Flight 5191 at the Lexington Bluegrass Airport. Please visit the plants and plaque in row 3 of the summer veggie field and remember those who died in this tragic flight. Homer loved heirloom tomatoes and would want to be remembered this way. The tomatoes are still green, but they are large, bountiful beefsteak ones.

Sweet Corn Planted by U.S. Soldier Now in Iraq

The sweet corn was grown in a local garden that was planted by a soldier who is now in Iraq. His wife wanted it to be enjoyed by our members. Please give thanks to those who serve our country and risk their lives for us. Even though individually and collectively we do not agree with the current administration's war policy, we have a high regard and respect for our brave soldiers.

Thank you for being a member!

Your personal farmers,

Erik Walles & Family (Gayle, Brett & Grant)

Andrew English and James Shropshire

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