

## Berries on Bryan Station CSA Farm

Newsletter  
July 29<sup>th</sup> and 30<sup>th</sup>,  
2009



### “Life is Good Here ”

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#### Upcoming Next Week:

- Potatoes
- Okra
- More Varieties of Peppers
- Lots of Tomatoes
- Runner Beans
- Bok Choi

### Welcome to your eleventh basket pickup!

We hope that you enjoyed last week's bountiful basket and bring a strong person to help you with this week's one. This week we have for you:

#### Tomatoes!!!!

Each week you will see new heirloom varieties that you may have never seen before. They all taste delicious!



#### Bok Choi

You will get even more of this tasty green for stir frying. The bunch will be inside your bag of greens.

#### 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.

#### 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 as plan to have them ready for you. Last week they were on the choice table.

#### 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. This may be the last week for them. Gayle made zucchini bread for us using summer squash instead of zucchini. It was delicious!

#### Herbs

We will have larger bags of **basil** for you to make pesto with. We will also have **parsley, chives, borage, English thyme, swiss mint, sage, dill, oregano, rosemary, cilantro** 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, green bell peppers, jingle bell peppers, banana peppers, cucumbers, patty pan squash, fennel, green beans and sweet peas**.

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

It's high summer and we've got such bounty coming from the farm! Since the vegetables that are in season now are so good in stir-fries, I've included a little information that I've found helpful lately about doing stir-fry dishes that really have that Chinese crisp-tender kick. And in case you still have squash left over, I've included a little something to keep all those healthy stir-fries under control—deep fried squash! Thanks so much for all the recipes you send me! And don't forget the pictures!



*Wade Outland's still life*

## Stir-fry Corner

Have you always wished you could do great stir-fry recipes at home, but didn't because you didn't have a wok? According to Cook's Illustrated Magazine's editor, Christopher Kimball, you don't need one! In fact, if you're cooking in an average American kitchen, a large good-quality non-stick sauté pan is a better choice! The reason a wok works so

well when properly used is because the bottom of the wok gets intensely hot, and stays hot during the whole process of stir-frying. The sides of the pan are less hot, and things can be moved up to the sides once they've been seared in the bottom of the pan. But few American kitchens have the high-BTU gas burner needed to use a wok this way, and so home-cooked stir-fry meals come out limp and soggy. That was certainly true for me!

With a non-stick sauté pan, even on an electric stove, you can maintain intense heat in your pan during the entire stir-fry process. The testers at Cook's Illustrated actually measured the heat in a wok and a sauté pan while cooking, and found that the heat maintained in the sauté pan on a normal stove top was quite similar to a wok on a gas ring. The pan could be heated to about 450 degrees, and once the food was added, it only dipped in temperature a bit. The quite high temperature was maintained

during the whole cooking process. On the other hand, the wok used on an average stove would get really hot, as it should, but then, as soon as the food was added, its temperature would plunge down to just above boiling, and not recover more than about 50 degrees during the whole cooking process. Here are a few tips from the magazine on doing stir-fry in a non-stick sauté pan in the home kitchen.

Heat the oil in the sauté pan until whiffs of smoke begin to appear. Put the food in immediately when this happens. This is a protective measure. Since you should never get a non-stick pan any hotter than 500 degrees, and the smoke point of peanut oil is around 450 degrees, this serves as a sort of safety-valve as well as assuring that the pan is the right heat to brown the food properly.

Never over-crowd the pan with meats or other items that exude lots of moisture if you want them to brown. Only try to brown meats in

quantities of about half a pound in one pan-load.

Deglazing the pan before adding more oil and food keeps all the good fond on the pan, and cleans it for the next batch.

Use only tiny amounts of oil with each skillet of food you cook. That's one reason for using a non-stick pan—it requires less oil.

When cooking meats, put them in the pan, spread them out, and then let them just cook untouched for about a minute or so. At the heat you're hopefully getting (450 degrees), the meat should develop a nice browned side in about 1 minute. After that, you can turn the meat to brown on the other side.

Once you begin the cooking process, stir-fry cooking goes amazingly quickly! Have everything prepped before you get the pan hot! And have the platter or bowl you intend to serve the food in ready before you start. When it's done, it's done!

**There is no love  
sincerer than the  
love of food.**

George Bernard Shaw  
(1856 - 1950), *Man and  
Superman (1903) act 1*

## French Fried Squash

This has become a once-a-year treat in our family. When I was growing up, though, my Mom kept a deep-fryer handy so she could use up the excess squash often. Nobody was late for supper when we knew this was coming! The biggest drawback to this recipe is that people eat it faster than you can cook it!

Yellow squash or zucchini

Salt and pepper

Flour

Oil for deep frying

Slice the squash into rounds that are very thin—less than ¼ inch for sure, the thinner the better. Lay them out on wax paper in a single layer and sprinkle with salt and pepper. Drop them into a bag with some flour (a cup or two) and shake to coat evenly with the flour. Shake off all the flour that you can. This is important, as excess flour

will fall off in the oil and burn. Fry small batches of squash in the hot oil (around 350 degrees, if you're lucky enough to have a thermometer or thermostat on your deep fryer until light brown and crispy. Remove to paper towels. Serve immediately. After the oil cools, you may want to strain it if you intend to reuse it.



## Any-Berry Boy Bait

Originally invented in the 1950's, this former Pillsbury Bake-Off winner was then known as Blueberry Boy Bait. I saw this recipe on the Smitten Kitchen blog, and decided to try it using blackberries, since I happened to have some on hand (surprise, surprise!). It worked great, and I've included the few modifications I added. Even my husband, who is not a great berry fan, loves this easy, fast, and very tasty cake. So maybe the name "Boy Bait" isn't so very far off the mark? When using blackberries, I cut them up into smaller pieces to better incorporate them throughout the cake. Smaller berries can be left whole. And although this recipe calls for 1

cup total of berries, I have been using a whole pint container of fruit like we get each week, half in the batter, and half for the topping.

2 cups plus 1 tsp. all-purpose flour  
 1 tbs. baking powder  
 1 tsp. table salt  
 16 tbs. unsalted butter (2 sticks), softened  
 ¾ cup packed light brown sugar  
 ½ cup granulated sugar  
 3 large eggs  
 1 cup buttermilk  
 ½ cup blueberries, fresh or frozen (if frozen, do not defrost first as it tends to muddle in the batter)

### Topping

½ cup blueberries, fresh or frozen (do not defrost)

¼ cup packed brown sugar

1 tsp. ground cinnamon

For the cake: Heat oven to 350 degrees. Prepare 13 by 9-inch pan.

Whisk two cups flour, baking powder, and salt together in medium bowl. With electric mixer, beat butter and sugars on medium-high speed until fluffy, about two minutes. Add eggs, one at a time, beating until just incorporated and scraping down bowl. Reduce speed to medium and beat in one-third of flour mixture until incorporated; beat in half of milk. Beat in half of remaining flour mixture, then remaining milk, and finally remaining flour



mixture. Toss blueberries with remaining one teaspoon flour. Using rubber spatula, gently fold in. Spread batter into pan.

For the topping: Scatter blueberries over top of batter. Stir sugar and cinnamon together in small bowl and sprinkle over batter. Bake until toothpick inserted in center of cake comes out clean, 45 to 50 minutes. Cool in pan 20 minutes, then turn out and place on serving platter (topping side up). Serve warm or at room temperature. (Cake can be stored in airtight container at room temperature up to 3 days.)

## Berries on Bryan Station CSA Farm

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## Around the Farm

- Andrei's Photography has cards on display near the pickup table. They are \$3.75 each or ten for \$30.
- Bill Pence was unable to get eggs for this week. Our hens have laid about a dozen eggs and we hope that they lay regularly. Please help us find their nesting areas since hens return there every day to lay a new egg. We listen for their proud clucks to find their nesting areas.
- 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 \$3 each or two for \$5.
- Thank you in advance for returning the clamshell containers!
- The miniature horses are back in their field now. They were fun to watch.

Grant won a number of blue ribbons and two purple "Best of Show" ribbons at the Bluegrass Fair for veggies that he helped grow. You are eating "Award Winning Veggies"!!!!

## Teriyaki Stir-Fried Beef with Green Beans and Shiitakes

*Serves 4 as a main dish with rice. From Cook's Illustrated.*

4 tbs. soy sauce

2 tbs. sugar plus an additional 1 tsp

12 ounces flank steak, cut into 2-inch wide strips with grain, then sliced across grain into 1/8-inch-thick slices

1/2 cup low-sodium chicken broth

1 tbs. mirin or 1 bs. white wine or sake mixed with 1 tsp.sugar

1/4 tsp. red pepper flakes

1 tsp. cornstarch

3 medium cloves garlic, minced or pressed

1 tbs.minced fresh ginger

2 tbs. vegetable oil

8 oz. shiitake mushrooms, wiped clean, stemmed, and cut into 1-inch pieces

12 oz. green beans, ends trimmed and halved

1/4 cup of water

3 scallions, cut into 1 1/2-inch pieces, white and light green pieces quartered lengthwise

Instructions: Combine 2 tbs. soy sauce and 1 tsp. sugar in medium bowl. Add beef, toss well, and marinate for at least 10 minutes stirring once. Meanwhile, whisk remaining 2 tbs soy sauce, remaining 2 tbs. sugar, broth, mirin, pepper flakes, and cornstarch in medium bowl. Combine garlic, ginger, and 1 tsp.oil in small bowl. Drain beef and discard liquid. Heat 1 tsp. oil in over high heat. Add half of beef in single layer, breaking up clumps. Cook,

without stirring, for 1 min., then stir and cook until browned, 1 to 2 min. Transfer to clean bowl. Heat 1 tsp. oil in skillet and repeat with remaining beef. Add remaining tablespoon oil to now-empty skillet and heat until just smoking. Add mushrooms and cook until beginning to brown, about 2 min. Add green beans and cook, stirring frequently, until spotty brown, 3/4min. Add water and cover pan; continue to cook until green beans are crisp-tender, 2/3 min. longer. Uncover skillet and push vegetables to sides to clear center; add garlic-ginger mixture to

clearing and cook, mashing with spatula, until fragrant, 15/20 sec. Combine garlic-ginger mixture with vegetables. Return beef and any juices to skillet, add scallions, and stir to combine. Whisk sauce to recombine, then add to skillet; cook, stirring constantly, until thickened, about 30 seconds. Serve.

**You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients.**

Julia Child (1912 - 2004)