



“Berries, Veggies and more ...”

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Upcoming:

- We are digging potatoes for next week!
- Tomatoes have been staked and a few are ripe!
- More blackberries (Erik's favorite!)
- Cut flowers are arriving!
- A few peppers will also be ready.

Welcome to your eighth basket pickup!

We hope that you like the appearance of this week's newsletter! All kudos go to Annette Fischer, who has volunteered to make this more exciting and interesting for you to read!

Strawberry Red, Black and Golden Raspberries

The blackberries really have started to come in this week! The plants only have a few ripe at a time but they will be



Fresh off the bush into your basket

producing over the next few weeks. They are nice and sweet and plump!

We hope that you like the “strawberry raspberries” as well. Their offi-

cial variety name is “Dorman”. They are translucent when you hold them up to the sky.

Summer Straightnecked Yellow Squash and Zucchini

Again this week, we will have loads of these beauties for you! We hope that you are enjoying them. We certainly do, whether we stuff them or eat them raw.

Greens

Your bag of greens contains a mix of collards, Swiss chard, Chinese cabbage, kale, and mustard for sautéing.

Green Onions

The bulbs are getting bigger every week. You can still use all of the green stems as well.

Choice Table

Cucumbers are starting to be ready! We find many goodies while we are actually harvesting, but we anticipate finding

beets, radishes, fennel, lettuce, garlic, peas, Bok Choi, and Tat Soi.

Herbs

Our favorites are basil and cilantro, but we also have: chives, borage, English thyme, Swiss mint, basil, rosemary, sage, dill, oregano, and lemon balm.

Cut Flowers

We are excited that these are ready! They include: gloriosa daisies, zinnias, and sunflowers.

Status of Certification

We had a second inspection from the Kentucky Department of Agriculture, this time by the head of the department, Michael Fitzgerald. There are two issues that we need to address in order to become certified USDA organic. First, we need to build a new cooler since our current one is dual use with a bathroom and that is not allowed. Second, we must replace the current used horse fencing in the greenhouse beds with bare wood. We will do this pronto!

Herbed Summer Squash and Potato Torte

From Bon Appétit, June 2001, via Smitten Kitchen



Another delicious recipe from Deb Outland

Abigail Cook's recipe uses summer squash, onions, potatoes, and thyme, all of which are available in our baskets. She writes, "If you own a mandolin for the slicing, it goes together in 15 minutes flat and is absolutely fabulous". I've wanted to make it all week, but the Fourth of July got in the way... Maybe tonight!

- 1 bunch green onions, thinly sliced
- 1 cup grated Parmesan cheese
- 2 tablespoons all purpose flour
- 1 tablespoon chopped fresh thyme
- 1 1/2 teaspoons salt
- 3/4 teaspoon ground black pepper
- 2 pounds Yukon Gold potatoes, peeled, cut into 1/8-inch-thick rounds
- 12 ounces yellow crook-

neck squash or regular yellow summer squash, cut into 1/8-inch-thick rounds
6 teaspoons olive oil

Preheat oven to 375°F. Butter two 8-inch-diameter cake pans. Set aside 1/4 cup sliced green onions. Toss remaining green onions, cheese, flour, thyme, salt and pepper in medium bowl to blend.

Layer 1/6 of potatoes in concentric circles in bottom of 1 prepared pan, overlapping slightly. Layer 1/4 of squash in concentric circles atop potatoes. Drizzle with 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture. Repeat with 1/6 of potatoes, then 1/4 of squash and 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture. Top with 1/6 of potatoes. Drizzle with 1 teaspoon oil. Sprinkle with

1/6 of cheese mixture and press gently to flatten. Repeat procedure with second cake pan and remaining potatoes, squash, oil, and cheese mixture.

Cover pans with foil. Bake until potatoes are almost tender, about 40 minutes. Remove foil; bake uncovered until tortes begin to brown and potatoes are tender, about 25 minutes longer. (Can be made 6 hours ahead. Cool. Cover with foil and chill. Rearm, covered with foil, in 350°F oven until heated through, about 30 minutes.)

Cut each torte into wedges. Sprinkle wedges with 1/4 cup green onions; serve.

**"Shipping is a terrible thing to do to veggies. They probably get jet-lagged, just like people."
Elizabeth Berry**



I was lucky to sample this wonderful, light and refreshing dessert during the Fourth of July celebration, and offer many thanks to Mary Biddle for sharing it with us. One recipe of the mousse will make about 15 tartlets, unless you get carried away with the amount in each tartlet. It's potent, so a little goes a long way!

Lemon Mousse:

- Zest and juice of 3 lemons
- 3 egg yolks
- 3Tbsp. sugar
- 1/2 cup heavy cream

In a glass or stainless steel bowl, combine lemon zest, lemon juice, egg yolks and

sugar. Place in a double boiler and stir until mixture firms. Let cool in refrigerator 3 hours. Whip cream and fold into cold lemon mixture. Refrigerate until ready to assemble tartlets.

Phyllo Dough Tartlet Crusts

- Phyllo dough sheets, 8-9 whole sheets will make 16 tartlets
- Butter-flavored non-stick spray
- Muffin tins

Spray sheets of phyllo dough thoroughly with non-stick spray, and stack two together. Cut stacked

sheets in eights. For each tartlet, place a stacked set in the bottom of a muffin cup, and then place another stack crosswise to make a cup of dough that covers the sides and bottom of the cup completely. Repeat for each tartlet, making more stacks of 2 sheets of dough as needed. You may want to make a few extras, so you can use the best ones for the actual dessert. Bake at 350 until golden brown, which will take only a few minutes. Remove from oven and cool completely.

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Berry and Lemon Mousse Tartlets

Berry and Lemon Mousse Tartlets (Cont'd)

Assembly:
Lemon Mousse
Tartlet shells
Fresh berries
Whipping cream

Place a small dollop of lemon mousse in the bottom of each tartlet shell, about a teaspoon. Top with a few berries to completely cover tart shell.

Add a small accent of sweetened whipped cream on top. Serve these fairly soon so the delicate crust remains crisp.

Shrimp with Bok Choy and Mushrooms

By Rhonda Parkinson, *About.com*

I couldn't resist this dish which features Bok Choy. It could also be made with Chicken, if shrimp isn't good for you. Another good Bok Choy recipe is the Pork Lo Mein featured here a couple of weeks ago. It looks like we'll at least have Bok Choy as a choice this week, so enjoy! About.com says it serves two for a complete meal, served with rice, or 3 or 4 with a side dish.

1/2 - 3/4 pound shrimp
1 tablespoon Chinese rice wine or dry sherry
1/2 teaspoon salt
1 tablespoon cornstarch
1/2 pound Chinese greens (bok choy)
4 ounces fresh mushrooms, or 6 Chinese dried mushrooms or dried Shiitake mushrooms
2 tablespoons vegetable or peanut oil for stir-frying, or as needed

2 thin slices ginger
1/4 teaspoon salt
1/4 cup chicken broth, sodium-reduced if possible
1/2 teaspoon sugar
1 tablespoon light soy sauce
Black pepper, to taste
1 teaspoon cornstarch mixed with 2 teaspoons water

If using frozen shrimp, defrost in the refrigerator. Rinse the shrimp under cold running water and pat dry with paper towels. Place the shrimp in a bowl and add the rice wine or sherry, 1/2 teaspoon salt and cornstarch, stirring in one direction (this is to make sure the marinade spreads evenly.)

Chop the bok choy stalks diagonally and the leaves across into 1 inch pieces. Wipe the mushrooms with a cloth or soft brush and cut into thin slices. If using Chinese dried mushrooms, soak in hot water for 20 minutes to soften. Drain the softened

mushrooms, remove the stems and cut into quarters.

Preheat the wok and add 2 tablespoons oil. When the oil is hot, add the ginger. Stir-fry for about 30 seconds, until aromatic, and then add the prawns. Stir-fry until they turn pink. Remove the cooked shrimp from the pan.

Add a bit more oil if needed so that there is about 1 1/2 tablespoons oil in the wok. Add the bok choy, mushrooms and 1/4 teaspoon salt. Stir-fry for 1 minute (Note: add a small amount of water or rice wine if the vegetables are a bit dry). Add the chicken broth, cover and cook for 2 more minutes.

Add the shrimp back into the pan. Add the sugar, soy sauce, and pepper. Give the cornstarch/water mixture a quick stir and add in the middle, stirring to thicken. Cook, stirring for another minute and serve hot.



The Chinese love it!

"An empty belly is the best cook" ~ Estonian Proverb

Pesto! Pesto!

This week, Erik informs me that the Basil is really coming into its own. As an experiment, Erik says we can get the basil we need for pesto without making an early request for it. The following recipe is enough for about 1 pound of pasta. It's an "old standard" published in Cook's Illustrated in July 1996. I've frozen this, and

it's wonderful later in the year when all the basil of summer is just a memory. To freeze, put in a zip-lock and lay flat until hard. Then for a small piece to flavor a dish, just chip off a piece and put the rest back in the freezer, bag resealed.

There must be many other pesto recipes out there—if you

have one you particularly like, share it with us. The more exotic, the better!

1/4 cup pine nuts (or almonds or walnuts)

3 medium cloves garlic, unpeeled



Pesto comes in different shades.

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Berries on Bryan Station CSA Farm

Erik Walles & Family (Gayle, Brett & Grant)

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2 cups packed fresh basil leaves
2 tablespoons fresh parsley leaves (optional)
7 tablespoons extra-virgin olive oil
Salt
1/4 cup finely grated Parmesan cheese or Pecorino Romano
Ground black pepper

Toast the nuts in a small, heavy skillet over medium heat, stirring frequently, until just golden and fragrant, about 5 minutes; set aside. Add the garlic to the empty skillet and toast over medium heat, shaking the pan occasionally, until fragrant and the color of the cloves deepens slightly, about 7 minutes. Let the garlic cool slightly, then peel, and chop.

Place the basil and parsley (if using) in a heavy-duty 1-gallon zipper-lock plastic bag. Pound the bag with the flat side of a meat pounder or rolling pin until all the leaves are bruised.

Process the nuts, garlic, herbs, oil, and 1/2 teaspoon salt in a food processor until smooth, stopping as necessary to scrape down the sides of the bowl, about 1 minute. Stir in the Parmesan and season with salt and pepper to taste.

NOTE: The parsley is included in this recipe to make the pesto's color greener. Bruising the leaves in step 2 causes the basil to turn dark and the parsley will help to adjust for this, if you find that important.

Using and Storing Pesto

Pesto isn't just for pasta, although it's wonderful that way. Here are some ideas for using your frozen or fresh pesto in other ways.

Use a few tablespoons in soups or spaghetti sauce where you want a great basil taste. Add it toward the last of cooking, and it will not only give it that wonderful basil aroma, the cheese, nuts and oil will add an extra touch of velvety richness to your dish.

Pesto makes great pizza sauce instead of red sauce!

Pesto is great in many salads, like chicken salad, potato salad, pasta salad and others. You can modify your own favorite by substituting some pesto for the mayonnaise (or part of it), or there are many recipes out there for pesto salads.

Pesto is a great sauce for grilled meats, particularly chicken. Plain grilled chicken breasts,

with a little pesto over them, makes a great entrée for week-night dinners.

You can continue to have fresh herbs all year long by using the following simple techniques. The oils and vinegars make great gifts if made or decanted after straining in attractive bottles.

Freeze fresh chopped herbs: Finely chop the herb, add a bit of olive oil (or water) to make a paste, and freeze in ice cube trays. When firmly frozen, store in a zip-lock bag in the freezer. Use a 1 tablespoon cube as you would 1 teaspoon of dried herbs for that wonderful fresh herb flavor. Or if that seems like too much trouble, just put about 1 cup of this in a quart zip-lock, and lay it in the freezer flat, so that it makes a thin layer. Once it's frozen, you can open it up, break off a piece to use, and just close the bag and put it back in the freezer. I also do this with Chipotle Peppers in Adobo

sauce when I don't use the whole can. If you use a good chef's knife, you can actually chop the frozen peppers along with the sauce, and put them in your dish without ever having to thaw them completely.

Make herb-flavored oils. Add a few sprigs of your desired herb (rinsed and dried thoroughly) to sterilized jars, bruise slightly, and add oil that has been warmed (but not hot). Cap bottles, and allow to steep for about a week. Strain out herbs and refrigerate for maximum shelf life. If left unrefrigerated, the oil will remain good for about 2 months, but will last somewhat longer if kept cold. This makes great gifts, and can be used for many cooking applications, including salads and for light sautéing. Lighter-flavored oils allow more of the herb flavor to come forward.

Make herb vinegar. Follow a similar procedure to the one for flavored oils, but use boiling

vinegar, and fill the jars about 1/3 full of herbs. No need to strain the herbs, but they may get a bit less attractive after a while, so it's a matter of personal preference. In addition to salad dressings, try a bit of herb vinegar in mayonnaise and anywhere else you might use a bit of tartness. It adds wonderful complexity to many dishes. The vinegar is ready after 1-2 weeks. Store in refrigerator for best flavor retention. Generally white wine or white rice vinegar is best for this purpose.

