

## June 17<sup>th</sup> and 18<sup>th</sup> 2009 Newsletter

### *Berries on Bryan Station CSA Farm: "Tasty Food for You"*

Welcome to your fifth basket pickup!

#### **Strawberries**

This is the last week that these are available since they are nearly all gone. Members are allowed to pick the last ones during pickup days.

#### **Golden Yellow Champagne Raspberries**

These delightful, plump, tasty, pretty, and addictive berries are coming on strongly.

#### **Herbs**

This week your choice of herbs includes **cilantro, basil, chives** for the first time, as well as: **borage, English thyme, swiss mint, basil, rosemary, sage, dill, oregano, and lemon balm.**

#### **Greens**

One of your two bags contains a mix of collards, Swiss chard, Chinese cabbage, kale, and mustard for sautéing. New this week are **Bok Choi** (a large leafy green that forms a head) and **Tat Soi** (dark green, small, circular leaves the size of a quarter). Simply rinse them and saute them in olive oil.

#### **Salad Mix**

Your second bag contains a mixture of leaf lettuce, baby romaine and arugula for salads. The blooms on the arugula are edible. We are harvesting lettuce from the front field and you'll notice a crispy texture and some tasty nuance flavors.

#### **Spring Onions**

These have "round" leaves and are bluer than the Spring garlic leaves. Use as you would use white onions normally, sautéing with other vegetables.

#### **CHOICE TABLE**

This week you have a choice of one item from the choice table: **rhubarb, radishes, sweet edible pod peas, beets, and garlic.**

#### **Around the Farm**

- We appreciate volunteers! Thanks this week to Susan Marnatti, Kelly and Eric Beck, Bekki Woloch, and Jo Stone for helping out. Susan was amazing to watch pick! She was indefatigable! Let us know if you would like to volunteer planting or picking.

- Natasha and Nathaniel Druggan, one of our member's teenagers, joined us this week to help plant and harvest.
- We managed to weed the yellow raspberry patch, fix the trellis supports and spread wood chips to deter weeds. I knew that I was being tested when I got questions from my help such as: 1) Are you going to hire Mexicans to pull out the thistle? (A: no, my workers and I are capable of doing this); 2) Wouldn't it be easier and cheaper to use Roundup? (A: yes, but it is systemic and would end up in the food and besides, we are organic!); and 3) Do you ever think of not farming organic? (A: All the time, but we have figured out a lot of techniques to make it easier, although the weeding still needs to be done by hand).
- Please stop and look at Andrei Shliakhau's gorgeous cards! The cards are blank and can be used for all occasions. Andrei can be reached at [Andrei.photography@gmail.com](mailto:Andrei.photography@gmail.com) for custom matting and framing of nature and portrait photography.
- Bill Pence, one of our workers, is selling fresh, natural, range fed chicken eggs this week for \$2.75 per dozen. They come from two Eubank, Kentucky farms near Somerset. They are dated with when they were gathered and also when they are best used by.

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

Erik Walles & Family (Gayle, Brett & Grant)

#### **Berries on Bryan Station Farm**

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#### **Rhubarb Muffins**

##### *Ingredients:*

- 1 1/4 C. brown sugar
- 1/2 C. oil
- 1 egg
- 1/2 C. milk (plus 1 tsp. vinegar)
- 2 tsp. soda
- 1/2 tsp. salt
- 2 1/2 C. flour
- 2 tsp. vanilla

1 1/2 C. rhubarb (cut up)

Topping Mixture:

1/2 tsp. cinnamon  
1/2 C. sugar  
1 T. butter or oleo

*Procedure:*

- Mix first 3 ingredients; add dry ingredients alternately with milk. Add vanilla and rhubarb, and stir by hand.
- Fill muffin liners 3/4 full. Top with topping mixture. Bake 20-25 minutes at 350 degrees.

### **Strawberry Rhubarb Jam**

1 quart strawberries, rinsed and hulled  
2 stalks rhubarb, sliced 1/2 inch thick  
1/3 cup sugar

Place the strawberries and rhubarb in a large microwave safe bowl. Sprinkle fruit with sugar and toss evenly. Microwave on high 12 minutes.

(makes 2 small jars)

I like my jam a little on the tart side, so if you prefer sweeter just add more sugar

### **Grilled Tilapia with Basil and Mint**

Wisk the following together as a marinade:

Handful fresh basil, chopped (or dried equivalent)  
Handful fresh mint, chopped (or dried equivalent)  
1/2 cup olive oil  
spring garlic, chopped (or 1 to 2 cloves traditional garlic)  
good squeeze of lemon juice (to taste)  
salt and pepper to taste

Use some as a marinade. I use a stovetop grill pan on about medium heat. Once finished I use the reserve marinade to pour over the finished product. Enjoy!