

# Newsletter #6 June 22, 2006

## *Berries on Bryan Station Farm*

### *“Better Food For a Healthier You”*

Welcome to your sixth basket pickup! The recent rains and warm weather have been conducive to growing. Today's signature fruit is blueberries! They were picked this morning and are as fresh as you can get them. Our new veggies additions are summer squash and zucchini which are quite tender and flavorful.

#### **Blueberries**

There is a lot of interest from the scientific community for blueberries. The antioxidants and natural compounds exhibit health benefits that are being studied by UK and other universities. Enjoy!

#### **Zucchini and Summer Squash**

We planted these seeds indoors on March 12 and nurtured the seedlings before acclimatizing them to the outdoors in April and then planting them outdoors in early May.

We recommend to sauté these veggies in a skillet or on the grill. You can mix and match several veggies in the following recipe:

Heat olive oil in a skillet

Fry onions until lightly brown

Add garlic

Add sliced summer squash and zucchini

Allow to simmer for about 2 minutes and then flip the veggies over

After another minute add tomatoes (fresh and/or sundried)

Turn down the heat and simmer

Garnish with parsley

For final preparation, you can serve it over a bed of rice or pasta. One option is to add cheese on top at the end.

#### **Irrigation Update**

We are in the final stages to allow the use of our well to supply the irrigation. The rain from earlier this week was very helpful for all of the berries and veggies. We have observed that the plants do best with Mother Nature's rain.

#### **Herbs**

Each week we will have a selection of herbs cut on the same afternoon. You can choose from:

- Basil
- Catnip
- Cilantro
- Lemon Balm
- Mint
- Oregano (several varieties)
- Parsley
- Rosemary
- Sage (several varieties)
- Thyme

#### **Cut Flowers**

This week we have a bouquet of flowers to choose from to brighten your homes.

#### **Garlic**

The garlic is now mature. You can use a clove at a time for sautéing or baking.

#### **Mesculin, Red, Bibb, Romaine Leaf Lettuces Spinach and Arugula**

Salad makings will continue as our lettuce varieties continue to grow and re-grow without signs of bolting yet. We should be in good shape until we hit a heat wave.

Thanks to everyone for returning your baskets and plastic containers. Please feel free to recommend recipes for your favorite veggie dishes to include in future newsletters. See you next week!

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