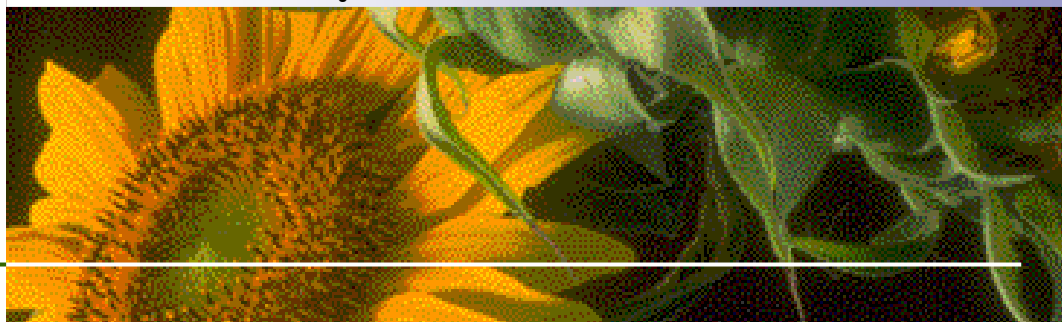


Berries on Bryan Station CSA Farm

Newsletter #7

June 30th and
July 1st, 2010



“Blackberries are here!”

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Coming up next week

- ◆ Blackberries
- ◆ Cucumbers

**Congratulations to
Berries employee
Taryn Bunch for
placing 3rd in the
Nation in the
SkillsUSA
competition in
Kansas last week!**

Way to go, Taryn!

Welcome to your seventh basket pickup! We hope that you enjoyed your last basket! We're excited to have blackberries, translucent red raspberries and cucumbers as the new items this week.

Blackberries and Red Raspberries

We have been busy picking these beauties for you to enjoy!

Potatoes

We plan to harvest some more of our potatoes this week! You will be getting red, white, gold and blue



potatoes.

Herbs

The basil plants are strong and can withstand more intensive cutting. We will have bags with about two cups of basil leaves in them for making pesto. Our cilantro is starting to come in and is a favorite for use in salsas, steamed rice and in Mexican food.

You can also choose from oregano, Swiss mint, spearmint, parsley, lemon balm, rosemary, and sage.

Greens Mix

Tender collards, Siberian Kale, and regular kale will be in your bag this week.

Salad Mix

Some of the lettuce may become bitter this time of the season. We have planted some new beds with lettuce which may not be as bitter yet. The salad mix this week includes: red oak leaf lettuce, spinach, mustard, Early Mizuna, Tatsoi, Red Russian and Arugula salad ingredients. Just the right mix of mild and spicy.

Green Onions

These have been producing nicely in the field, so we will give you more of these healthy additions to your menu. They are becoming larger in bulb size each week. You can still use the tender green leaves as well.

Cucumbers

We will have both normal and lemon cucum-

bers this week. The lemon cucumbers vary in appearance from deep yellow to tan.

Choice Table

We plan to have royal burgundy beans, radishes, arugula, zucchini and summer squash on the choice table!



One of volunteers, Maria Paglialungo, is also gifted as a healer. She will be present during pickup times to describe what she does.

We have had a nice amount of rainfall, which is benefiting the blackberries and raspberries. The tomatoes, peppers and eggplant are also growing very nicely. Thank you for keeping your “veggie dollars” local.

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

Please check out the member request on page 4 of our newsletter!!

Deb Outland's little cooking corner ...

Isn't summer wonderful! Last week, I was so inspired by my basket of veggies that I just tossed potatoes, green beans, squash, onions and some herbs together, drizzled on a little olive oil, and roasted a veggie feast! Delicious! I hope you are having fun with your bounty too! If you find something that works for you, please pass it on to us! Improvisation in the kitchen can be such fun!

Don't forget that I'm depending on you to send us your favorite recipes. You can contact me directly by email at djo@insightbb.com or on Facebook, I'm Deborah Outland. Otherwise, just drop a note to Erik at his Berries on Bryan Station address. We would all love to see your recipe, or hear what you think about cooking and eating! Happy Cooking!



Cucumber Mint Raita



Raita is a cool soothing flavor that is a wonderful contrast to the spicy flavors of Northern Indian cooking. It is also a great slaw for barbeque. Enjoy it with your cucumbers and mint or cilantro from Berries on Bryan Station!

One large (or two medium) cucumbers, peeled, cut in half lengthwise and seeded, then grated
2 cups plain whole milk yogurt

10 large mint leaves, thinly sliced* (can sub cilantro)

1/2 teaspoon ground cumin**

Pinch of cayenne

Pinch of paprika

Salt and pepper

Place grated cucumber in a sieve and press with the back of a spoon to squeeze out as much moisture as you can. Alternatively, you can place the grated cucumber in the middle of a clean tea towel, wrap the towel around the cucumber and wring out the excess moisture.

Stir spices and mint into

yogurt in a medium bowl. Stir in the grated cucumber. Chill until ready to serve.

Makes 2 1/2 cups.

Crock Pot Berry Cobbler



Here's a recipe I've been seeing a lot lately. It's fast to put together, and you don't have to watch it very much. Just time it for when you want your desert!

For the filling:

About 3 pints of berries of your choice, blackberries, strawberries, raspberries, blueberries. Use all one kind, or some of each.

1/2 cup biscuit mix (like Bisquick)

1/3 to 2/3 cup sugar, depending on the tartness of your berries and your taste

For the topping:

2 1/4 cups baking mix

1/2 cup sugar, divided

2 tsp cinnamon

1/4 cup (1/2 stick) butter, melted

1/2 cup milk

Coat the inside of a slow cooker with cooking spray.

Combine berries, sugar and baking mix and stir to combine.

In a separate bowl, mix topping ingredients. Combine baking mix, 1/2 the sugar (1/4 cup), butter and milk. Stir to make a soft dough. Drop by spoonfuls over fruit in slow cooker. Combine remaining sugar and cinnamon. Sprinkle over dough.

Cover and cook on high for 2-3 hours, low for 3-4 hours, or until fruit is bubbly and topping is golden brown. Serve hot with ice cream.

NOTE: This recipe can be made with a similar quantity of fresh or frozen peaches.

The following recipe comes to us courtesy of member Stephanie Beeken. She writes: "We really enjoyed this recipe, and also shared a quiche with some friends whose small children ate it up!" Sounds wonderful, Stephanie! Thanks for the recipe!

Spinach (or greens)

Quiche:

1 take-n-bake pie crust

8 eggs

5 slices bacon

1/4 c. sour cream

1/2 c. of your favorite cheese (we used parmesan as well as a mozzarella/provolone mix)

1/4 c. milk
bunch of greens (use as much or as little as you would prefer in your quiche)

2-3 spring onions

Cook bacon in a large skillet. Break into small pieces and set aside. Loosely chop the spinach/swiss chard and spring onions. Coat skillet with olive oil or butter (or use leftover bacon grease) and saute the onions and greens together until wilted. Add bacon pieces to this mixture. Set aside.

Preheat oven to 475. Place the pie crust in pie dish and cover with double layer foil, bake for 8 min. Lower heat to 325, remove foil and bake another 3-5 minutes until the crust is set and dried. Remove from oven. Keep oven at 325 for quiche to bake.

While the crust is baking, beat eggs in a medium bowl. Add sour cream, milk, and cheese. Stir. Add the sauteed greens/bacon mixture and stir together.

Pour the egg mixture into the (hopefully) still warm crust and bake in 325 oven for 40 minutes or until a toothpick inserted comes out clean. Allow to set for several minutes before cutting. Enjoy!

Deb Outland's little cooking corner ... A Walk Through the Herb Garden, Part 4

Dill



Today we think of dill as a more “northern” herb than most we’ve talked about here. Its origin is believed to have been Eastern Europe. But it has been found in many areas from the tombs of the Pharos to Roman ruins in Great Britain. Its earliest appearance in the archaeological record so far is a Neolithic Age camp on a lake in Switzerland.

The dill plant is used in three different forms in cooking. The seeds, called dill seed have a strong flavor, and are reminiscent of caraway. The seeds are used both for flavoring and medicinally throughout large parts of Asia and Europe. Thai and Vietnamese cuisines often use it particularly in dishes containing fish and shrimp. It is also known and used in India, some Arabic-speaking countries of the Middle East, and the Baltic.

The second part of the dill plant used frequently is the leaves. These are used most commonly in the Baltic, although it is also popular in Scandinavian and English kitchens as well. As with many delicate herbs, dill is best used fresh. Dill leaves, also called dill weed, is often used to flavor soups, pickles and other cold foods. It is an essential seasoning in gravlax (cured salmon). Somewhat less commonly, dill flowers are used in cooking as well. The flowers are often added to pickles. Dill used with pickles is common in many parts of the world, from India to the Romans to Eastern Europe. Clearly, using dill with pickles and seafood is a good thing recognized in many parts of the world!

In addition to its culinary uses, dill is valued for its ability to settle upset stomachs, and help nursing mothers increase their milk production. It has a relaxing anti-spasmodic effect, and is sometimes used to help minimize menstrual cramping. In parts of India, dill seed is used like fennel seeds as a digestive aid.

After consulting several sources, I found no cautions about the use of dill, although one source suggested that taking dill essential oil be done only under the care of a medical professional.

Borage

In my research for this article, borage stands out as one of the most unusual herbs we have available. Its leaves and stems have a mild cucumber flavor, and its flowers, prized for deserts and garnishes for sweet dishes, taste almost like honey. These flowers are some of the very few non-toxic blue flowers, and are thus used often as decorations. Borage is mostly popular in Germany, parts of Spain, and Northern Italy. It is sometimes used in salads and other uncooked foods, but the hairy leaves are unpopular with many people. Finely chopped fresh leaves, and crumbled dried leaves, though, are used extensively in German food. German Green Sauce is usually made with borage and several other herbs. This Green sauce is often eaten with potatoes, and its ancestry can be traced back about 2000 years. In addition to culinary and medicinal uses, borage is grown today as a plant-based source of GLA (gamma-linolenic acid). GLA is a fatty acid sometimes used as a food supplement in the treatment of inflammatory conditions such as arthritis and autoimmune disorders. At present, the research is still ongoing as to its effectiveness. Naturopaths also use borage in the treatment of hormonal disturbances, PMS, and Menopausal symptoms. Some research is also being done around using borage in the treatment of cancer and HIV infection.

Thyme

Thyme is one of the most widely-used herbs today! It is used extensively in Europe, Asia, and Africa, as well as all the cuisines which have been influenced by these areas.

Thyme is used to flavor soups, stews and meats, and is considered to have a particular affinity with eggs, tomatoes and lamb. Although flavorful, thyme does not overwhelm other flavors as some other herbs do. Instead, it enhances the subtle flavors in the foods it is combined with.



In the Levant, one of their more common condiments is za'atar. Thyme is the chief ingredient, and in translation, the name is simply “Thyme”. Thyme is usually considered as one of the main herbs contained in “Herbs de Provence”, and is frequently included in a “bouquet garni”. In recipes, thyme is sometimes measured by the sprig or even by the bunch, or it may be called for by a normal measurement, like a teaspoon or tablespoon. When standard measurements are called for, the leaves should be stripped off the tough stems, chopped and measured. Sometimes, whole sprigs of thyme are cooked in a dish then removed before serving. If this is the case in your recipe, it will direct you to do this. Otherwise, just strip off the leaves, discard the hard stems, and chop or leave whole as directed in the instructions. Thyme releases its flavor into foods slowly, so it should be added early in cooking to give it maximum time to lend its flavor to the food.

Thyme has been used since antiquity. The Egyptians use it in their embalming process, the Greeks bathed in it! They used it as incense, and believed it evoked bravery. Since the Romans valued bravery so highly, they too, incorporated thyme into their religious practices, particularly among warriors. Scholars say that the spread of thyme throughout Europe follows the movements of the Romans as they conquered lands as far north as England. They also began to flavor their food, particularly cheeses and liquor with thyme. But the connection between courage and thyme stayed too. In the Middle Ages, it was common practice for ladies to give knights gifts containing thyme to enhance their courage.

Thyrol, the essential oil extracted from thyme, is a strong antibacterial agent. Before the discovery of modern antibiotics like Penicillin, bandages were coated with thyrol to help combat infection. The main ingredient in the mouthwash Listerine is thyrol!

The association between thyme and the respiratory system is a long one. Even today, it is known as an effective aid in the treatment of sore throat and congestion of the lungs. A gargle of thyme tea 3 times a day is a very good treatment for sore throat. Thyme tea or tincture (taken internally), or a steam infused with thyme breathed deeply into the lungs can not only fight infection, but can also aid in the breakup of congestive mucus in the lungs.



Berries on Bryan Station CSA Farm USDA Certified Organic

Erik Walles & Family (Gayle, Brett & Grant)

Berries on Bryan Station Farm

4744 Bryan Station Road

Lexington, KY 40516

Farm: 859.293.0077

Erik's cell: 859.338.1877

Erik@berriesonbryanstation.com



Join our Facebook fan page and keep up to the minute on what's happening at Berries!

<http://www.facebook.com/pages/Berries-on-Bryan-Station-a-Community-Supported-Agriculture-farm/107845789237316?ref=ts>



Reduce, reuse

Please remember to return produce containers to us each week. We reuse many items and accept the following each week: clean/rinsed pint and quart containers, egg cartons and bags of fireplace ashes.



Member request for kids craft project items

Berries member Stephanie Denton is collecting materials for a kids craft project and has asked for our help! If you have any of these items, please bring them to the farm on pickup day and we will get them to Steph! *She needs all items before July 14th.*

3 unwanted interior doors (preferably flat doors – no panels)
Any colored plastic bottles (here are some examples):

Any colored detergent bottles - cleaned
Green Mt. Dew bottles - cleaned
Grey, yellow, white or red soda bottle caps from soda bottles – cleaned
Brown plastic rootbeer bottles – cleaned
Any two liter bottles - cleaned
Old ceramic pieces
Marbles
Lids from icing containers
Half gallon and Gallon milk jugs

Any color plastic shopping bags
Toilet paper and paper towel core rolls
Fish tank gravel – all Colors
Egg cartons
Any poster paint you are not using
Bottles of craft glue
Any sized brushes you are not using
Plastic water and 20 oz. soda bottles

Thanks everyone, for pitching in to help!

Around the Farm

- You may park close to the large black commercial barn where your basket will be ready for you from 4 to 8 p.m. on Wednesdays or Thursdays.
- There are plenty of toys in the barn for our younger member's entertainment. Please watch your children carefully to make sure they are safe. The concrete floor is hard so please stay close to the rocking horse.
- A rest room is available in the back corner of the barn for members. Please ask children to wash their hands if they have held our chickens.
- Pickup times are your choice of Wednesday & Thursdays from 4-8pm. You can change your day whenever you like.
- We love our volunteers! Come out and work with us. Thanks to the "regulars" who continue to pitch in and help each week.
- Got stale bread? Our chickens love it! Feel free to bring yours out on pickup day and watch how excited they'll be to see you!
- Seth Hill from "Lose Your List" will be happy to deliver your basket to you whenever you are unable to come to the farm. His phone number is 859.321.2343 or email loseyourlist@gmail.com. The standard delivery charge is \$8.50 for an individual trip. For more information visit his website at www.loseyourlist.com.
- Robin Shliakhau, one of our loyal multi-year members, is also a Pampered Chef representative. She has a new catalog that she will be handing out during basket pickups. There are many very useful cooking utensils that will help you cook like a pro! You may email Robin at robinshliakhau@gmail.com
- Going on vacation? Just let us know and we'll have an extra basket ready for you when you return!

**"Food is our
common ground,
a universal
experience"**

~James Beard