

June 4th and 5th 2008 Newsletter

Berries on Bryan Station CSA Farm: "Everything Here is Good for You"

Welcome to your fourth basket pickup!

Sweet Peas – edible pod

We are pleased to offer **edible pod** sweet peas for the first time this season. Our family prefers to eat them fresh as is. Steaming is also an option. They make a tasty addition to any stir fry recipes that you might have in mind.

Strawberries

This is our second week for these awesome berries! California can't beat these for taste and appearance! We're Kentucky Proud! Each member gets at least two quarts of these gems! The variety is called "Jewel", which is appropriate for these yummy treasures! Enjoy the berries fresh or cook with rhubarb for a tasty sauce or pie. These are ripe enough that you should eat them today or tomorrow.

We are fortunate to have more strawberries than we can pick, so you are invited to join us in a "**pick fest**" this **Saturday from 9 a.m. until 5 p.m. Pick as many as you like!** They are great frozen in Ziploc bags for later use-don't forget to remove stems first. This is **free at no charge to you!** Just a thank you from us to you for becoming a member. We want you to enjoy this wonderful bounty. There is nothing like enjoying fresh berries and eating them as you go. We hope that this will be one of the great memories you keep from this season! The strawberries are in season for only a short time, so please don't miss this!

Rhubarb

There is just a small amount this week.

Herbs

This week your choice of herbs includes English thyme, tarragon, swiss mint, basil, rosemary, sage, dill, Greek oregano, and lemon balm.

Greens

One of your two bags contains a mix of collards, kale, mustard, and ovation greens for sautéing. Simply rinse them and sautee them in olive oil. We apologize in advance for caterpillar damage on the collards. Hopefully when sautéed, these holes will not be noticeable. We are renovating the greens beds with other plantings to get rid of these moths.

Salad Mix

Your second bag contains a mixture of leaf lettuce and arugula for salads. The blooms on the arugula are edible.

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. They can also be roasted whole for an interesting addition to Southwestern recipes.

Around the Farm

- Please return your cardboard boxes since we are nearly out of them. We will start using large plastic bags until we get them back. Please do your part to keep plastic out of landfills!
- Pick-Up hours are 4-8pm on Wednesdays and Thursdays.
- Please feel free to drive right up to the barn if you like. We've noticed some members parking on the driveway which is fine, but wanted to confirm that you can drive closer.

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

Erik Walles & Family (Gayle, Brett & Grant)

Andrew English

Berries on Bryan Station Farm

4744 Bryan Station Road

Lexington, KY 40516

Farm: (859)293-0077

wallese@linkup.us

www.kyagr.com/BerriesOnBryanStation.htm