

# Newsletter #4 June 8, 2006

## *Berries on Bryan Station Farm*

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

Welcome to your fourth basket pickup! Everyone had a great time at the cookout on Saturday. About eight families were able to come. It was a very busy weekend with graduations and vacations, so I understand if you were unable to make it. The weather was gorgeous. The kids had lots of fun making new friends. They had a ball playing baseball, then swimming together in the hot tub. We had chicken breasts, Laura's beef hamburgers, and pork on the grill. The side dishes were excellent and disappeared quickly. My favorite dessert was a strawberry rhubarb crisp that I managed to get a couple of delicious scrapings from the bottom of the dish as the member was leaving.

The adults had fun visiting and having conversations. One member that I talked to had a personal miracle to share. He could not walk in January, but set his mind to walking his daughter down the aisle in March. He went from a wheelchair to being able to walk on his own. He still has some more to go to get all of his balance back, but he looks great. He credits Cardinal Hospital for helping him with his comeback.

Another member just got her license to be a midwife. She also gets credit for the hippest e-mail address of “Buddha momma”.

I have been blessed with all of the help that members have been giving me with this endeavor. Larry Leach gave me four mornings of his time and lots of sweaty hard work to clear the trenches and lay down irrigation pipe. Chris Duff loaned me his farm worker Darryl and a tractor for two times to lay down the black plastic. He is also loaning me his manure wagon to pick up decomposed horse manure from Jay Taylor, another member who offered it to me. Annette Fischer gave me a number of tomato plants and is

teaching her son Julian how they grow from seed. Annette also organized for a group of members from south Lexington to take turns picking up their baskets. If you would like to participate, please let me know and I will give you her phone number.

Both my wife Gayle and I gave several tours of the fields. We've had a busy time planting and still have more to go, but a lot of plants are growing well already. Probably the most unusual plant so far is the peanuts. I have never seen goobers grow, so it is fun watching them develop. I will be happy to show them to you when you are here to pick up your basket.

We will be having another picnic in October with hayrides, so you can look forward to that.

Gayle just lost her job as director of sales and marketing at Bullard Corporation. Bullard makes fire safety equipment like thermal imagers. Her background is in plastics and engineering. She would like to ask you to give her people's names to contact about potential positions. Her e-mail address is [gaylebikes@linkup.us](mailto:gaylebikes@linkup.us) and she can be contacted at our farm phone number.

Here are my suggestions for using today's fruit and vegetables:

#### **Blueberries**

My favorite way to eat them is fresh. It is always a good idea to rinse them lightly right before you eat them. Gayle makes awesome blueberry muffins. I can never make them the way she does, since I have a tendency to over mix things. Here is her recipe: Heat oven to 400°F and place 12 muffin cups into a muffin pan. Beat one egg with a fork. Stir in ½ cup milk and ¼ cup vegetable oil. Blend 1 ½ cups flour, ½ cup sugar,

2 tsp Baking powder, and ½ tsp salt, then mix it lightly with the beaten egg. Do not over mix. Gently stir in one cup of blueberries. Fill muffin cups 2/3 full. Bake them for 20 to 25 minutes.

### **Arugula**

This is a delicious ingredient for salads. It is especially popular with yuppies. Most people add a few leaves to a leaf lettuce salad for taste.

### **Fresh Herbs**

At the picnic we added lemon balm leaves to freshly squeezed lemonade and also to iced tea. It added a wonderful lemony fragrance to these drinks. With fresh lemonade, I also return the lemon skins to the lemonade to rinse off some tasty lemon oil. Do not leave the lemon skins in more than about fifteen minutes or the lemonade will taste bitter. Lemon balm is also a culinary herb that you can use in place of oregano in pastas, soups and salads.

Since we have a wide variety of herbs ready for you, please decide which ones you want. We will have many prepackaged for you to choose from. If there is a specific one that you want, we will pick it for you. You may want to try a different one each week. Fresh cuttings are available from the following culinary herbs: basil, chives, cilantro, thyme(English, Golden and Silver), oregano(Italian, Greek, Hot 'n Spicy), rosemary, mint(Swiss, Bowles Apple), Sage(Berggarten, Tricolor, Purple, Golden), French Tarragon, Lemon Balm, and parsley(Italian, curled). Non culinary herbs include curry plant and catnip. Curry plant is used as a fragrance and a moth deterrent. Thyme and lavender are used in sachets.

### **Mesculin, Red, Bibb, Romaine Leaf Lettuces**

Simply rinse the leaves in a colander and add your favorite toppings. There is a paper towel inside to keep the lettuce at the right humidity.

### **Poke Salad**

This is an eastern Kentucky favorite. These plants are young and tender. Simply rinse them briefly, then place them in a frying pan with two

tablespoons of water. Place a lid on top and steam them for about four minutes. Add two tablespoons of soybean oil and sauté them for about four minutes.

### **Spinach**

Both the leaf lettuce and spinach are looking and tasting great. I like to add spinach to soups in order to benefit from the entire plant. If you steam the spinach, save the steaming water for soup.

### **Rhubarb**

Several members had never tried rhubarb before and enjoyed the extra fresh tart flavor. Some of the rhubarb even ended up in a pie all the way in St. Louis.

### **Reminders**

- You may drop off any vegetable peels, orange rinds, and other household organic waste when you pick up your basket. You will want to carry it inside a plastic wastebasket because the compost becomes wet as it ages. Just dump it in any field and I will cultivate it under. The soil benefits from the organics. For you it is a way to keep animals out of your garbage since they can smell right through plastic. If you have protein like bones and meat scraps in the waste, please dump it higher up the hill so that predators like foxes do not come closer to our house.

That's all for now,

See you next week!

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