

May 14th & 15th 2008 Newsletter

Berries on Bryan Station CSA Farm: "Better Food for a Healthier You"

Welcome to your first basket pickup! Thank you for joining our CSA this year, our third year in providing fresh produce to our members.

We follow organic and sustainable principles in raising our veggies, berries, herbs and flowers. You are welcome to tour the greenhouse and fields to observe our techniques.

Leaf Lettuces

We have a variety of green and red leaf lettuces, romaine lettuce, Boston Bibb lettuce. These make a delicious mixed salad.

Spinach

The spinach can be tossed in with your other greens for a salad, or can be steamed and topped with a little vinegar and sliced hard boiled egg. See the Spinach Lasagna recipe for an idea.

Herbs

This week your choice of herbs includes oregano, dill, lemon balm, swiss mint, spearmint, cilantro and parsley. Use them fresh on your salad or garnish dishes such as scrambled eggs.

Collard Greens, Kale

These two vegetables are in the cabbage family and historians note that they have been cultivated since Roman times. While many traditional recipes involve boiling the leaves with ham hocks, we recommend the stir fry recipe at the end of the newsletter.

Arugula, Swiss Chard

Arugula is a spicy salad green that can be eaten fresh or steamed. The flowers are also edible. Swiss chard is a vitamin packed green that is best steamed.

Spring Onions

These have "round" leaves and are bluer than the Spring garlic leaves. Use as you would use white onions normally, and see Collards recipe for a special use.

Spring Garlic

These have "flat" leaves and are brighter green than the Spring Onions. Not as strong a flavor as mature garlic. Tasty, none the less. Dice for use in pasta sauce, sautéed with potatoes, or my personal favorite:

added to scrambled eggs along with sharp cheddar cheese and pesto!

A Word about Food Safety

You made a smart move to decide to become a member of our CSA. You can see where your food is coming from, how we grow it, and how we handle it. Please as an additional precaution, rinse all veggies that we give you lightly with water and check for bugs before you eat it.

Around the Farm

- We have member garden plots next to our barn for those who would like to plant some seeds or seedlings and watch them grow during the season. This is the first year of this feature.
- We have toys in the barn for our younger member's entertainment. Please watch your children carefully to make sure they are safe.
- Reuse is an important ecological principle. Please bring back the boxes that your produce comes in weekly and bring rinsed plastic containers and herb baggies.
- We'll gladly accept bagged wood ashes for use around our cabbages and cauliflower plants.
- Pickup times are Wednesday & Thursdays from 4-8pm. You can pick up either day.
- Going on vacation? You can gift your week's pick-up to a friend, colleague or neighbor.

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

Erik Walles & Family (Gayle, Brett & Grant)

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RECIPES

Stir Fried Collard Greens

This recipe uses 3 of our ingredients this week. Several similar recipes were tried and this is from recipezaar.com. Kale can be used either with or instead of the collards.

Basic Recipe:

- 1 spring garlic chopped, or 2 cloves traditional garlic
- 1 spring onion chopped
- 2 Tablespoons olive oil
- 1 bunch collards or kale, rinsed, trim off stems, tear into pieces (approx 2" x 2" works well)

Directions:

1. heat olive oil in large pan over medium heat
2. add onion and garlic, sauté until fragrant
3. Add collards. Stir fry for 7-10 minutes

Options:

- A. diced Canadian bacon can be added just before you add the collards for a low fat meat version
- B. Many southern recipes use bacon. In this case, fry the bacon first and then set to the side while sautéing the onion and garlic. Add bacon back in during last 1-2 minutes
- C. You can add extra flavor at the end with salt, pepper or an herb
- D. Add in sundried tomatoes with 5 minutes to go

Spinach Lasagna

From www.animalvegetablemiracle.com, by native Kentuckian Barbara Kingsolver and her family. The book is enjoyable reading.

1. 1 package wholegrain lasagna noodles, prepared as directed on the package
2. 4 cups chopped spinach (can also mix in kale)
3. 16 oz. Tomato sauce
4. 2 cups fresh ricotta
5. 2 cups mozzarella

Spread thin layer of tomato sauce on bottom of large casserole. Cover surface with a layer of noodles, half of the ricotta, half of the spinach, 1/3 of the remaining sauce and 1/3 of the mozzarella. Lay down another layer of noodles, the rest of the ricotta, the rest of the spinach, 1/3 the sauce and 1/3 the mozzarella. Spread the final layer of noodles, the remainder of the sauce and mozzarella and bake uncovered at 350 F for 40 minutes.

Confetti Kale

A gorgeous dish full of color and nutrients from "Simply in Season" by Mary-Beth Lind and Cathleen Hockman-Wert. Serves four. In a large frypan sauté the following ingredients together over medium heat, stirring them constantly for five to ten minutes:

1. 2 tablespoons canola oil or olive oil
2. 6 cups chopped kale
3. 1 minced Spring garlic
4. 3/4 cup corn
5. 1/2 cup chopped red sweet pepper
6. 1/4 cup water
7. 1/2 teaspoon salt
8. 1/4 teaspoon pepper

Greens in Peanut Sauce

This recipe is from Maynard Kurtz in "Simply in Season". Saute one Spring garlic and one Spring onion in 1 tablespoon canola oil in a large soup pot. Add one diced medium tomato. And simmer them for two to four minutes. Add 1/2 teaspoon ground coriander(cilantro), 1/2 teaspoon ground cumin, 1/4 teaspoon salt(optional), and 1/8 teaspoon ground cloves. Cook this for two more minutes. Add one pound of kale or collards. Steam them for about five minutes until greens are soft, but still bright green. Stir this to coat the greens with the spices. Combine 3 tablespoons of chunky peanut butter and two teaspoons of hot water and add them to the greens at the end of the cooking time.

Herb Tips

- A helpful ratio is 1/4 tsp dried ground herbs= 1 tsp dried crumbled leaves=1 Tbs finely chopped fresh herbs
- Add **dill** to hot cooked rice just minutes before serving. Just stir it in