

Berries on Bryan Station CSA Farm

Newsletter
May 19th and 20th,
2010



“For People Who Love to Eat Well”

Inside this issue:

<i>Welcome (and welcome back!)</i>	1
<i>This week’s produce</i>	2
<i>This week’s recipes by Deb Outland:</i>	3
<i>Deb’s Cooking Corner (cont’d)</i>	4
<i>Around the Farm</i>	5

Upcoming Next Week:

- Strawberries!
- Garlic
- Onion
- Greens
- Lettuce
- And more!!!

Dear member,
Welcome to your first basket pickup! Thank you for joining our CSA this season, our fifth year in providing fresh organic produce, berries, herbs and flowers to our members. Your membership allows us to labor at what we love, which is to provide you with wholesome, tasty and beautiful things to eat.

We are pleased to renew friendships with returning members from previous seasons and look forward to serving and getting to know our new members.

We thank you for finding us since we do very little advertising. Many of our members are referred by other members who have been so excited to have “been a part of it”. Some of you have found us through www.localharvest.org or via Sharon Thompson’s Lexington Herald Leader articles.

We know that you are excited to pick up your first basket! We are excited to have you! We have been preparing all

winter for this and the big day has arrived! We are sending you a copy of this newsletter before you arrive so that you have a chance to see what to expect. Our webmaster and newsletter writer, is also posting a copy on our website at www.berriesonbryanstation.com so that you can view it from there if you like. We hope that you have already sampled some of our superb greens and salad fixings, but if not, you are in for a treat. Nearly every square inch of both our greenhouse and our new walk-in hoop house are packed with fresh growing veggies and everything will be harvested for you fresh on your pickup day.

Who is “Us?”

The green thumbs include Erik, Gayle, Brett and Grant Walles.



Two workers who helped Erik during the winter include Jade Maner (this is his third year with us), and Taryn Bunch. Jade is a senior at Bourbon High School, loves to sing rap music, and will be studying law at the University of Kentucky this Fall. Taryn is a senior at Eastside Technical School, is a member of Future Farmers of America, is part Cherokee, and will be attending BCTC this Fall. Seth Hill just started working with us. He graduated from the University of Kentucky and started his own business, “Lose Your List” with his friend Michael. Natalia Truszczynski is studying medicine at the University of Michigan and will be joining us soon. Our volunteers so far include: David Lynch, Toni Nelson and Sarah Weck (an education major at Ball State who will join us as often as she can!). Deb Outland will be writing her weekly recipe column in this newsletter for her second season, which is a real treat for us!

This week's produce!

Here is what we have ready for you today:

Salad Mix

We will be giving you a generous bag full of a variety of green, red, romaine and Boston Bibb lettuces. There will also be tender spinach, arugula, Russian kale, Tat



Sui, and red mustard leaves in the salad mix as well. We suggest that you lightly rinse the salad mix and spin it in a salad spinner prior to eating it. Everything has already been lightly rinsed with chlorinated city water before

"To eat is a necessity, but to eat intelligently is an art"

La Rochefoucauld

you get it, but please rinse it and check it right before you use it. Occasionally you will find a blade of grass or an edible weed in it that got past our quality control.

Greens Mix

You will be getting a second large bag full of wonderful tender greens for sauteeing. These include collard, kale, and Swiss Chard (white, pink, golden and ruby).

Spring Onions

These have "round" leaves and are bluer than the Spring garlic leaves. The entire plant can be rinsed, then chopped up and used in various recipes. We usually discard the tiny roots and sheath covering the bulb. You can mix the minced onions with sour cream and fresh herbs to top on baked potatoes or use them as a chip dip.

You can lightly caramelize the Spring onions by heating them in your largest frying pan with about two tablespoons of olive oil. Keep your stovetop at a medium high setting (we use a setting of 8). It should take only a few minutes before they start turning light brown. This heating process turns sugars and proteins in the on-

ions into flavorful compounds that you will enjoy.

We usually add our chopped greens that have been lightly rinsed and passed through our salad spinner to remove excess water. Stop heating the greens once they have collapsed and are still bright green. Color is usually a sign of lots of chlorophyll, micronutrients and powerful antioxidants, so cook no further. Simply serve this as a side for whatever you are eating. We will cook a large batch at once and reheat individual portions in the microwave just prior to use.

Herbs

This week your choice of herbs includes oregano, lemon balm, Swiss mint, spearmint, rosemary, and sage. Use them fresh on your salad or garnish dishes such as scrambled eggs. You will find that fresh herbs allow you to reduce or eliminate salt in your dishes since they impart a full delightful flavor.



Choice Table:

Rhubarb

The choice table will be for new items which we introduce each week. We will have some rhubarb for you on the choice table this week. The stalks contain oxalic acid, which give them a sour taste. Sour is one of the taste bud types on your tongue in addition to sweet and salty.

You can chew on a fresh stalk like celery or you can cook it in pies or sauces. My favorite is to add a sweet apple such as golden delicious to the one inch chunks of rhubarb with about a half cup of water and simmer them together for about



five minutes. Serve it in a bowl with some cinnamon sprinkled on top and a dollop of vanilla ice cream.

Strawberries

Grant and Gayle explored the strawberry fields and we estimate that everyone will get 1 pint of strawberries this week. (Most likely 1 quart each next week!)

Deb Outland's little cooking corner ...

Welcome to the Recipe Corner!

Every week, we post recipes ideas, tips and trivia here in the newsletter to inspire you in using your lovely produce from Berries on Bryan Station. Sometimes I find material elsewhere, as I'm a big fan of cookbooks and the Internet. Some are from friends around the country that share their own beloved recipes with me.

The most important ones come from our members, who have a wealth of wonderful recipes, hints, ideas, stories and more! Do you have a way of cooking something from the garden that your kids adore, or your spouse asks for over and over? Even if it is as simple as dressing a salad with just some lemon juice and a

drizzle of olive oil (like my friend Debbie from Oregon, who was served this in a kibbutz in Israel), let us know about it! Is there some vegetable that we get from Erik that "just makes" one of your favorite main dishes? Send it in! Know a great way to make a fabulous desert from our lovely berries? Trust me; we want to know about it! You can send your recipes, thoughts, and tips directly to me (djo@insightbb.com) or to Erik, if that's easier for you. Meantime, I hope you enjoy our recipes, and you can find more online at the Berries on Bryan Station web site, where recipes from earlier years have been alphabetized for you.



Avocado Ranch Dressing

We served this lovely dressing a couple of weeks ago on a salad, and it was universally loved! Cook's Illustrated is the author, and they suggest using about 2 Tablespoons per quart of greens (enough for 2 people), and tossing the salad before serving. I think that would work well. We passed the dressing and let people get what they wanted. That worked OK, but the dressing is a little thick, so I'm sure we overdressed our greens. Not that anyone complained, as it's so yummy! One thing for sure: If you don't use all this dressing on your salad, you'll love it to dunk veggies in, or pizza crusts, or breadsticks, or as a substitute for mayo on a sandwich, or or or... CI says it will keep safely in the fridge for a week, but I bet it won't last that long!

1 Large avocado
 ½ teaspoon Tabasco or other hot sauce
 1 Tablespoon fresh lime juice
 ½ cup buttermilk
 ¼ cup mayonnaise
 1 Tablespoon minced onion
 1 Tablespoon minced cilantro
 1 medium clove garlic, minced or pressed
 ½ teaspoon sugar
 ¾ teaspoon salt
 ¼ teaspoon black pepper
 Place peeled avocado, hot sauce and lime juice in food processor. Pulse food processor until fairly smooth. Add remaining ingredients, and process until dressing is completely smooth. Chill until ready to use. This dressing keeps up to one week in the refrigerator.



Gingered Rhubarb

One of the most amazing things about being a member of a CSA is that you get access to fruits and vegetables that are almost unavailable elsewhere. One of these is rhubarb. It looks a bit like celery, but oh! What you can do with it! Rhubarb is very tart and clean in flavor. To me, it is a bit like apples, although not sweet at all unless you add a sweetener. It makes delicious pies, of course. If you're a fan of Prairie Home Companion, you surely remember Bebob A Reebop Rhubarb Pies! It can be a great sauce as well. This very simple compote can be used over cake, ice cream, or even a plain cheese-cake. So give it a try! You can whip this up in the microwave while you put the rest of your basket contents in the fridge! The recipe is from About.com.

1 ¼ pounds rhubarb,

chopped into small (1/2 inch) slices
 1 Tablespoon orange juice
 1 Tablespoon finely minced fresh ginger root
 1/3 cup sugar, or to taste (or honey or even Splenda?)
 1 Tablespoon butter

Combine all the ingredients in a microwave-safe 2 quart bowl. Cover with a plate or plastic wrap, with a small section left open. Microwave on HIGH for 5 minutes. Stir carefully, and re-cover. Microwave an additional 2 or 3 minutes, until the rhubarb is tender. Serve warm or cold over ice cream, pound cake or whatever you can dream up. Or, serve as a relish or chutney with meat.



Deb Outland's little cooking corner ...

Annette's Greens

I'm including this great recipe from member Annette Fisher, even though it was published last year. When it comes to simple and fabulous, this is the classic recipe for greens! Note that the balsamic vinegar she specifies here is white, not the usual dark kind. A good source is Trader Joe's up in Cincinnati, although it may be available here in town as well. About this recipe, Annette says "We sometimes add a teaspoon of maple syrup to our greens for added taste, but even our eight year old loves them plain!" Thanks again, Annette!

Sautee a red onion that has been cut diagonally into strips in two teaspoons of olive oil for about three minutes. Add rinsed and chopped greens and mix them in for about three minutes until they are wilted. Add one tablespoon of white balsamic vinegar, salt, pepper and garlic powder to taste.

Thoughts on Produce Storage

Particularly in these early weeks, most of what you receive from Berries on Bryan Station will need to be stored in the refrigerator. To start with, this is not a big deal, unless you are like me, and the fridge is already pretty full. You're going to be getting a fresh batch of things every week, though, and it is a good idea to get organized and prepared so you don't lose any of the great veggies and fruits from BOBS. Consider these ideas:

- There are some things you get which will need to be used quickly. I'm talking here about salad greens, berries, and other delicate items. Make a place in your fridge where you put ALL this kind of thing, so you can be comfortable knowing you haven't left some great lettuce on the shelf until the middle of next week, when it's likely to be a wilted useless mess. If you'd seen it on Saturday, you'd have been able to have a great salad!
- Other things, like onions (although the green parts may get limp), tomatoes, squash, and other more sturdy veggies will probably keep until well into the next week, if you don't use them as quickly. Some (tomatoes, for example) don't really need to be stored in the fridge. That makes them easy to keep an eye on. But most others need to be in cold storage. Again, have a place for them specifically as well. Go through it periodically (at a very minimum on pickup day) to be sure something hasn't decided to give up the ghost. If it's been there a while, and still looks OK, try to put it in a "use

quicker" spot, so an old squash or something gets used before the new ones from the current week.

- According to what I've read, air is the enemy of fresh vegetables. So for the more delicate things, in particular, gently press out as much air as you can from the bag without crushing the product, and leave it in the bag till you use it. Although onions are not that delicate, to keep the green tops a bit perkier, you can do the same with them. But once the tops wilt, the bulbs are likely to still be in good shape. If you can't fit the whole plant inside the bag, fold them over, or cut the top off till you can get it closed. Try sticking the cut-off tips in too, but don't be surprised if they wilt very quickly.
- Make it a habit each week to check what you still have from the previous week before putting your fresh things up on pickup day. If anything didn't get used, and it's not good any more, get rid of it NOW. Next week it will be worse, of course, and even tomorrow, it will probably contaminate something that was perfectly good! Identify anything you need to use quickly from the longer-keeper area and move it up to the use it fast area. Move your other longer-keeping storage to the front of that area, and make a place in the back for the new things, just like they do with things at the grocery. Then go through your new things, and store them appropriately.
- Remember when you set aside the areas in your fridge for veggies,

you'll be getting more volume as the summer reaches its zenith, so be sure to allow plenty of room! Believe me; you'll be glad you did. One of my last baskets contained a whole quart box of little delicious yellow peppers that I had to stick "somewhere" last year. They were not useable when I found them tucked back behind something some weeks later. Believe me, I would just love to have those little peppers right now, roasted and frozen with the rest of my end-of-season haul—I used the last of them a month ago!

- Be sure to clearly mark your herbs, and store them in a specific spot as well, so you know what you've got, and what you need to pick up next time. They keep well in the refrigerator, maybe longer than a week for some. Some herbs can be stored like cut flowers, in a small container of water on the countertop.

Basil works particularly well this way. Try it with your other favorites as well.



- Do you have ideas on how to better keep your use of things efficient? Please share them with us! I don't know about anybody else, but I sure want to know!

That about wraps up the food section for this week. We'll be getting more strawberries, greens, salad greens, and similar items next week. What's YOUR favorite way of using these treasures? Enjoy! It's almost summer!

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.



Common Sense on Food Safety

There are always microbes in a farm environment. We are careful to give you only clean, rinsed produce that we have harvested with washed hands and packaged carefully. Even with these precautions, we ask you to lightly rinse everything that we give you with water be-

fore you use it. Even though our bodies contain lots of microbes in our digestive tract, we can get sick if our food contains E. coli or other bacteria and viruses. Please make sure that your work area in the kitchen does not allow veggies to come in contact with

meat products. It is only common sense, but we want you to stay healthy!



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.
- We have a member garden plot for those who would like to plant some seeds or seedlings and watch them grow during the season. This is very popular, fun and educational. We will provide live plants and seeds or you can bring your own. This week is perfect timing for planting!
- We have 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. I usually place my hand behind a child's head on the John Deere electric tractor to make sure they do not get whip lash.
- 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.
- Going on vacation? You can gift your week's pickup to a friend, colleague or neighbor. We are also happy to "double you up" on the week of your return so that you do not miss out. For security reasons you do not have to tell us when you plan to be gone.
- We will do our best to keep your excitement level high throughout the entire season! Go forth and be healthy! We'll see you soon!
- We love our volunteers! Come out and work with us. We will be planting a lot **this weekend** and would enjoy having your company if you can make it.

**"Take care of
your body. It's
the only place
you have to
live."**

Jim Rohn