

May 28th & 29th 2008 Newsletter

Berries on Bryan Station CSA Farm: "Lettuce Be Your Personal Farmers"

Welcome to your third basket pickup! We are so very happy to offer strawberries this week! They are 9 days later than last year due to cool weather.

Strawberries and Rhubarb

They are delicious!

Mustard Greens

Our favorite way to eat these is to sauté chicken sausage, add the chopped up greens and stir them together. Add a half cup of rice and one cup of water, then simmer until the water is absorbed. Beware because what you think will last for two meals is instead eaten up right away!

Gourmet Lettuce Mix

A mix of heirloom red and green leaf lettuces complimented by baby kale, omissions green mix, spinach and arugula.

Herbs

Everyone gets Lemon Balm plus one other herb.

Spring Onions

Hopefully you have tried sautéed, roasted and grilled. They also make a great add to quiche or scrambled eggs.

Spring Garlic

There is a good recipe for Jasmine Rice with Spring Garlic at www.foodandwine.com/recipes

Around the Farm

- Please return your pint containers for the berries, rinsed is preferable. Thank you in advance for also returning your cardboard boxes!
- The sunny holiday weekend meant that it was time to get the irrigation up and running!
- The white fabric covering some rows protect our seedlings from Gayle's least favorite pest, the dreaded striped cucumber beetle

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

Erik Walles & Family (Gayle, Brett & Grant)

Berries on Bryan Station Farm

4744 Bryan Station Road

Lexington, KY 40516

Farm: (859)293-0077

erik@berriesonbryanstation.com

www.berriesOnBryanStation.com

RECIPES

Lemon Balm Vinaigrette

- 1 Tbsp. shallots, minced
- 2 Tbsp. lemon balm, minced
- 1/2 tsp. lemon zest
- 6 Tbsp. fresh lemon juice
- 4 Tbsp. white wine vinegar
- 1 tsp. Dijon mustard
- 1 tsp. brown sugar
- 8 Tbsp. vegetable oil

Mix first 7 ingredients together and then slowly blend in the oil. Mix well before serving. This is delicious on salads, especially fish or chicken salads. You can also marinate chicken or fish piece in this mixture before cooking. After cooking, serve the vinaigrette as a sauce. Makes about 2/3 cup. (from Steele-Carlin)

LEMON BALM (MINT) BREAD

Printed from COOKS.COM

1 stick unsalted butter

1/4 c. finely chopped lemon balm leaves

1 c. sugar (I use 2/3 c.)

2 lg. eggs

Pinch of salt

1 1/2 c. sifted flour (I use 1 3/4 c.)

1 tsp. baking powder

Grated rind of lemon (I add 4 tsp. lemon juice)

1/4 c. chopped nuts (optional)

Cream butter with mint leaves; add sugar and beat well - add rest of ingredients. Bake 30-45 minutes at 350 degrees until well done. Grease and flour pans.

Glaze: Juice of 1 lemon, 1/2 cup granulated sugar (I use 1/4 cup), 1/2 cup hot water, and 1/4 cup finely chopped leaves. Mix glaze. When remove bread from oven, let sit in pan and glaze 4-6 hours. Then refrigerate or freeze. Can use any type of mint leaves.