

Berries on Bryan Station CSA News

Newsletter #16
For Basket
Pickup Days
September 1
and 2, 2010



We're Flying Into Home Base!

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

La Rochefoucauld

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Happy September!
Welcome to your
sixteenth basket pickup!
We have another
outstanding basket for
you:

Sweet Peppers



This is a big week
for peppers! All bell
peppers in your basket
are sweet and are a nice
size for stuffing. Any
hot peppers will be
labeled as such on the
choice table. This week
we have gorgeous hot
jalapeño and Jimmy
Nardello hot banana
peppers. We have a lot
of time and effort
invested in them since

we started them indoors
last January and they
grow very slowly.

Summer Squash

We have beautiful
tender and bright yellow
summer squash for you
to enjoy this week.

Cucumbers

These are a yummy
size for salad or for
mixing with tomatoes.

Greens

We plan to have
Swiss chard, Pak Choi



and kale this week.

Herbs

We will have Holy
basil, nufar basil,
oregano, rosemary, and

sage. Holy basil has a
wealth of good
medicinal properties
according to Amanda
Matthews, a PhD
herbalist. We mix it one
to one with regular nufar
basil to give a more
flavorful pesto than with
regular basil alone.

Cut Flowers

Everyone will be
able to choose an
arrangement of zinnias
and sunflowers.

Choice Table

We plan to have
tomatoes, red Pontiac
and Kennebec potatoes,
yams, hot peppers, okra,
and pumpkins on the
choice table this week.

Asian Pear Jam

Erik is making jam
and will try to have
enough ready to give
you this week.



Next Week

*Supersweet
Orange Peppers
White Potatoes
Red Potatoes
Okra
and More!*

The Cooking Corner



Even though it's still hot, and barely September, is it turning into fall very quickly! Last week we had pumpkins in our baskets, and the winter squash are beginning to come in too! In response to a question about preparing pumpkin, Bekki Woloch found the following outstanding web site, which offers cooking instructions as well as lots of recipes, including some low-calorie deserts and instructions for cooking pumpkin seeds.

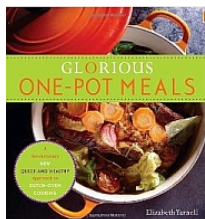
Take a look at <http://hubpages.com/hub/How-to-Cook-Fresh-Pumpkin>

Another good web site about winter squash in general can be found at <http://whatscookingamerica.net/squash.htm>. This web site offers some tips on cutting the squash up for use raw in recipes, such as the Succotash recipe below.

I would also like to remind you to use care in cutting open these hard squashes! If the squash is irregular in shape, as most of them are, place them in the sink, using the drain as a support for the squash so it won't rock around. Then, use a large, heavy very sharp knife to cut about halfway through it. Once the knife is safely embedded in the squash, it's then safe to continue (or finish) cutting it on a cutting board on the counter. Once you have exposed a flat surface, be sure to continue cutting with that flat side down as a stable base! A vegetable peeler is ideal for peeling squash, and the "Y" type is easiest to use. I heartily recommend that you do not use a knife to do the peeling!

As always, send questions, recipes or comments to me at djo@insightbb.com, or directly to Erik. Thanks so much for all your input! Happy Cooking!

Glorious One Pot Meals -- *A Book Review and Sample Recipe*



When author Elizabeth Yarnell developed Muscular Sclerosis, she never dreamed

that it would inspire her to develop a new and patented cooking method, but it did! Her concern for improving her nutrition and improving the purity of her food prompted her to experiment with various cooking methods until she developed a unique and convenient cooking method she has named Infusion cooking.

Simply, Infusion cooking uses a cast iron Dutch Oven to rapidly cook entire meals all at once in a very hot oven. The oven is

preheated to 450 degrees. While this happens, the food is prepped and added to the Dutch oven in layers starting with starches, then meat, and topped off with vegetables. The food is cooked for about 45 minutes totally undisturbed. The meal is done, and ready to eat! This 15 minutes of effort spent in the kitchen will result in a fabulous meal.

This may have great merit as a cooking method. There is very little fat involved; the foods used are almost always "real" food—uncooked meats, lots and lots of vegetables, and an amazing array of seasonings. With a little planning and a freezer at hand, you can, in theory, go from frozen

ingredients to a family meal on the table in about an hour. Not bad! I'm just getting ready to give this a try, and wanted to share with all of you now. Many of her recipes have fascinating combinations of veggies that I'm excited about trying.

Her web site is:

<http://www.gloriouspotmeal.com/>

The cookbook, Glorious One Pot Meals it is available at bookstores, and on Kindle through Amazon.

The recipes are written for 2 people, with easy rules for making larger quantities. Here is a recipe to try.

Adobo Pork or Chicken

If you don't eat pork, you can always substitute boneless chicken

or even beef. This recipe serves 2 as written. A 2 quart Dutch oven is ideal, but a slightly larger one is OK. If your Dutch oven is large, consider doubling or tripling the recipe. Cooking time increases about 8 minutes for 4 or 16 minutes for 6 servings.

Canola Oil Spray

1 cup Arborio Rice

1 cup plus 2 Tbsp broth

2 Ancho (dried Pablano), Pablano or Anaheim Chilies, stemmed, seeded and chopped

¼ of a large onion, chopped

½ tsp dried oregano

¼ tsp ground cumin

½ tsp freshly ground pepper

¼ tsp ground allspice

2 Tbsp cider vinegar

¼ cup fresh orange juice

2 tsp fresh lime juice

½ to ¾ pound DEBONED center cup pork chops 1" thick

1 15 oz can corn, drained

1 green bell pepper, chopped

1 large ripe tomato (optional)

Preheat the stove to 450 degrees.

Spray the Dutch oven with cooking spray on both the pot and interior of the lid.

Rinse the uncooked rice in a strainer under cold water until the water runs clear. Add the rinsed rice to the pot, and pour in all the broth except 1 Tablespoon. Stir to make an even layer. In a small bowl, stir together the chilies, remaining tablespoon of broth, spices and herbs, vinegar and citrus juices.

Place the meat in the pot, and drizzle about half of the juice, pepper and spice mixture over them. Next, add corn and green pepper, and then drizzle on the remaining spice mixture. If you have room, and want to add it, lay slices of tomato on top, then cover

with the lid. Be sure the pot is not too full to shut completely.

Place the pot in a fully pre-heated 450 degree oven, and allow the food to cook for 45 minutes, or until three minutes past when the aroma of a fully-cooked meal escapes the oven. Serve immediately.

Note: I know that the direction "about 3 minutes after..." sounds odd, but she claims that when you smell the food that way, it will be completely done in just 3 more minutes! Try it and see for yourself!

At other places in the book, the author notes that if the rice is not quite done, return the lid to the pot and allow it to sit covered for about 5 to 10 minutes to allow the rice to absorb more liquid.

Succotash: A Gardening Miracle

The story of Succotash is important to sustainable agriculture. Native Americans were gifted gardeners, and the three sisters mentioned here are the three mainstays of arid country agriculture: beans, corn and squash. When you make succotash, give honor to the people who have eaten it for thousands of years!

In a climate barely able to sustain any plants, Pueblo Indians developed the "Three Sisters" gardening technique that let them grow these important vegetables.

Originally, succotash was made with the Three Sisters instead of the "modern" version—Lima

beans and corn. Three Sisters Succotash has all the essential fatty acids without which a vegetarian diet is considered unhealthy.

In addition, the three sisters lived together in the garden, providing an interdependent system of help for one another.

Corn is a voracious nitrogen feeder. The Indians planted beans and corn together. Since beans are legumes, they make nitrogen available in soil. So all summer long the corn is fed, and then the roots of the beans decompose, adding even more nitrogen. In exchange, the beans have a place to grow, climbing up the corn stalks.

In the hot dry weather, water-saving mulch is a must. So, the third sister adds her help. The

squash vines are planted close by, and their vines run over the ground, providing shade and moisture retention.

The result? One of the most remarkable and successful ancient agricultural techniques ever identified! Thanks to the PBS TV show, The Victory Garden for this information.

Three Sisters Succotash

Recipe by Chef Michel Nischan

1 large onion, diced

2 Tbsp olive oil



Farm Information

- 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.
- There are plenty of 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.
- 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.
- We love our volunteers! Come out and work with us.
- Got stale bread? Our chickens love it! Feel free to bring yours out on pickup day and watch how excited they'll be to see you!

*Berries on Bryan Station
CSA Farm
USDA Certified Organic*

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<http://www.facebook.com/pages/Berries-on-Bryan-Station-a-Community-Supported-Agriculturefarm/107845789237316?ref=ts>



2 cups raw pumpkin, cubed
2 cups fresh shell beans
4 cups fresh green beans
1 cup fresh Native American corn or regular fresh corn
2 cups vegetable stock
5 sage leaves, julienned
4 Tbsp sweet butter
Salt and pepper to taste
Sauté onion in olive oil until translucent. Add fresh shell beans, native corn, and raw pumpkin.
Cover with vegetable stock and simmer until all ingredients are tender and the stock has reduced, about 35 to 40 minutes.
Add trimmed snap beans and gently stir in sage leaves, sweet butter, salt and pepper.
Serve in hollowed-out pumpkin shell.

Chef Nischan notes: If freshly picked shell beans are unavailable, use cooked dried beans, adding them with the snap beans. If native corn is unavailable, use sweet corn, added with snap beans.

Around the Farm

• Member David Lynch offers free basket pickups at Woodland Park Wednesdays, 5:30 p.m. to 6:00 p.m. To make arrangements, email him at davidlynch79@gmail.com.

• Order Pampered Chef products by visiting member Robin Shliakhau's website at www.pamperedchef.biz/robinshliakhau. Click on "Shop Online", and type in "Erik Walles" as the host. Select Erik's name, and you may browse and order! Robin's phone number is (606)521-5300. The back page of the newsletter lists her current specials.

• Erik is relieved to have his arm back to normal size after being stung in the elbow last Friday by a wasp near the chicken tractor. He has since gotten rid of the wasps so you do not have to worry about going near there.

Thanks for keeping your veggie dollars local.
Go forth and be healthy! We'll see you soon!

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.

