

Berries on Bryan Station CSA News

Newsletter # 18
for Basket
Pickup
September 15th
and 16th, 2010



*Just two to
go after this
week!*

Welcome to your eighteenth basket pickup! Just two more baskets after this week! We have another outstanding basket for you:

Watermelons

We have wonderfully sweet watermelons for you!



Cucumbers

These are likely the last ones for the season, so enjoy them!

Sweet Peppers

We will have both sweet banana bell peppers for you.

Greens

We plan to have Swiss chard, Pak Choi and kale this week. You may peek inside the greenhouse where everything is perking up. The ovation greens are

coming in nicely.

Herbs

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

Cut Flowers

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

Choice Table

We plan to have golden champagne raspberries, tomatoes, yams, potatoes, hot peppers, okra, pumpkins, butternut squash, cushaw squash, birdhouse gourds, ornamental gourds and white scallop squash on the choice table this week.

Around the Farm

- We have had less than an inch of rain since the end of July. Fortunately we have an extensive irrigation system.
- We hope that you get to see the World

Equestrian Games.

- We have decided to end our season on September 29th and 30th. If you would like to have an extra basket for signing up by March 30th, please let Erik know which pickup day you would like to have it.
- If there is enough interest we could have an end of season potluck on September 29th and 30th. Please let Erik know if you are interested.
- We plan to invite the Catholic Action Center to come in and glean our fields during early to mid October. This food will be donated to a food kitchen that feeds the homeless in Lexington.

Thank you for keeping your “veggie dollars” local.

Go forth and be healthy! We’ll see you this week!



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Next Week:

*Peppers
Cushaw Squash
Butternut Squash
Shallots
Potatoes
Okra*

The Cooking Corner



We're certainly having some gorgeous weather! And with it comes fall goodies from the farm. Here are several recipes that you can use to enjoy the harvest.

Recently, I reviewed the cookbook "Glorious One Pot Meals: A Revolutionary New Quick and Healthy Approach to Dutch-Oven Cooking" by Elizabeth Yarnell. I hadn't tried it at the time, but thought it was interesting and innovative. Well, now I've made 3 different recipes from the book, and my husband and I are hooked! Most recipes really do go together in the pot in less than 15 minutes of prep time, and cook unattended in the oven in about 45 minutes. In addition to being timesaving, the dinners are wonderful and healthy too! So, if you haven't given it a once-over, take a look at the web site (search on "Glorious One Pot" and you'll find her site). It's really interesting food, using a wide variety of vegetables in every dish!

Send in your recipes to share—we always love to get them! You can email me at djo@insightbb.com, or send them to Erik. Happy Cooking!

The Cushaw:

An American Heirloom survives at Berries on Bryan Station

The Cushaw is a native species of North America. It originated in Mesoamerica, and has been domesticated by Native Americans for thousands of years. When we talk about The Three Sisters, as in the Three Sisters Succotash recipe I posted a while back, the cushaw squash is most likely what they were growing instead of what we think of as pumpkins.

Because of its hardiness, drought tolerance, flavor, and resistance to disease, the cushaw squash has spread from South Central America to North America during the past millennia. One of the strongholds of the Cushaw has become Appalachia.

In Appalachia, the Cushaw is

prized as just about the perfect winter squash. Erik was fortunate to get several seeds from a neighbor, and we are reaping the reward—fresh cushaws! They keep well, and as Erik mentioned earlier, can be cooked whole in the oven like a butternut squash.

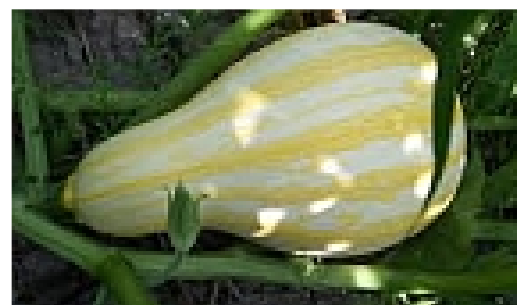
Today, I was looking around for cushaw recipes, and was struck by the variety I found.

There was Cushaw Butter, Baked Cushaw (like sweet potato casserole and as whole pieces with butter and sugar), cushaw cake, cushaw pie (basically pumpkin pie), cushaw bread, and of course, don't forget the succotash! It can even be eaten warm right out of the pot, unseasoned.

A couple of the recipes I

found were charmingly old-fashioned, and I am posting them here. I hope you enjoy reading them, and keep the tradition alive by cooking a cushaw this fall!

The Cushaw Cake below would be a great item for a potluck or office treat! If you are brave, and want to make Cushaw Butter, you can use any Pumpkin Butter recipe, or find Cushaw Butter recipes at Uncle Phaedrus, Consulting Detective and Finder of Lost Recipes. Just search for Uncle Phaedrus Cushaw Butter to find them online.



Spiced Cushaw

Cooking.com is always an interesting place to find “old time” recipes. I love the serving suggestions! If you serve the cushaw with beans and cornbread, you’ve just created another meal of the Three Sisters! This nutritious combination keeps cropping up all over the place!

1 cushaw, pumpkin or other squash
2 cups. brown sugar
1 cup. butter
3 tsp. cinnamon
Cut squash in half.

Discard seeds and pith. Cut into serving sized pieces. Cook in boiling water until the flesh begins to soften. Place drained squash pieces in a large baking dish, cover each with butter. Sprinkle with brown sugar and cinnamon. Bake at 425 degrees for 15 to 20 minutes. Serve with pinto beans, cornbread and fried potatoes.

Cushaw Cake

It’s not often that you find an heirloom recipe on the internet! But this one clearly is! How long has it been since you found pecans in a can? If you get one of Erik’s Cushaws, consider giving this recipe a try.

If you don’t have one, this recipe will work fine with pumpkin or butternut squash. The cans of pecans measured one cup. And now, a recipe from the past!

2 c. flour
2 c. sugar
2 tsp. cinnamon
4 eggs
1 c. Crisco oil
2 c. grated cushaw

Mix dry ingredients in a bowl, then add eggs to another bowl, and beat. Add cushaw and oil; beat, then add dry ingredients and beat. Pour into an ungreased square or Bundt cake pan. Bake at 350 degrees for 35-40 minutes.

Note from Deb:

Actually, this recipe would probably require a 9 x 13 pan to equal the volume of the Bundt pan.

In spite of the directions, I believe I would also prepare the pan as usual for a cake.

ICING:

1 can pecans, chopped
2 tsp. vanilla
8 oz. cream cheese
1 stick butter
1 box confectioners’ sugar

Mix together.

Fire Roasted Pepper Soup

I want to thank my friend Vicki Young for

this recipe. She says it is absolutely wonderful



3 red bell peppers
1/4 cup olive oil
1 carrot, chopped
1 celery rib, chopped
1 onion, chopped
3 (14 oz) cans diced tomatoes
1/2 cup chopped fresh basil
2 Tbsp balsamic vinegar
2 Tbsp sugar, optional
2 cups heavy cream

Roast bell peppers over a gas flame, turning to blacken all sides. When roasted, place in bowl, cover with plastic wrap and let sit for 10 minutes.

Remove remove skin, seeds and stems.

In a large pot, heat olive oil over medium high heat. Add carrots, celery and onion. Cook over medium high heat until vegetables are beginning to soften. Add roasted peppers, tomatoes, basil and balsamic vinegar. Stir well to combine. Cook until tomatoes are beginning to break down.

Remove from heat and transfer to a food processor fitted with a

metal blade. Process until mixture is smooth. Add cream, basil and sugar if using. Reheat and serve.

Chicken Salad Stuffed Orchid Peppers

Here is an interesting take on small peppers used as a base for an appetizer. Don’t limit yourself to orchid peppers—any sweet or fairly mild pepper could substitute.

2 chicken breasts, poached, diced
1 cup onion, caramelized in 2 Tbsp butter
3 Tbsp chopped sweet pepper
3 oz Gorgonzola
3/4 cup mayonaise
salt and pepper
18 orchid peppers
paprika

Mix together the first 6 ingredients.

Cut an opening on the stem end of the peppers. Save the cap. Remove seeds and ribs.

Fill the peppers with the chicken mixture. Sprinkle lightly with paprika. If desired, replace the caps.



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>



Cushaw Squash Pie



Erik's neighbor Virginia Pyle is from Eastern Kentucky where Cushaw squash is a favorite. Its light yellow pulp is sweet and tasty. It is easy to prepare and ohh sooo good!

Simply rinse the outside of the squash with water, then place it on a flat pan with sides.

Pour about two tablespoons of olive oil on the pan where the squash rests to make cleanup easier. Bake the squash whole without piercing it for about three hours at 350 F. You know it is done when you can smell a delightful aroma and the squash is soft. Let it cool for about ten minutes, then remove the skin and seeds. Scoop the pulp into a large bowl and mash it with a potato masher.

Transfer six cups of pulp to a large bowl and add one can of Eagle brand sweetened condensed nonfat milk, two country eggs, and one half teaspoon each of cinnamon and ginger, then one quarter teaspoon of freshly grated nutmeg and cloves. Mix at high speed with an electric mixer. Pour the mixture into a pie shell and bake it for about one hour at 350 degrees. Yum!

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.

