

Berries on Bryan Station CSA Farm

Newsletter
September 16th and
17th, 2009



“Winding Down, But Still Good Things”

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Upcoming Next Week:

- Okra
- Peppers
- Tomatoes
- Dried Beans
- Sweet Potatoes

Wow, it's your eighteenth basket pickup!

Only two “official” basket pickups are left as well as two freebie final harvest weeks in October or until the first hard frost.

Butternut Squash

More of these sweet tasty squash will be found by us as we search our upper field and behind the okra field.



Heirloom Peppers

We will have a colorful sampling of red, yellow, green and chocolate peppers for you. The large bell peppers are humungous and are great for stuffing!

Tomatoes!!!!

We are finding fewer of the large beefsteaks, but loads of large cherry and other small to medium sized tomatoes!



Eggplant

Gayle's plantings continue to amaze me with their productivity!

Super Hot Peppers for “Chile Heads Only”

We hope that plastic gloves were worn when cutting these. We are not kidding!

Greens

Your bag will contain a mixture of Bok Choi, Tat Sui, Swiss chard, collard greens, Chinese cabbage, mustard, and kale. The greens continue to grow nicely in the summer

heat in both the greenhouse and the field.

Green Onions

You will be receiving more of these, as well as some dried mature ones.

Herbs

We will have larger bags of **basil** for you to make pesto with. We will also have **parsley, chives, borage, English thyme, swiss mint, sage, oregano, rosemary, and lemon balm.**



CHOICE TABLE

We plan to have **okra, fennel, and foot long Borneo beans from Sumatra, Indonesia** as well as a variety of extra items that we will

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Deb Outland's little cooking corner ...

Again it's that lovely time of year when the days are crisp and beautiful. In the kitchen, we can finally get down to the happy business of savory foods we could never quite reconcile ourselves to in hot weather, like chili and other hearty soups, cozy breads, and wonderful root vegetable dishes. We are so lucky to still have lovely peppers that would enhance any pot of chili. If you like it, hot, toss in one of Erik's "Chili Head" peppers. Or just add any chopped pepper to your favorite recipe. As a general rule, do them the same way as the onions in your recipe. Remember that winter squashes are somewhat interchangeable. If you see a recipe you like, you can most likely use whatever squash you have on hand for it. Of course, if the recipe is for "Baked Acorn Squash" and you have a butternut, it's not going to look the same, but the general taste will be similar. As a general rule, if a recipe uses cooked squash (or pumpkin you probably won't notice much difference. If the flesh is cubed and cooked (in a stew for example), then it might be more important to use the squash specified, since the texture and color may be important to the dish. Still it's safe to say that you won't go far wrong even then. Here are some member-contributed recipes I think you'll enjoy. They'll definitely end up on our table in the next week or two!



Roasted Root Vegetables

From "The Vegetarian Mother's Cookbook" by Cathe Olson
Member Tatsiana McGee sends us the lovely recipe for roasted root vegetables. In her note, she

writes "When I made this salad, I just followed the recipe above, and it turned out very yummy." Indeed, it does sound very yummy!
Thanks, Tatsiana!

- 2 sweet or white potatoes, cut into 1-inch cubes
- 2 rutabagas or beets, peeled and cut into 1-inch cubes
- 2 large carrots, scrubbed or peeled and thickly sliced
- 2 parsnips, scrubbed or peeled and thickly sliced

- 3 to 4 tablespoons olive oil
- 2 tablespoons chopped fresh herbs or 2 teaspoons dried (thyme, rosemary, tarragon, etc.)
- Sea salt and black pepper to taste

You can peel the vegetables if you like but if they are organic and the skins look good, just scrub them and leave the peels on. Don't skimp on the oil. It gives the vegetables a crisp coating. Use any kind of root vegeta-

bles you like (white or sweet potatoes alone are delicious) - just make sure they add up to about 8.

Preheat oven to 450 degrees. Place vegetables in a large bowl and toss with remaining ingredients. Spread on a large baking sheet to form a single layer. Bake for 10 minutes. Reduce the heat to 400 degrees and roast an additional 30 minutes, or until vegetables are tender when pierced with a fork.

Makes 8 servings

"Kissing don't last; cookery do!"

— George Meredith

“Eggplant Tapenade”

Here is another fantastic recipe for eggplant from Member Abigail Cook. Tapenade is a Provençal relish made with olives and capers, typically served on bread or crackers as an appetizer. It also makes a great sandwich for lunch, or can be used in other recipes as an ingredient.

- 2 smallish eggplants, peeled and quartered lengthwise
 - Sea salt
 - 1/2 red onion, roughly chopped
 - 5 cloves garlic, roughly chopped
 - 4 Roma tomatoes, halved
 - Olive oil
 - Balsamic vinegar
 - Dried Italian herbs (oregano, thyme, marjoram, basil, parsley), to taste
 - 1/2 cup ripe olives, pitted
- 1-2 teaspoon agave nectar
 - 1 heaping tablespoon capers
 - 1 tablespoon or so chopped fresh parsley
1. Preheat the oven to 400° degrees F.
 2. Peel the eggplants and cut them lengthwise into four pieces each. Lay them in a roasting pan and sprinkle both sides of the eggplant with sea salt. Set them aside to let the salt do its thing (salting the eggplant draws out the moisture and bitterness).
 3. Meanwhile, roughly chop the onion and garlic. Halve the tomatoes.
 4. When the eggplant is weeping -- about 10 to 15 minutes -- blot with a paper towel to remove the excess moisture. Cut up the eggplant slices into 4 pieces add them
 5. Spoon the vegetables into a food processor bowl; add the olives and agave nectar; cover and pulse until the mixture is finely diced. (Or you can make it less chunky and puree it. I like mine with some texture.)
 7. Scoop it out into a bowl and add the capers and chopped fresh parsley. Taste test for seasoning. Cover and chill until 15 minutes before serving.



FARM PICTURES



Berries on Bryan Station CSA Farm

Erik Walles & Family (Gayle, Brett & Grant)

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Pampered Chef Demo

Both Robin and Andrei and their beautiful family (Nadya and Nolan) were present during the entire pickup times last Wednesday and Thursday. This week they will likely be present just on Wednesday from 4 to 8 p.m. If you have not already stopped by their table, please do so since you will be awed by their great cooking tools! You do not need to bring your money since they are mostly just taking orders at this time and handing out catalogs for you to peruse. These cooking tools are more expensive than those you can buy in big box stores, but they are better designed, more clever and last forever. As Andrei likes to say: "I can't afford to buy things like a rich person, so I choose wisely and look for handy tools like Pampered Chef that will give me lots of satisfaction".

Around the Farm

- Erik accepted an award of "Cooperator of the Year" from the Fayette County Conservation District last Wednesday during dinner at the Walnut Hall Yearling Farm during the Fayette County Field Farm Day. This was a delightful, unexpected honor. This award is given out every other year. This award is for working with the local Natural Resource Conservation Service on siting our well, installing the irrigation system, building the greenhouse, and for minimizing erosion on our land with grassways. Thanks to Gayle who covered for Erik during basket pickup. Bekki Woloch, Athena, and Jade Maner helped with the harvest.
- We will have about eight dozen of our own eggs at \$3 per dozen.
- Ads about a book titled "Equine ER" are added at the back of this newsletter. This book was just published by the daughter of one of our members.

Go forth and Be Healthy! We'll see you this week!

"Winding Down, But Still Good Things" (cont'd)

find during our actual harvesting done the day of your pickup.

Cut Flowers

You will be receiving a bouquet of zinnias, sunflowers and gloriosa daisies this week.



**"Plant a radish, get a radish,
never any doubt. That's why
I love vegetables, you know
what they're about!"**

~ Tom Jones and Harvey Schmidt

EQUINE

ER

Stories from a Year in the Life of an
Equine Veterinary Hospital



LESLIE GUTTMAN







