



“One to go!”

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Coming up

- ⇒ Cushaw squash
- ⇒ More Peppers
- ⇒ More Potatoes
- ⇒ Okra
- ⇒ Butternut squash
- ⇒ Shallots
- ⇒ Sweet potatoes

Welcome to your nineteenth basket pickup! Just one more basket after this week! We have another outstanding basket for you:

Butternut Squash

These are Erik’s favorite squash. Most of the pulp is in the neck with a few seeds inside the center of the bowl. Simply rinse the squash, place it on a metal pan, and bake it for about one hour at 350 F. There is no need to pierce or cut it prior to baking it. Check for doneness by smelling a wonderful aroma and by poking it with a knife or fork. When done it should mash easily with a potato masher. You can serve portions of the roasted pulp as a side dish with butter and brown sugar. You can also make pie using last newsletter’s recipe. Soup is great also. The pulp is bright orange due to relatively high levels of beta carotene, which is good for your eyes. You should be able to see better at night since beta carotene improves your vision.

Cucumbers

These are wonderful!

Sweet Peppers

This will be another strong sweet pepper week. Our heirloom varieties include: orchid, Toppo Rosso, Yummy, Sweet Banana, and Charleston Bell.

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.

Choice Table

We plan to have golden champagne raspberries, tomatoes, yams, potatoes, hot peppers, okra,

pumpkins, cushaw squash, birdhouse gourds, ornamental gourds and white scallop squash and watermelons on the choice table this week.

Eric Stiff is working hard on his PhD thesis in sociology at UK and also manages to volunteer to help us harvest veggies every Wednesday. Please take the time to complete his important survey on page 3 of this newsletter. He thanks you in advance!

Thank you in advance for being a part of our CSA this season! Your dollars have made it possible for us to do this fun endeavor! We hope that you have seen a great value for your money! We hope that you have had a positive experience!

Thank you for keeping your “veggie dollars” local. Go forth and be healthy! We’ll see you this week!

Deb Outland's little cooking corner ...

One more week! It is turning into a lovely autumn here in Lexington, and before long it will be winter! Although it may seem a bit premature to think of now, Thanksgiving is just around the corner, and there are items you may want to earmark for that celebration from your final two baskets from the farm. In particular, consider getting some of Erik's wonderful fresh sage to save, either in the freezer or dried, for your turkey and stuffing. You might also want to be sure you save some pumpkin, cushaw, or butternut squash for pies. And don't forget that the potatoes from the farm are fantastic! Other herbs might also be useful, both for the big day, and for your enjoyment for the next few weeks and months as well. It's not too late to share a great recipe! Send it to me at djo@insightbb.com, or directly to Erik. Happy Cooking!



Middle Eastern Chopped Salad



This wonderful simple salad would be a delicious way to use your last tomatoes and cucumbers this season. Serve it on warm pita bread with Falafel or grilled lamb and a little crumbled feta cheese.

- 2 cups diced tomato
- 2 cups diced cucumber, unpeeled
- heaping 1/8 tsp salt, or to taste
- 2 Tbsp olive oil
- 6 scallions, white and part of the green part, sliced; optional and 2 to 3 tsp lemon juice, to taste; optional

Combine all of the salad ingredients, seasoning with salt and lemon juice to taste. Let the salad rest at room temperature for an hour before serving with pita bread.

Mexican Three Bean Salad



This fast and easy recipe works well with raw green beans if you have them or a can of green beans if you don't. Use some of our great spicy peppers to make this dish special. It's a great side dish with TexMex flair.

- 1 15-ounce can black beans, drained and rinsed
- 1 15-ounce can pinto beans, drained and rinsed
- 1/2 pound green beans
- salt
- 3 Tbsp olive oil
- 3 green onions, sliced
- 1-2 jalapenos, seeded and chopped
- 1 large garlic clove, sliced thin
- 1 cup Cotija, queso seco or Parmesan cheese, crumbled
- 1/4 cup chopped cilantro
- 1/3 cup lime juice
- 1/4 cup sugar

1 Cut the ends off the green beans and slice into pieces about an inch long. Fill a medium sized pot halfway with salted water. Bring to a boil. Add the beans to the pot and boil for 5 minutes, or until the beans are tender. The cooking time can vary greatly for green beans; more mature beans take longer, up to 20 minutes. A can of drained green beans can be used instead. In a pinch, frozen

beans may work as well, but they should be barely blanched; the end result may still be mushy.

2 Drain the green beans and put in the bowl with the pinto and black beans. Drizzle the olive oil over everything and toss to combine. Mix in the green onions, jalapeño, garlic, and Cotija cheese.

3 In a separate bowl, mix the lime juice and sugar until the sugar dissolves, then add it to the salad. Coat the beans well and let marinate for at least 1 hour, preferably several hours. Right before you serve, toss in the cilantro. Add more salt to taste if needed.

Serves 4-6.

Quick Pumpkin Soup

This easy recipe could be used with winter squash of any type. Butternut squash is particularly velvety smooth and tasty. Great garnished with a little pesto or fresh or frozen roasted corn kernels and a sprinkling of Parmesan cheese.



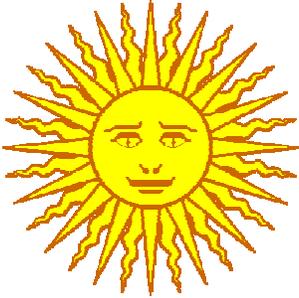
- 4 (14 oz.) cans ready to serve chicken broth
- 2 cups frozen corn
- 1 onion, chopped

- 16 oz. can solid pack pumpkin or 2 cups fresh or frozen baked pumpkin pulp
 - 1 cup half and half
 - 1/2 tsp. salt
 - 1/8 tsp. pepper
 - 1/2 tsp. dried thyme leaves
- Combine broth, corn, and onion in large saucepan and bring to a boil. Reduce heat and cover. Simmer for 15-20 minutes until onion is tender. Stir in pumpkin and blend well. Cover pan and simmer 5-10 minutes. Then add half and half, salt, pepper, and thyme; stir well. Heat for 2-3 minutes until steaming. 8 servings

Making Refrigerator Pickled Peppers

Since we have access to several interesting pepper types, it might be fun to make some pickled peppers this year. Based on information from the Colorado's County Extension Service, the peppers will keep in the refrigerator without the need to process in a water bath for about 6 months. One of the advantages to this method is that it is easy to pickle whatever amount of peppers you have on hand. You can use a variety of peppers of all

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Hello CSA Members,

I hope you are enjoying your CSA bounty as much as I am. I am Eric Stiff, a University of Kentucky CSA member and a graduate student at UK.

I am starting a research project with Dr Keiko Tanaka that is centered around your membership in CSA. We want to know what motivates you to participate in CSA. Why would anyone pay for food that they haven't received yet?! I think *YOU* are the only one who can answer this question.

Will you please, pleeeeeease take about 15 minutes of your time to complete our web-based survey? Please.....pretty please...

You can locate our survey at:

http://uky.qualtrics.com/SE?SID=SV_1ByWDO0UHxyaqVe . And, if you don't want to fill in all those random letters yourself, just email me and I can send a clickable link right back to you.

Of course, your participation in this project is completely voluntary, but we sure do hope that you will give us your input. Your opinion is the most valuable thing to us. If you have any questions about the research project or would like to see the results of the project, feel free to contact me at any time. Again, the survey link is:

http://uky.qualtrics.com/SE?SID=SV_1ByWDO0UHxyaqVe

Thanks for your time, and we hope to hear from you soon. Have a great summer!

Sincerely,

Eric Stiff

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Berries on Bryan Station CSA Farm USDA Certified Organic

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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 and 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.

Around the Farm

- Remember, next week is our final week of the season! 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.
- Eric Stiff is working hard on his PhD thesis in sociology at UK and also manages to volunteer to help us harvest veggies every Wednesday. Please take the time to complete his important survey that is located on page 3 of this newsletter. He thanks you in advance!
- 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.
- 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!
- 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. Please let us know if you'd like to help with this when a date is chosen for the gleaning.

Peppers (continued from page 2)

sizes and shapes, as long as you follow the directions below carefully! Make one pint, or several quarts—however many peppers you want to put up. This recipe makes enough pickling brine for a generous pint of pickled peppers. Sweet or Sweet-Hot Refrigerator Peppers



An assortment of sweet, hot or sweet and hot peppers (allow a generous 1/2 lb per pint of pickles)
1 or 2 white-skinned garlic cloves per jar
1 1/4 cups 5% white vinegar
1/4 cup water

1/2 tsp CANNING (non-iodized) salt
1 tsp sugar (optional)

For larger peppers, core, seed, and cut into strips. For smaller peppers, make slits in two sides of each pepper. Clean your jars and lids by running them in the dishwasher or sterilizing them in boiling water. Place garlic in the jar, then pack peppers varitightly into it, leaving 1/2 inch of headroom. If you are mixing sweet and hot peppers, and using more than one jar, be sure to balance the sweet and hot peppers in each jar so they will be similar in overall heat later.

Combine vinegar, water, salt and sugar in a small saucepan and bring to a boil. Reduce heat and simmer 5 minutes, then immediately pour over peppers in jar. Using a knife or other probe, make

sure all air bubbles are removed from jar. To do this, slide the probe into the jar and gently move it around to encourage any bubbles to come to the surface. Press gently on the peppers to encourage any air bubbles inside them to be expelled. Top off jar with vinegar solution to 1/8th inch of headroom. Lay a flat canning jar lid (without the separate ring used to secure the lid) on top of the jar, and allow to cool completely. Add ring and refrigerate. Store peppers in the refrigerator for up to 6 months. For the best pickled flavor, allow the peppers to age for 6 to 8 weeks before eating.

Note: Using red-skinned garlic will not affect the flavor, but may cause the brine to turn purple, blue or blue-green. If you use regular salt, the pickles will become cloudy, but otherwise be OK