

Newsletter
September 23rd and
24th, 2009



“This Energizer™ Bunny Garden is Still Going”

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Upcoming Next Week:

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

Welcome to your nineteenth basket pickup!

Only one “official” basket pickups is left after this week as well as two freebie final harvest weeks in October or until the first hard frost. This week we anticipate that we will have for you:

Potatoes

The varieties are Red Pontiac and White Kennebec. They are versatile in a variety of recipes which Deb Outland will describe in her recipe corner.



Butternut and Acorn Squash

You will have some of both of these in your basket.

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! We will have separate packs of sweet yellow Habenero peppers which were popular on the choice table last week.

Tomatoes!!!!

We are still finding lots of large cherry and other small sized tomatoes! These are especially popular with the youngsters. We can see why the Kentucky Supreme court had a hard time deciding whether tomatoes are a veggie or a fruit.

Super Hot Peppers for “Chile Heads Only”

We will have more orange Habenero and Red Savant triple alarm chiles. They are some of the hottest peppers that

are available in North America. They are rated over 250,000 on the Scoville scale. Jalepeno peppers are rated about 100 on this scale, so these peppers are over 2500 times higher in capsaicin level! For your own safety, please only cut them while wearing gloves and do not touch your fingers anywhere else.

Eggplant

We anticipate having one for everyone this week.

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

Deb Outland's little cooking corner ...

Here we are in late September. We've got squash to cook, potatoes to cook, sweet potatoes to cook, and a few end of summer tomatoes, peppers, and an eggplant or two. There's still a lot going on in the garden! Today we have a yeast roll recipe which uses winter squash, a bread recipe that uses squash (or pumpkin) and apples, and a discussion about potatoes. Next week, we'll deal with sweet potatoes and more.



Potatoes 101

This year, we've had three different types of potatoes in our baskets. They were Kennebec, Red Pontiac, and Purple Peruvian varieties. But what does that mean? Are there particular uses for each of these potato types? Here is a brief discussion of potato types and their uses, with particular notes on the types we have from Berries on Bryan Station.

Russets

Big, brown, and thick-skinned, Russets are the typical "Baked Potato". If you prefer fluffy

mashed potatoes, they are a good choice as well.

White Potatoes

Thinner-skinned and a lighter tan color, White Potatoes are sometimes long and sometimes round. They are used frequently to make potato chips, and are an excellent all-purpose potato. The White Kennebec potatoes we've been getting this year are of this general type. The Kennebec is prized among restaurant chefs because of its slightly nutty taste, firm flesh, and outstanding qualities when deep-fried. I've noticed that when cut up, these potatoes seem "crisper" than other potatoes, and have a nice firm texture when cooked in soup or stew. They also taste great!

Yellow Round

Yellow potatoes like Yukon Gold and Yellow Finn are a softer potato with yellowish flesh. They have a slightly buttery taste, and are often used as an all-purpose potato. They lack the structure of the whites, though, and can turn mushy when boiled. I've found that if you cook them whole in their skins, they retain their flavor and structure better when boiled.

Red Round

Red potatoes are sometimes

called "waxy" potatoes because they have somewhat less starch in them than russets or white potatoes. They are my personal favorite, having a smooth creamy consistency when mashed, and a wonderful earthy taste when made into hash browns or home fries. They are great grilled (see our previous recipe) or roasted in the oven. They are not recommended for deep-frying. The Red Pontiac potatoes we will get this week are from this category. I haven't tried them yet, but I'm looking forward to cooking some this week!



Blue or Purple Round

Still exotic, these potatoes are actually blue/purple all the way through! Sometimes used for exotic potato chips (yes, PURPLE potato chips!), they are also good for dishes where an added color element is desired. For example, this July, I saw a Red White and Blue potato salad, made with unpeeled red potatoes, white potatoes, and purple/blue pota-

toes in honor of the 4th of July. We were lucky enough to get a few of these earlier in the year.

Potato storage and use information

Store potatoes at cool room temperature, in a dark dry well-ventilated place. If you have trouble with them sprouting, place an apple in their vicinity, and store onions in another location. The gasses that come from apples keep the sprouts from forming, and onions tend to encourage sprouts. Refrigeration is not required, and some experts claim that refrigeration converts the starches to sugar, giving the potatoes an odd taste. Cook's Illustrated experimented with this, however, and found no change in the flavor of the potatoes.

One important thing to remember about potatoes: If there are green places on the potato, be sure to cut all the green part away before cooking and eating. The green tinge is an indication that toxins have developed in that portion of the potato. Potato sprouts have the same toxins, and should also carefully be cut away before using the potato.

"Plants and people need to be repotted every few years!"

— Benjamin Franklin

“Butternut Squash Rolls”

Many thanks to Member Andrei Shliakhau, who kindly submitted this recipe. I am looking forward to trying my hand at a batch of these. If you have a heavy-duty stand mixer, use it with a dough hook to knead the rolls for about 5 minutes instead of the 10 minutes of hand kneading called for in the recipe.

- 1/3 cup butter or stick margarine, melted
 - 1/3 cup packed brown sugar
 - 1 teaspoon salt
 - 2 cups whole wheat flour
 - 2 c. all-purpose flour
1. In a mixing bowl, dissolve yeast in warm water. Add sugar; let stand for 5 minutes Stir in the milk, squash, butter, brown sugar and salt. Add whole wheat flour. Beat on medium speed for 2 minutes. Stir in enough all-purpose flour to form a soft dough.
 2. Turn onto a floured surface; knead until smooth and elastic, about 10 minutes. Place in a bowl coated with non-stick cooking spray, turning once to coat top. Cover and let rise in a warm place until doubled, about 1 hour.
 3. Punch dough down and turn onto a floured surface; divide into 20 pieces. Shape each piece into a ball. Place 2 in. apart on baking sheets coated with nonstick cooking spray. With a sharp knife, make shallow slashes on top of rolls. Cover and let rise until doubled, about 45 minutes. Bake at 400 degrees F for 11-13 minutes or until golden brown. Remove from pans to wire racks to cool.

- 1 tablespoon active dry yeast
- 1/4 cup warm water (105-115 °)
- 1 teaspoon sugar
- 2/3 cup warm fat free milk (110 to 115 degrees F)
- 1 cup mashed, cooked butternut squash



“Chunky Apple Pumpkin Bread”

This is another recipe from my friend Drew, the “Squash Queen”. It’s lovely bread that is just perfect with coffee on a crisp cool morning.

- 1 1/2 cups sugar
 - 1 cup canned pumpkin (or home-baked squash)
 - 1/2 cup water
 - 1/3 cup vegetable oil
 - 2 eggs
 - 1 2/3 cups all-purpose flour
 - 1 teaspoon baking soda
 - 3/4 teaspoon salt
 - 1/2 tsp. ground cinnamon
 - 1/2 tsp. ground nutmeg
 - 1/4 tsp. baking powder
 - 1/4 tsp. ground cloves
 - 1 cup chopped peeled tart apples
 - 3/4 cup chopped walnuts (The apples could also be replaced with dried cranberries)
- In a large mixing bowl, combine sugar, pumpkin, water, oil and eggs; mix well. Combine flour, baking soda, salt, cinna-

mon, nutmeg, baking powder and cloves; add to pumpkin mixture. Beat on low speed just until moistened. Fold in apples and walnuts.

Pour into a greased 9 in X 5 in X 3 in loaf pan. Bake at 325 for 1 1/2 to 1 3/4 hours or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack.

Berries on Bryan Station CSA Farm

Erik Walles & Family (Gayle, Brett & Grant)

Berries on Bryan Station Farm

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Pampered Chef Demo

Robin and Andrei Shliakhau had a successful demo last week. Their table was filled with a variety of very useful cooking tools. We will have more catalogs and order forms for you this week if you are interested. Andrei can be reached at andrei_chicago@yahoo.com.

Around the Farm

- We will have a few dozen of our own eggs at \$3 per dozen.
- Thanks to Carma Cassidy for picking okra for our members last week. This brought back happy memories for her as a child picking okra with her grandmother.
- Bekki Woloch brought Jerome last week to help us prepare the baskets. Jerome cooked a wonderful eggplant dish for lunch.
- Next week from 4 to 6 p.m. each pickup day, author Leslie Guttman will be signing her book titled "Equine ER: Stories from a Year in the Life of an Equine Veterinary Hospital". Please stop by her table and buy a copy of her book! You can't go wrong supporting a local author and receiving a thrilling and drama-filled book at the same time! You can contact Leslie at lguttman@earthlink.net.
- We have another author among us! Doris Settles has written "Understanding I-Kids, A Workbook for Grown-ups", and "Virtual Parenting". She is planning to sign her books during our last freebie pickup days on October 15th and 16th. You can reach Doris at dorissettles@gmail.com.

We're looking for creative members who would like to help us design and paint a barn quilt for our barn! Please let us know if you are interested!

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

"This Energizer™ Bunny Garden is still going" (cont'd)

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, Indo-**

nesia as well as a variety of extra items that we will find during our actual harvesting done the day of your pickup.

Cut Flowers

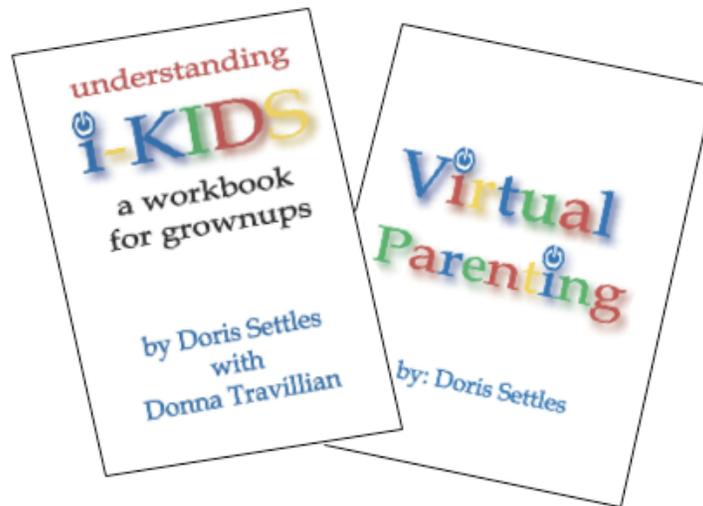
You will be receiving a bouquet of zinnias, sunflowers and gloriosa daisies this week.



"I've been rich, I've been poor. Rich is better."

~Mark Twain

The Internet doesn't exist in a vacuum – it is created, enhanced and inhabited by human beings. And as human beings, we have both a physical and virtual presence that is increasingly becoming one. As parents, merging those two worlds means considering parallels from the physical world we are comfortable with and how we generate guidelines and advice for our children in that environment, then applying those parallels to the virtual world to help them recognize the similarities and the differences.



Doris Settles is interested in many things, but a common thread through all her endeavors is technology. She speaks and writes extensively for national, regional and local organizations on technology culture and other human interest topics. She has taught at the secondary and college levels, incorporating technology into her teaching, adding components as new technologies surfaced, and continues to look at ways technology improves instruction. In addition, she writes features for print and online media, blogs regularly, as well as authors prose and poetry. Settles holds degrees in English, Journalism and Instructional Design. She lives in Lexington, KY with her husband and their Pekingese, Li Ming.

**Virtual Parenting available at AMAZON.COM
Understanding i-KIDS coming to Amazon.com soon**

For orders over 25

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