

# Berries on Bryan Station CSA Farm

Newsletter #17

September 8th and 9th, 2010



## “We’re flying into home base”

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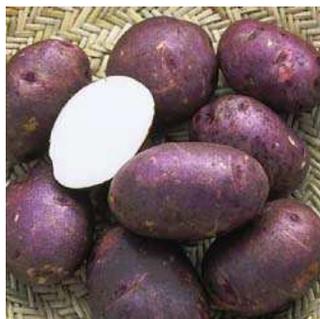
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### Coming up

- ⇒ Cushaw squash for pie making
- ⇒ More Peppers
- ⇒ More Potatoes
- ⇒ Okra
- ⇒ Butternut squash
- ⇒ Shallots

Welcome to your seventeenth basket pickup! We have another outstanding basket for you:

### Purple Viking Potatoes



With a name like “Purple Viking,” you know that these potatoes are interesting. They are bright purple on the outside and luscious white inside. They are great for mashed potatoes, sautéing on their own, or baked. We will also have Yukon Gold and Red Norland potatoes in your basket.

### French Tavera Beans

These beans are bright dark green and look and taste wonderful! You’ll love them! We will also have Roma beans which have a flat pod.

### Pumpkins

Yeah! More gorgeous

pumpkins for baking into a pie or for display.

### Sweet Peppers

We will have both sweet banana and bell peppers for you.

### Greens

We plan to have Swiss chard, Pak Choi and kale this week. They are a healthy addition to your diet since they are loaded with great micronutrients.

### 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, Black prince tomatoes,



yams, hot peppers, and okra on the choice table this week.

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

**"Is it just a coincidence that as the portion of our income spent on food has declined, spending on health care has soared? In 1960, Americans spent 17.5 percent of national income on food and 5.2 percent on health care. Since then, those numbers have flipped; Spending on food has fallen to 9.9 percent, while spending on health care has climbed to 16 percent of national income.**

- Michael Pollan

## Deb Outland's little cooking corner ...

This morning when I woke up, it really felt like fall for the first time! I love this time of year, even though it means it will soon be winter. Right now, we have lots of wonderful things coming from the garden, though, and it's exciting to note the differences in what our baskets contain. I've included some recipes I think you'll enjoy which use many of our wonderful vegetables from the farm. If you have a recipe your family really loves, please share it with us! We love to hear from you! You can give your recipe to Erik, or send it directly to me at [djo@insightbb.com](mailto:djo@insightbb.com). Thanks! Happy Cooking!



### Peter Piper Peeled a Peck of Roasted Peppers

If you find yourself with more peppers than you need for the week, one solution is to roast and freeze them. There are excellent instructions on this process with great photos at [allrecipes.com](http://allrecipes.com). You can search for their article "Roasting Peppers" or use the following address:

<http://allrecipes.com/HowTo/Roasting-Peppers/Detail.aspx>

Another great source of similar information can be found on YouTube. Go to YouTube.com and search on "roasting peppers". There is a great tutorial by the Culinary Institute of America that shows you how. I used their method this week, and the peppers turned out great.

### Grilled Sweet Peppers



This simple technique for grilling sweet peppers can

certainly be applied to a whole medley of vegetables! Onions, summer squash; eggplant and even partially-cooked small potatoes (regular or sweet, precooked in the microwave just until they can be pierced with a knife blade easily) are all possibilities. Imagine just how pretty the peppers would be as a side dish with your next grilled meal! This recipe is from the web site What's Cooking America.

2 pounds sweet baby (small) bell peppers or regular-sized peppers in a variety of colors  
 3 cloves garlic, minced  
 1 tsp coarse salt  
 1/4 cup extra-virgin olive oil  
 2 Tbsp good-quality aged balsamic vinegar  
 1/2 tsp freshly ground black pepper  
 1/4 cup crumbled feta cheese

Core, seed, and rinse peppers. Cut each pepper into fourths. In a large resealable plastic bag, place sweet pepper chunks.

In a small bowl, combine garlic, salt, olive oil, balsamic vinegar, and pepper; mix well. Pour sauce over pepper chunk. Reseal bag and shake to distribute sauce.

Preheat barbecue grill. Remove peppers from

sauce. Place peppers, smooth-side down, on hot grill. Cook 6 to 8 minutes (turning occasionally) or until lightly charred on both sides. Remove peppers from grill; either leave in chunks or slice into 1/2-inch-wide strips. Arrange chunks or strips on a platter, alternating colors. Sprinkle with crumbled feta cheese.

Makes 4 servings.

Note: We have a "veggie basket" for our grill which makes this easier. The peppers can't fall into the fire, and you can turn several at once with a spatula. Be sure to preheat the basket well before adding the peppers if you use one!

### Green Chile Quiche



A great dish featuring some of our delicious peppers from the farm! In making this recipe, I omit the feta cheese to reduce the sodium content. The combination of sour cream and peppers between two layers of cheese gives this quiche a soft creamy filling that really adds a great extra to this quiche. And if you use eggs from the

farm—Yummy! We had this for supper tonight, and it was wonderful! I used 4 of the larger pale green peppers and a green Jalapeño. Not too spicy, but not at all bland.

- 1 Tbsp olive oil
- 4 green Chile peppers, seeded and chopped
- 1 small onion, diced
- 1/4 cup crumbled feta cheese
- 1/2 cup sour cream
- 1/4 tsp salt, or to taste
- 1 (9 inch) unbaked pie crust
- 8 ounces Monterey Jack cheese, shredded
- 3 eggs, beaten
- 3/4 cup milk
- 4 ounces Cheddar cheese, shredded

1. Preheat oven to 350 degrees F.

2. Heat oil in a skillet over medium heat and cook peppers and onion until tender. Transfer to a bowl and mix with feta, sour cream and salt.

3. Spread bottom of pie crust with Monterey Jack cheese. Top with pepper and onion mixture. Mix eggs and milk in a bowl; evenly pour over onion and pepper mixture. Top with Cheddar cheese. Bake 45 minutes in the preheated oven, or until cheese is melted and eggs are firm.

(Continued on Page 3)

## Deb Outland's little cooking corner ...

### Caramelized Roast Pumpkin



I'm on a quest for pumpkin recipes that are NOT dessert, and this is one! What could be less dessert-like than pumpkin roasted with whole garlic cloves and savory spices? Although you may notice that the author doesn't remove the seeds and pulp before roasting, I'm not that brave! In addition to a lovely side dish, this pumpkin (or Butternut squash) can also be used in salads and risotto after cooking.

One pumpkin or butternut squash  
1 head garlic  
Olive oil  
Salt and pepper  
Optional additional herbs and spices of your choice

Cut the pumpkin in chunks. Don't bother to peel it. Remove the seeds and pith only if you choose (I do!). Lay the pumpkin in a large flat rimmed baking pan sprayed with cooking spray. Separate garlic head but don't peel. Sprinkle garlic cloves around with pumpkin. Drizzle with olive oil and add whatever herbs or spices you like: fresh rosemary, marjoram, bay leaves, whole cumin seeds, cayenne pepper, or your favorite herbs. Roast in a 475 degree oven about 30 to 40 minutes. The pumpkins should have large patches of browned caramelization. Remove pith and seeds, if you didn't before cooking. Serve as a side dish with peel on, or remove peel by scooping meat off peel with a spoon before using in a salad or risotto. Serve warm or at room temperature with roasted garlic cloves.

### Cooking Essentials: Utensils, part 2

A few weeks ago, I talked about some essential utensils. We didn't quite have room for the whole discussion, so here are a few more utensils you might want to consider for your kitchen.

**Vegetable peelers:** These handy devices come in two styles. The old standard "in line" peelers are great for potatoes, carrots, and other moderately firm items. The "Y-shaped" peeler is more heavy-duty, and can be used for peeling really hard items, like winter squash and pumpkins, as well as the traditional vegetables peelers were formerly designed to work with. A good comfortable handle and sturdy construction are important, and replacement blades are also good to look for when buying one of these.

**Spatulas:** These handy utensils are sometimes metal and sometimes a softer material, like rubber or plastic. The metal ones are usually very flexible, and used by some to frost cakes, loosen baked goods from pans, and other tasks that requires a thin flexible unsharpened blade to accomplish. They are not as common these days as the plastic or rubber spatula, which is one of my favorite tools. They are perfect to use when using the hand or stand mixer to push ingredients down into the mixing area, or scrape down the sides of the bowl. They work well for folding cream or egg whites into batters. They can be used for hand-mixing batters, and for scraping out the last drops of that luscious cake batter into the pan. In recent years, spatulas have become available in silicone, which will withstand high temperatures, allowing their use on the stove as well as in room temperature and cold applications. Generally, look for spatulas with soft rubber or silicone heads that will conform easily to the sides of

the pan. Sturdy handles are also important. Head shapes are numerous, but my favorites are "spoon" shaped, (idea for mixing batters and scraping out batters), standard (about 2 inches wide and 2-3 inches long head), and for tight places, a thinner, 1 inch wide head which is great to use in the mixer. **Dough knife or bench scraper:** This is a very useful utensil if you do much baking at all. It is a flat sheet of metal (or other material) with a slightly sharpened edge along one side. The opposite edge is formed into a handle of some sort. When working with dough, it can be used to cut the dough (as in dividing bread into loaves or buns), and it can be used to scrape up all the bits of flour and dough remaining on the cabinet once pastry has been rolled out on it. The scraper can also be used to help loosen pastry that has stuck to the cabinet during the rolling and cutting process, or helps "scoop up" and gather crumbly pastry dough while working with it.

**Citrus juicers:** These are so handy for squeezing citrus fruits! There are countless variations on this theme. The best modern ones are squeeze-type affairs, where you place the halved fruit inside, the press somewhat like a giant garlic press. There are electric juicers too. They are sometimes really good, and sometimes a waste of time, with tons of cleanup. If you buy an electric, evaluate it carefully for messiness and cleanup ease before you buy. The oldest ones are glass with a ribbed center that is shaped like a lemon or lime half. These too, vary in quality. I have two of these, one is very difficult to extract juice with, and the other is a dream. In glass ones, look for one that has deep ridges and a fairly small (1 ½ inch or under) diameter.

## Berries on Bryan Station CSA Farm USDA Certified Organic

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(Gayle, Brett & Grant)

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### 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.

- Our volunteers including Maria Paglialungo, Eric Stiff, and James and Lianne Woodhead are giving me great efforts to get your baskets ready for you!

## Around the Farm

- 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!
- Member Robin Shliakhau is about to place a Pampered Chef order for us. She will bring your order to the next pickup day. Please visit member Robin Shliakhau's website at [www.pamperedchef.biz/robinshliakhau](http://www.pamperedchef.biz/robinshliakhau). Click on "Shop Online", then type in "Erik Walles" and then click on my name and then place your order. Robin can also be reached at (606)521-5300
- Member David Lynch is offering free basket pickups at Woodland Park every Wednesday from 5:30 p.m. to 6:00 p.m. near the baseball diamond. You may arrange this with him at [davidlynch79@gmail.com](mailto:davidlynch79@gmail.com).
- Our main workers Jade Maner, Taryn Bunch and Seth Hill are all back to college, but come back to help whenever they can fit us into their busy schedules. Jade is attending Transylvania University and is an aspiring attorney and rap hip hop artist. Taryn is attending Bluegrass Community Technical College and is studying equine science. Seth is attending Eastern Kentucky University and is studying business and marketing. Natalia Truczczynski is back to the University of Michigan.
- It has been great fun to see the joy of member's children visiting the farm. Every child knows the sandbox, the hobby horse, the police cruiser, the chickens, Good Boy, Blackberry and Freddie.

## Kristina's Potato Salad

Member Toni Nelson gave us this scrumptious recipe:

### Kristina's Potato Salad

This is a kitchen sink type of potato salad, brimming with fresh vegetables and texturally enhanced by the addition of toasted nuts and seeds. Make it as simple or as chock-full as you have time, ingredients, and desire for. You can keep the fat content very low if you use homemade Tofu mayonnaise and yoghurt. Serve this salad as a main dish for a summer lunch, especially if paired with a chilled soup.

6 medium potatoes from Erik.  
Scrub, then chop them into 1 ½ inch pieces. Boil them until tender, then drain and cool them.  
1 or 2 hard boiled eggs, chopped  
1 medium bell or banana pepper, diced  
3 to 4 finely minced scallions (whites and greens)  
1 small cucumber  
1 small bag finely minced oregano or basil  
1 teaspoon dried dill  
salt to taste  
fresh black pepper  
¼ cup cider vinegar  
1 teaspoon Tarragon  
1 tablespoon horseradish

¼ cup mayonnaise  
½ cup yoghurt

### Optional additions:

A handful of alfalfa sprouts  
1 medium carrot, diced  
1 stalk celery, minced  
thinly sliced radishes  
fresh peas, raw or steamed  
1 cup lightly toasted cashews  
¼ cup sunflower seeds  
2 tablespoons sesame seeds  
fresh spinach leaves  
fresh chopped greens  
cherry tomatoes  
olives

Combine well, season to taste, cover and chill.