

Newsletter  
September 9<sup>th</sup> and  
10<sup>th</sup>, 2009



### “Still Producing”

#### Inside this issue:

<i>This week's produce</i>	1
<i>Coming Attractions</i>	1
<i>This week's recipes by Deb Outland</i>	2
<i>This week's recipes by Deb Outland (cont'd)</i>	3
<i>Pampered Chef at the Farm</i>	4
<i>Around the Farm</i>	4
<i>This week's produce (cont'd)</i>	4

#### Upcoming Next Week:

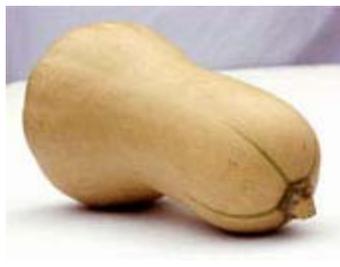
- Okra
- Peppers
- Tomatoes
- Dried Beans
- Sweet Potatoes

#### Wow, it's your seventeenth basket pickup!

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

#### Butternut Squash

These are Erik's favorite for making “pumpkin” pies with. The pulp is loaded with beta carotene and is bright orange. Deb will have some tasty recipes for you in this



newsletter. Just like with the acorn squash we suggest that you simply rinse the squash, place it on a shallow baking dish

and roast it for about one hour at 420 F. Then throw away the skin and seeds. You can eat the mashed pulp with brown sugar, olive oil butter, and maple syrup on top.

#### Super Heirloom Peppers

We will have a colorful sampling of red, yellow, green and chocolate peppers for you.

#### Tomatoes!!!!

We are still finding nice ones for you!

#### 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 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.

#### Bok Choi

You will get even more of this tasty green for stir frying. The bunch will be inside your bag of greens.

#### Green Onions

You will be receiving more of these, as well as some dried matured 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.**



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

Well, it's definitely getting to be fall! We still are getting great tomatoes, and the last of the summer vegetables, but now it's getting to be time for those great fall favorites. We've talked so much about tomatoes that I'm giving them a rest. But just now, the peppers are really wonderful, so here are a few things to keep in mind if you are lucky enough to have more than what you can use this week. I've also gotten some new information about squash and pumpkins that I think will be interesting, too. Happy cooking!



### Pepper Mania

If you're finding yourself with more peppers than you can use in a week, try this slow roasting technique I saw on the Smitten Kitchen blog. Instead of having to watch them like a hawk while they broil, put them in a (foil lined) pan in the oven at 350 degrees. Turn them every 15 minutes or so, and roast for about an hour, until the peeling is blistered. Cool and peel the peppers.

Roasted peppers are great in all kinds of things. Cut them into strips, and freeze them to

use in soups, salads, pastas, pizza (incredible!), and plenty of other things, like your own homemade pimento cheese salad... Cut them up and lay them out in a single non-touching layer on a parchment-lined cookie sheet. Freeze till solid, then place in a large zip-lock. To use, take out just as many as you need, and they will thaw quickly, and have a nice texture.

Freezing raw peppers can also be done, but don't expect them to be good for using raw. They will be OK in cooking, but they will be quite mushy.

#### Pickled Peppers

Whether it's nicely spicy Jalapeños or really hot Habaneras, it's fast and easy to make a few pickled peppers. Sliced Jalapeños are great in many dishes, and even a few drops of the vinegar from the really hot peppers is enough to add some real zing to a dish, or add heat for just those who really like it hot. All you need is a deep stock pot, a couple of

canning jars and lids, and maybe a gas mask for the peppers! Seriously, do heed the warning above about working with extra-hot peppers. Peppers are ideal canned in those little half-pint jars which makes it very easy to find a pot big enough to process even three or four jars. You can leave the peppers whole if you feel you must, but if you do, be sure to cut slits into them. If the vinegar doesn't get to the insides of the peppers, they will burst and/or not keep. A word about seeds and pith: If you leave it in, the result will be much hotter, and the seeds aren't very appealing in the bottom of the jar. Of course if hot is what you're after, what are a few seeds?

Peppers, washed and sliced, cut in half lengthwise, or with two long slits cut into the sides, White Vinegar, Water. Salt

Wash and prepare the peppers. Pack them into a clean, scalded canning jars and add ¼ teaspoon (or less) of salt to each jar. Leave at least ½

inch of head room with no peppers sticking above this point. Heat a mixture of half white vinegar and half water to a very high simmer, but do not boil. You will need nearly as much of this mixture as the volume of your jars. Pour this over the peppers, making sure that they are all covered in vinegar, and leaving ½ inch of head room. Run a knife down the insides of the jars to help any air bubbles escape, then add more vinegar if needed to bring it up to the ½ inch level again. Carefully wipe the jar rims, then cap with scalded canning lids. Apply bands finger-tight. Process jars in a boiling water bath for 10 minutes. Be sure that the water covers the jars in the pot with close to an inch of water covering the jars. Remove jars at end of processing time. Allow to cool in a draft-free place. Check for seal. Refrigerate and use any unsealed jars immediately.

*"Hunger is the best sauce in the world."*

— Cervantes

## “Eggplant Elegante”

*Jennifer Degler sent in this recipe with the following comment: “I made this recipe with your farm produce and it was delicious.” And it sounds like a winner!*

1 large eggplant, peeled and diced  
 1/2 teaspoon salt  
 8 slices bacon, cooked and crumbled  
 1 medium green pepper, diced  
 1 medium onion, diced  
 1 15 ounce can chopped or diced tomatoes,

undrained (I used the ones with Italian spices already mixed in)  
 Salt and pepper to taste  
 Breadcrumbs  
 2 or 3 Tablespoons of butter, melted

Preheat oven to 350 degrees. Grease a casserole dish and set aside. Add eggplant to saucepan. Cover with water and 1/2 teaspoon salt. Bring to a boil over medium high heat. Boil 10 minutes. Drain eggplant thoroughly.

In skillet, sauté onion and green pepper. When onion is translucent, add bacon and diced tomatoes. Stir to combine (if using fresh tomatoes, you may need to let this cook some to soften the tomatoes). Add eggplant. Toss to combine, salt and pepper to taste, and spoon mixture into greased casserole dish. Sprinkle with breadcrumbs. Drizzle with melted butter. Bake 45 minutes.



## Acorn Squash Soup

Although this recipe calls out specifically Acorn Squash, you can use any squash or pumpkin that you have on hand. Thanks again, to my friend Drew, who must be the Queen of Squash Recipes!

1/2 cup chopped onion  
 1/4 cup chopped celery  
 2 tablespoons butter  
 2 tbs all-purpose flour  
 1 teaspoon chicken bouillon granules  
 1/4 teaspoon dill weed  
 1/4 tsp curry powder  
 Dash cayenne pepper  
 2 cups chicken broth  
 1 can (12 ounces) evaporated milk  
 3 cups mashed cooked acorn squash  
 Addt'l cayenne pepper  
 In a large saucepan,

saute onion and celery in butter until tender. Stir in the flour, bouillon, dill, curry and cayenne until blended. Gradually add broth and milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in squash; heat through.

In a blender, process the soup in batches until smooth. Pour into bowls. Sprinkle with additional cayenne pepper.

### SQUASH TIPS

Winter squashes are so versatile! Did you know that you can use their cooked flesh interchangeably with pumpkin? In fact, when you buy canned pumpkin at the grocery, you're really buying squash! Here are

a few tips I've gotten this week about working with them.

Since butternut squash is so irregular in shape, it's hard to cut in half. Erik has a great suggestion for this—bake it whole! Once it's done, it's easy to cut it open, discard the seeds and fibers from the cavity in the bulbous part of the squash, and scoop out the meat. Bake the whole, squash in a 425 degree oven for about an hour. Let cool, cut in half, and scoop out the “good stuff”. He says it makes better pumpkin pie than pumpkin!



Almost all winter squash is difficult to cut. For smaller squash, like the acorn squash we received last week, place the squash in the drain of your sink, and cut it part-way with a knife. Then, either snap it open the rest of the way, or put it on a cutting board and continue cutting until it will break open. A very heavy chef's knife or butcher knife also helps.

## Berries on Bryan Station CSA Farm

Erik Walles & Family (Gayle, Brett & Grant)

### Berries on Bryan Station Farm

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Lexington, KY 40516

Farm: 859.293.0077

Erik's cell: 859.338.1877

Erik@berriesonbryanstation.com



## Around the Farm

- Erik will be missing from this Wednesday's pickup to accept an award of "Cooperator of the Year" from the Fayette County Conservation District.
- We will have about six dozen of our own eggs at \$3 per dozen.

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

## Pampered Chef Demo

Talk about multi-tasking! Robin Shliakhau just had her baby Nolan, but she ate lots of Berries on Bryan Station veggies and she now feels energetic enough to show you some Pampered Chef™ products! She will have a table set up in the pickup area and will be passing out catalogs. There is also an ad at the end of this newsletter for you to see some specials. This is a great opportunity to buy some tools to help you pre-

## "Still Producing" (cont'd)

### CHOICE TABLE

We plan to have **okra, eggplant, Tat Sui, beets, fennel, and foot long Borneo beans from Sumatra, Indonesia.**



### Cut Flowers

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

**"Nothing would be more tiresome than eating and drinking if God had not made them a pleasure as well as a necessity."**

**— Voltaire**

Save 20% on Stoneware and metal bakeware!

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No matter what you bake, we have you covered.



See the reverse side for selection, prices and item numbers.



### Stoneware

- Evenly distributes heat and draws moisture away from the surface
- Retains heat, so your just-out-of-the-oven foods stay hot longer
- No presoaking needed before use
- Virtually nonporous, so it doesn't retain oils, odors or flavors
- Microwave-, freezer-, and conventional and convection oven-safe

### Metal Bakeware

- Durability and strength of steel and superior heat conduction of aluminum
- Won't pop or flex in hot ovens or broilers
- Rolled edges on sheet pans to add strength and prevent warping
- Broiler-safe; select pieces also dishwasher-safe



Your Consultant is:

**Note:** The September Guest Special is available through September Cooking Shows, Catalog Shows, Fundraiser Shows, Wedding Showers, individual orders, online orders and Wedding Registries. To qualify for the September Guest Special, Shows/orders must be held Sept. 1-30 and submitted to the Home Office no later than midnight CT on Oct. 15, 2009. To purchase this special, you must write the special item number of your selection in the "specials" section of the sales receipt. There is no limit to the number of Guest Special selections that you can purchase. For reproduction and use by Pampered Chef® Consultants only.

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### Stoneware



Item#	Item	Retail Value	You Pay
#GR79	Rectangular Baker	\$38	\$30.40
#GR77	12-Cup Muffin Pan	\$34.50	\$27.60
#GR78	Mini Loaf Pan	\$33	\$26.40
#GR82	Large Bar Pan	\$31	\$24.80
#GR81	Large Round Stone with Handles	\$29.50	\$23.60
#GR85	Stoneware Fluted Pan	\$29	\$23.20
#GR83	Rectangle Stone	\$26.50	\$21.20
#GR76	Medium Bar Pan	\$23	\$18.40
#GR84	Stoneware Loaf Pan	\$21.50	\$17.20
#GR80	Medium Round Stone with Handles	\$21.50	\$17.20
#GR75	Small Bar Pan	\$16	\$12.80

### Metal Bakeware\*

Item#	Item	Retail Value	You Pay
#GR86	Large Sheet Pan	\$16	\$12.80
#GR87	Medium Sheet Pan	\$13.50	\$10.80
#GR89	Square Baking Pan	\$12.50	\$10
#GR88	Small Sheet Pan	\$10.50	\$8.40



\*Excludes new Cookie Sheet.