



Crate Full O' News

Veggies are here!

Thank you for joining the 2006 DeBerry Farm CSA Vegetable Subscription Service!

What better way to kick off the summer than to eat fresh vegetables picked mere hours before you eat them? This week's share is packed full of vitamins, minerals, and antioxidants. Of course, more variety will be included in the coming weeks.



At the farm

Boy, are we busy! This time of year we are still planting seeds in our greenhouse, still transplanting crops out in the fields for late summer/fall harvest, AND we've started picking fresh produce for our subscriptions! Whew!

Our fields are looking good right now — it's nice this time of year because we are able to stay one step ahead of the weeds and bugs. Later in the season this becomes more difficult.

This week we were able to plant lots of peppers, lettuce, yellow squash, cucumbers, and more!

Farm Feature Picture:



Charles and Anna check out the kale growing in the plastic mulch in one of our fields. We use the mulch to keep weeds from overtaking our plants.

This week:

Here's what is in your share this week (remember to wash all veggies before eating)

Lettuce: *Green Romaine* [long green leaves attached at the bottom.] *Red Romaine* [long green and red leaves attached at the bottom.] *Leaf Lettuce* [light green leaves.]

These lettuces have much more nutrition than your run-of-the-mill iceberg lettuce. Make a delicious, nutritious salad or add a generous layer to sandwiches and hamburgers.

Greens: *Collards* [large, round dark green leaves with smooth edges and a light colored tough stem] *Kale* [large oval shaped leaves with jagged edges and a light or dark colored tough stem] *Spinach* [oval shaped or teardrop shaped dark green leaves]

With the exception of spinach (which tastes great raw in salads - even the bigger leaves!) you'll need to cook the greens. First, wash them thoroughly, and strip them from the stems. Discard stems (or some people chop them finely and cook them along with the leafy parts.) See page 2 for some greens recipes.

Garlic: *Fresh Young Green Garlic* [looks like green onions]

Store these in the fridge dry (do not wash first). To use, take them out and wash them, discarding any roots and outer dark leaves.

The entire plant is edible, and is a great addition to soups, sauces, stir fry, casseroles, marinades. Charles loves the green tops chopped up in salads.

This week, Continued

Hot Pepper Jelly [in a jar] We wanted to make sure you got to try our hot pepper jelly. It's delicious on crackers with cream cheese, mixed with cream cheese as a dip, added to fried potatoes or hash browns, and added to meat dishes.

If you find a unique way to use our hot pepper jelly, we'd love to hear about it!



Anna's Corner

Anna is such a joy in the garden. We find ourselves watching her learn about nature instead of getting our work done. Bugs fascinate her. And if her hands aren't dirty, the day isn't complete! If there is a mud puddle within 100 yards, she makes a beeline right toward it!



On the website

www.DeBerryFarm.com If you haven't visited our website, we invite you to. We try to update it at least weekly during the summer so you'll know what is going to be fresh and ready. These newsletters will also be available for downloading (if you happen to misplace one).



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Cooked Greens

(This works with collards, kale, and/or endive) First, wash and strip off the stems. You can discard the stems, or chop them up finely and cook along with the greens. Chop the leaves into bite-sized pieces. (We pile them up on a cutting board and use a big knife). Toss into boiling water, cover, and cook about 5 minutes. (can be done in skillet to save a pan). Drain well.

Meanwhile, sauté 1 or 2 stalks of chopped green garlic in 2 Tablespoons olive oil over medium-low heat. Increase heat to medium.

Toss the greens into the skillet and stir well. Cook until most of the water is cooked off, about 3-4 minutes. Just as the greens become tender, splash in about 2 Tablespoons flavored vinegar (balsamic, malt, etc.) and stir well. Remove from heat. Serve with a splash of vinegar and a dash of sea salt.

Delicious variation: Instead of water, cook the greens in, get this, **apple cider**. Then sauté as above. Even most kids will eat greens this way!

Creamy Salad Dressing

1/2 cup Mayonnaise or salad dressing	2 Tbs sugar or sugar substitute
2 Tbs milk	1 Tbs flavored vinegar (malt, balsamic, red wine, etc.)
1/4 cup fresh chopped herbs (optional)	

Mix all ingredients. Taste, then adjust amounts of sugar and vinegar. Good herbs to try are basil, thyme, parsley, etc.

Vinaigrette Salad Dressing

1/4 cup salad oil (olive, etc.)	2 Tbs sugar or sugar substitute
1/8 cup flavored vinegar (balsamic, malt, rice, etc.)	1/4 cup fresh chopped herbs <u>or</u> 1/4 cup fresh berries, mashed

Mix all ingredients. Taste, then adjust amounts of sugar and vinegar. Good herbs to try are basil, thyme, parsley, etc.

Pasta with Mushrooms and Greens

12 oz. fettuccini or spaghetti	1 tsp. salt
2 Tbsp. olive oil	1/4 stalk of green garlic, minced
4 oz. fresh mushrooms, sliced	1 1/2 c. finely-chopped Romaine lettuce or fresh spinach
3 to 4 tbsp. freshly-grated Parmesan or Romano cheese	Red pepper for garnish (optional)

Boil 1 gallon water in large pot. Add pasta & stir. Boil until pasta is tender to the bite, but not soft. Meanwhile, heat oil in large saucepan. Add garlic and mushrooms. Sauté until lightly browned. Add greens. Stir well. Cover. Simmer 5 to 8 minutes.

Drain pasta. Turn into large shallow bowl or deep platter. Add lettuce mixture and toss well. Add cheese and toss again. Garnish with red pepper strips, if desired. Serve hot with more cheese, if you wish. Good served with grilled chicken, turkey breast, pork or beef.

Tips for the week:

Do it now!

Separate the lettuce leaves and wash them individually. Spin dry, then store in the fridge in a plastic bag with a dry paper towel in the bottom. Your lettuce will be ready to eat right out of the fridge all week long! (Very handy!)

If you want to wash and spin dry your greens ahead of time too, great! Just don't remove the stem part & don't chop until you are ready to use them. (they'll lose moisture and end up a little tough).

Don't have a salad spinner?

Neither do we. Head to the store and purchase a mesh lingerie laundry bag (ours was \$1.50). Run it through the wash (no fabric softener) and dry it. Put your freshly washed leaves in and zip it closed.

Now here's the fun part. Take it outside and swing it around in circles to spin the water out. I stand on the edge of my porch and swing it in vertical circles. Works great! (And it's a fun way to get the kids to help with dinner, if you don't mind a little wetness).

A note about greens

The addition of acids such as lemon, vinegar, and other acidic flavorings often picks up the flavor of leafy greens, as does a pinch of salt.

It's important to add the acid **after** the greens are cooked or steamed, just before serving. If you cook greens with an acid, it will turn your bright green vegetables into a drab, army green color.

Cooking (boiling) rather than steaming results in a more tender texture. Reserve the nutritious cooking water and freeze for later use in soups.