

# Crate Full O' News

Week 10, August 15-17, 2006

## It's Fair Week!

**Thanks again for joining the 2006 DeBerry Farm CSA Vegetable Subscription Service!**

We hope you all make it out to the Garrett County Fair sometime this week. We really support the youth (4-H and FFA members) that bring farm items to exhibit at the fair. A lot of hard work goes into their projects, especially market animal projects. If you're able, it's a great place to bid on a high quality market animal on Saturday evening. You can have it processed and fill your freezer full of delicious homegrown beef, pork, lamb, or goat this winter. Or, donate it to a charity organization so they can use it as a fundraiser. Either way, the money helps these youth pay for college or finance their farming operation. For more information about the market animal sale or the fair, call the Extension Office at 301-334-6960.

Five more weeks to go for this year's subscriptions! Time flies when you're having fun. We must be having a blast!

Thanks to those of you who have been giving us feedback. We are

### Farm Feature Picture:



**Aren't they sweet???** Here's a picture of all the farm kids on DeBerry Farm - Anna on the left with her two cousins Taelyn and Nicholas. They sure love to play on the farm!

### *At the farm, continued*

constantly learning what works and what doesn't. Of course, every subscriber has different tastes, which makes it difficult to decide what to include each week!



## At the farm

It's that time of year...

### *Ode to Mid-Summer Farming*

*Weeds are high,  
Bugs are bugging.  
But through it all,  
We keep on chugging.*

That pretty much sums it up for this week! Charles keeps mowing the weeds so they don't seed themselves. And we've found an organic-approved insecticide that may help us win some of our bug battles. We are really trying to keep our beneficial bugs and get rid of most of the destructive ones. We wish one of us had become an entomologist to help us figure it all out! (A potential future career for Anna???)



## This week:

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

**Sweet Corn:** It may be yellow, white, or yellow and white mixed (called bi-colored.) Could be big ears or small. Some folks have favorite varieties, but we like to savor each for it's own tasty strengths.

**Red Potatoes**

**Bell Peppers**

**Sweet Banana Peppers**

### *This week, continued*

**Cabbage:** Cabbage this week will be either green or purple. Both are good as coleslaw, chopped up in salads, or fried.

**Tomatoes:** Finally more are getting ripe. You will have slicing tomatoes this week, as well as a box of either cherry tomatoes (round) or grape tomatoes (oblong). Both cherry and grape tomatoes are sweet and tasty straight out of the box but can also be added to salads, as garnish on casseroles, or grilled as shish-ke-bobs.



## Anna's Corner

We're thinking Anna may want to become a dentist. She is enthralled by people's mouths. If you hold her up closely in front of you, she'll most likely pull your chin down, forcing your mouth open. Then in her fingers go, probing your tongue and pulling on teeth. Then she'll take her hands out and push your chin back up so you close your mouth. Not the most fun exam to go through if she's been playing in the dirt at the farm! (You think your mouth is gritty after a dentist drills a filling...)

Anna's learning to play with other kids a bit - some of the other vendors at the farmers markets bring their kids, and Anna just loves them! Whether it's using sidewalk chalk, bubbles, or picking up veggies we drop, they all have fun.



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### Cabbage, Meat & Rice Casserole

1 can stewed tomatoes	1 can tomato sauce
1 1/2 or 2 c. raw rice	1 lb. ground meat
1 sm. head of cabbage, chopped	1 sm. Onion, chopped
1/2 bell pepper, chopped	1 or 1/2 c. of water
A little butter	

Mix all ingredients together. Put in a large pan. Cover and bake at 350 degrees for about 2 hours.

*Quick version:* brown meat and cook with onion and pepper, boil cabbage in tomatoes & sauce, then mix everything together. Bake 20 minutes.

### Sweet Corn Chowder

2 cups water	2 lg. or 4 small potatoes, peeled & diced
2 to 3 lg. ears corn	2 strips bacon, chopped
1 c. chopped onion	1 c. diced green pepper
2 tbsp. all-purpose flour	2 c. milk
1/2 tsp. Salt	1/4 tsp. pepper

Boil potatoes in 2 cups water 10 minutes. Meanwhile, cut corn from cobs. Add corn to potatoes. Return to boiling. Cover and cook 8 minutes. Set aside.

In a large saucepan, cook bacon until crisp. Remove bacon to drain on paper towels. Drain off all but 2 Tbs. drippings in saucepan.

Add onion and peppers to hot drippings. Cook, stirring, 3 to 5 minutes or just until tender. Gradually stir in flour; cook, stirring constantly, 3 to 5 minutes or until dry and thick. Gradually add milk while stirring; cook, stirring, 3 to 5 minutes or until thickened and bubbly. Add salt, pepper, corn mixture and bacon; heat through, stirring frequently.

### Stuffed Sweet Banana Peppers

*(With 2 Different Happy Endings)*

3-4 banana peppers (hot or sweet)	1/2 lb. lean ground beef or sausage
1 small onion, chopped	1 c. grated cheddar cheese
Salt & pepper to taste	

**Version #1:** 1 Tbs. Milk  
1/2 cup flour (more if needed)  
1 egg

**Version #2:** Spaghetti Sauce and additional cheddar cheese

Cut banana peppers in half long ways and remove the seeds and inner veins. Mix meat, onions, cheese, salt and pepper together well. Stuff peppers with meat mixture. Choose a happy ending (or version)

**Version #1:** Set stuffed peppers aside. Beat egg and milk. Dip stuffed peppers in egg wash and then in flour, dip in egg and flour again, then deep fry until meat is done.

**Version #2:** Heat oven to 325 degrees. Pour a thin layer of spaghetti sauce in a baking casserole dish. Place peppers in dish, meat side up. Pour more spaghetti sauce over the peppers. Bake, covered, 50 minutes. Sprinkle additional cheddar cheese on top and bake until meat is done.

## Tips for the week:

### Spotlight on Bell Peppers

Bell pepper is one of the vegetables in the nightshade (*Solanaceae*) family, which includes eggplant, tomatoes and white potatoes.

Like their relatives, the chili peppers, sweet peppers originated in South America with seeds of a wild variety dating back to 5000 BC. Like many other foods native to this region, sweet peppers were carried throughout the world by the Spanish and Portuguese explorers who traveled through this continent.

The shape of the pepper does not generally affect the quality, although it may result in excessive waste or not be suitable to certain recipe preparations.

Bell peppers are packed with Vitamin C, Vitamin A, and Vitamin B6. In fact, one cup of bell pepper contains 200% of the recommended daily value of Vitamin C and 100% of the recommended daily value of Vitamin A.

### Potato History

There are not that many foods that can claim that a pivotal historical event centered around them. But the potato can. By the early 19th century, potatoes were being grown extensively throughout Northern Europe, and potatoes were almost solely relied upon as a foodstuff in Ireland owing to this vegetable's inexpensive production and the poor economy of this country. Yet, in 1845 and 1846, late blight ruined most of the potato crop in Ireland and caused major devastation: this event is known as the Irish Potato Famine. Almost three-quarters of a million people died, and hundreds of thousands emigrated to other countries, including the United States, in search of sustenance.