

Crate Full O' News

Week 11, August 22-24, 2006

Dry, dry, dry

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

Cheryl does the announcing for her hometown fair queen pageant every year at the Tucker County Fair near Parsons, West Virginia. Last week during the pageant, one of the contestants was Cheryl's first cousin, and she won! You're now receiving your veggies from people related closely to "royalty." (Has this gone to our heads or what???) We're just really proud of her for doing a great job in the pageant.



At the farm

We wish it would rain a little. It's getting awfully dry on the farm. We've been running our irrigation pump almost nonstop (using lots of high priced gasoline!) to keep our veggies going. Some things aren't set up for irrigation, though, like green beans. So the beans aren't growing very quickly right now.

With the dry weather, we seem to be in a "lull" right now with our veggies. The older plantings of

Farm Feature Picture:



Grape tomatoes hanging heavy on the vine — if only more were red! Do you have a favorite yet out of the grape or cherry tomatoes? Each is so sweet...

At the farm, continued

things like cucumbers, zucchini, yellow squash, and the like are drying up, and the new plantings aren't growing very fast. So our subscription variety isn't changing as much as we would have liked. Such is the way of the farmer - we make grandiose plans, and those plans get lost in the details of surviving.



This week:

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

Sweet Corn: Each week will likely be a different variety. Some of the newer varieties are tasty even when they get pretty big and mature.

Sweet Banana Peppers: We like to add these to our marinara sauces—they add nice color and texture.

Bell Peppers: Bell pepper strips are great dipped in ranch dressing!

Shell Beans: Called "French Horticulture Beans," these big red and green pods aren't edible, but inside are wonderful shell beans! The beans are either light green (these are younger and smaller) or white with red speckles. Instructions for cooking and shelling are on the back. If you can't use them soon, shell them out and stick them in the freezer. When you're ready, take them out, wash them, and cook according to the directions on the back.

Jalapeño Peppers: Ever wonder what a chipotle pepper is? Well, it's just a smoked jalapeño pepper! (some of them are red, others use green jalapeños). Jalapeños are great roasted as well.

This week, continued

Tomatoes: Tomatoes are doing well with lots of irrigation. You may notice the tops (around the stem) of the slicing tomatoes sometimes have a hard green or yellow ring. This is called sun scald. It happens when the sun is shining a lot, and the plants don't have enough foliage (leaves) to shade the tomatoes. Just cut the scalded part off, and the rest of the tomato is fine to eat.



Anna's Corner

Anna doesn't really understand the concept of a **research project** yet. We are doing the strawberry research on the farm, and each and every berry picked should be weighed and recorded. Well, Anna doesn't understand why she can't just pick one of those plump, red berries and chomp into it right now! (*Don't tell our university professor, but we can't help but let her have a berry or two while we're picking! Maybe we'll file those under "pest damage or loss?"*)

Anna had loads of fun at the fairs last week (Garrett Co. and Tucker Co.) She especially loved going to see the animals. She was enthralled by the rabbits and chickens. She also liked watching the little kids ride on the carnival rides. She didn't seem interested in riding herself, but could sit contentedly and watch other kids riding for a long time!



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Creamed Corn

6 med. ears corn	1 c. milk, divided
2 tsp. flour or cornstarch	1/4 tsp. salt
1/4 tsp. black pepper	2 tbsp. butter or margarine

Cut off tips of kernels into a large bowl; scrape cobs to remove milk and remaining pulp from cob, using a small paring knife. Set aside. Combine 1/4 cup milk and flour or cornstarch with a fork to remove lumps; set aside. Combine remaining 3/4 cup milk and pepper in a heavy saucepan; bring just to a boil over medium heat. Reduce heat. Add corn and margarine. Cook over medium heat, stirring frequently, 5 minutes. Slowly stir in flour or cornstarch. Cook, stirring constantly, until thickened and bubbly (3-5 min.)

Tex Mex Cornbread

1 1/2 c. yellow cornmeal
1 c. whole wheat flour
1 tsp. baking soda
2 egg whites
1 1/2 c. creamed corn (recipe above)
2 Tbsp. chopped onion
2 Tbsp. seeded and chopped jalapeno peppers
2 Tbsp. seeded and chopped bell peppers
2 Tbsp. corn oil

Combine cornmeal, flour and soda in a medium-sized mixing bowl. In another bowl, mix together egg whites, corn, prepared vegetables and oil. Stir well. Add all at once to cornmeal mixture. Stir briskly just until smooth. Pour batter into a lightly oiled 9 x 13 inch baking pan. Bake in preheated 400 degree oven for 30 minutes. Remove from oven when golden brown. Cut into 3 inch squares. Serve warm.

Old Fashioned Shell Beans

2 cups shell out beans
1/2 pound cubed ham or 1/2 pound bacon
1 small onion, chopped
Salt and pepper to taste
1 Tbs Olive oil
Hot water

Sauté onion in olive oil until translucent. Place beans, meat and onion in a heavy stock pot. Add enough hot water to cover the beans by 1 inch. Boil 20-30 minutes or until beans are tender. Add salt and pepper to taste.

Spicy & Sharp Cheese Spread

1 1/2 c. extra sharp cheese	1 jalapeno pepper
1/2 c. mayonnaise	1/2 med. onion
1/4 green pepper	

Grate cheese, green pepper, onion and jalapeno. Mix together. Add mayonnaise to smooth out for a spread. Great on crackers!

Tips for the week:

Fresh Shell Beans

Fresh shell beans, also called shelling beans, are fully mature beans harvested from the pod before they have begun to dry.

Shelling

Shell the beans out immediately and store them in the fridge. To shell, just strip off the strings, then pop the pod open and strip out the beans. Discard the pods. Wash the beans.

A note of caution

Boil shell beans at least ten minutes to degrade a toxic compound - the *lectin phytohaemagglutinin* - found in the bean which would otherwise cause severe gastric upset. In other words, eating raw shell beans can give you a doozey of a tummyache. Make sure you boil them, as slow cookers don't heat up high enough fast enough to get rid the compound.

Cooking

Shell beans need no pre-soaking like dried beans. Once cooked they can be used in salads, served as a vegetable with a pat of butter and a little salt & pepper, or used in place of cooked dry beans in many dishes for a fresh twist.

History

The **common shell bean**, *Phaseolus vulgaris*, is indigenous to the Americas, and was domesticated independently in both ancient Mesoamerica and the Andes.

Shell beans are low in Saturated Fat and Sodium, and very low in Cholesterol. They are also a very good source of Protein, Vitamin C, Thiamin, Riboflavin, Niacin, Folate, Copper and Manganese.