

# Crate Full O' News

Week 12, August 29-31, 2006

## Your Rain Dances Worked! (Yippee!)

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

Thanks to those of you who did a little rain dance this week. Not only did the rain help settle the persistent dust and pollen we had blowing around at the farm, but it also gave a nice (and desperately needed) drink to the sweet corn and beans. We hope it was enough to keep them happy and producing for a while longer!

This Saturday at the farmers market in Oakland is the "Customer Appreciation Day Corn Roast—get free, all-you-can-eat, fresh cooked corn-on-the-cob! The market runs 10 am to 1 pm in the Mt. Fresh pavilion by the town parking lot off 2nd Street. Come join the fun!



## At the farm

OK, so we're harvesting veggies 5 days a week, we're battling weeds, we're battling bugs, we're irrigating when needed, and just when you

### Farm Feature Picture:



Here is a common sight this time of year - Charles out brush-hogging the weeds around and between the rows of veggies. Heck with hand pulling, weed-eating, or even mowing...

### At the farm, continued

thought we were busy enough, we decided to go ahead and start planting things for next year?????

Yep, the results of our strawberry research have been so good that we planted about 3,000 strawberry plants last week, and we're doing another couple thousand this week. These are the June bearers (or "regular") strawberries, that bear fruit in June. Next spring we'll plant more of the ever-bearing varieties that you've been able to partake of as of late. The June bearers have to get growing this fall before frost so they have enough energy to last the winter. Then first thing in the spring they'll be growing! We hope to have them ready for the early subscriptions (and farmers markets) in June next year. We're finally starting to live up to our name: "De Berry Farm"!!!



## This week:

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

**Sweet Corn:** The larger ears are perfect for cutting off the corn, then using in recipes. Boil the corn for 3 minutes, then cool, before cutting it off the cob. If you want dry corn, then cut it as close to the cob as possible. If you'd like creamier corn, cut about half the kernels off the cob, then scrape the cob to get the creamy juice.

**Sweet Banana Peppers:** This is a new variety we tried this year, and we think they have a better, milder taste.

**Bell Peppers:** Just a few are starting to change to red. In a few weeks (if the weather cooperates) we'll have some beautiful red

### This week, continued

peppers for you!

**Potatoes:** The potatoes are still going strong.

**Tomatoes:** There are a few of you (you KNOW who you are...) that don't like tomatoes. We can't believe anyone wouldn't like tomatoes! Where would the world be without tomato sandwiches???



## Anna's Corner

Anna's having fun playing with the gravel at the roadside stand when we're selling our veggies at the farm. She likes to put a hand full into a cup or little box (or other such container) then shake it vigorously until all the rocks are out of the container. Then the process is repeated. The problem is, when those rocks go out of the container, they often fly through the air into her pockets, down her shirt, and in her shoes. We now have to sweep each time we take off her clothes. It's a daily occurrence to shake the cloth cover on her changing table so the rocks, dirt, and whatever else she collects there doesn't accumulate!

Anna's grandparents love coming to visit. Anna calls both grandmas, "Mee Maw," but one grandpa is "Pap Pap," the other is "Pops." We're not sure how she'll differentiate between the "Mee Maws" yet. Since they rarely visit at the same time, we're not confused about it much yet!



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### Pioneer Breakfast

2 lg. cans flaky biscuits	1 roll turkey (or other) sausage
Cheddar cheese or white cheese, grated	1/2 onion, chopped
1/2 to 3/4 c. bell pepper, chopped	1 c. sliced mushrooms

Preheat oven to 300 degrees. Cook sausage in skillet. When it is almost done, add onion, mushrooms and bell peppers and cook until done. Then set aside. Flake 1 can of biscuits apart and line a greased 9x13 glass baking dish. Layer meat mixture, then grated cheese. Top with 2<sup>nd</sup> can of biscuits that have been flaked apart. Bake until biscuits are brown. (Use the directions on the can as your guide—watch them carefully and often!)

### Nacho Dip

1 lb. ground lean sausage	1 c. chopped onion
1/2 c. chopped bell pepper	2 Tbs water
1 envelope taco seasoning	1 hot pepper, chopped (optional)
1 (8 oz.) pkg. Cheez Whiz	1 c. chopped fresh tomato

Brown sausage with onion and peppers until meat is done. Drain grease if needed. Add water and taco seasoning. Combine until well mixed. Cook 3 minutes.

Add mixture to cheese in a microwave safe dish and microwave until all cheese is melted, stirring occasionally. Stir in tomato and serve with nacho chips.

### Tomato & Cheese Pie

- 1 basic pastry dough for 9" pie
- 8 ounces Swiss or mozzarella cheese, shredded
- 2 tablespoons fresh basil, chopped
- 4 medium fresh tomatoes, cut into 1/2" thick slices
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 teaspoons olive oil
- fresh basil for garnish

Preheat oven to 400° F. Place the 9" pastry dough in the bottom and up 1" on the sides of the prepared pan, using your fingers to spread it evenly. Cover the bottom of the crust with shredded cheese and 2 tablespoons chopped basil. Arrange tomato slices to cover cheese evenly. Salt and pepper tomato slices and drizzle with olive oil. Bake 35-40 minutes. Just before serving, garnish with fresh basil leaves. May serve warm or at room temperature.

### Homemade "Sundried" Tomatoes

Cut Roma tomatoes into quarters. You can also try this with cherry or grape tomatoes cut in halves. Place cut tomatoes on a baking sheet, cut sides up. Sprinkle lightly with coarse salt. Place in oven at 175 degrees for 8 hours. Larger pieces may require more time. Store in a glass jar filled with olive oil to cover tomatoes, or in a plastic container in the refrigerator for non-oily tomatoes. You can also store these in the freezer.

## Tips for the week:

### Substitutions Are OK!!!

Lots of our recipes have ingredients listed that we don't use. Does that mean we don't make them? No!!! We just substitute! Here are a few of the things we sometimes substitute (due to our taste or just because our cupboard is bare!)

2 tsp. Dried minced onion =  
1 tsp. Onion powder =

1 small onion =  
1 Tbs instant minced onion

1 Tbs fresh herbs =  
1 tsp dried herbs

1 can tomatoes =  
2 1/2 cups chopped, peeled fresh tomatoes, simmered about 10 minutes

1 lb ground beef =  
1 lb ground turkey, venison, pork, sausage, etc.

1 cup beef/chicken broth =  
1 cup boiling water and 1 bouillon cube, mixed well

1 package taco seasoning =  
4 tsp instant minced onion, plus 2 tsp chili powder, 2 tsp salt, 1 tsp garlic powder, 1 tsp cornstarch, 1 tsp ground cumin, and 1 tsp cayenne pepper (or some variation...)

Pancake Syrup =  
1/2 cup brown sugar plus 1 1/2 cup water plus 2 1/2 tsp cornstarch. Cook and stir until slightly thickened.

1 cup oil (in recipe for baked desserts) =  
1 cup unsweetened applesauce

1 cup sour cream =  
1 cup plain yogurt or 1 cup cottage cheese, placed in blender until smooth