



Crate Full O' News

Week 14, Sept. 12-14, 2006

One More Week!

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

Wow. Next week is the last regular week of our Veggie Subscriptions. It's so difficult to believe we're winding down the season. Time flies when you're having fun!

Important Note: Please (PLEASE) return all your DeBerry Farm bags to us next week. We'll give you a box or disposable bag next week so you don't have to worry about returning the last one.

If you missed a week (or weeks!) - Don't fret.

Just visit us after next week at one of our farmers markets (Wednesdays and Saturdays in Oakland 10 am to noon through Mid-October or McHenry Fairgrounds Thursdays 10 am to noon through September). We'll fill you up a bag of our fresh-picked veggies.



At the farm

Though we planted them and cared for them all summer, we've just

Farm Feature Picture:



Butternut squash are hard winter squash that last a long time if stored properly. (see back for storing tips). They have a very smooth texture when cooked, and are often used in place of pumpkin in pies and other recipes.

At the farm, continued

about given up on our watermelons. So this week we asked some of our fellow farmers to help us bring some juicy watermelons to you! Paul and Shawna Perrine along with their son, Mikail, grow veggies at their farm on Sand Flat Road and sell at the Oakland and McHenry farmers markets. Luckily, their watermelons did quite well this year and they were able to provide them for you. They are sometimes difficult to know when to pick, so if you get a bad one (or severely unripe one) please let us know and we'll replace it next week.

We're sorry to see the end of sweet corn for the season. We weren't able to guarantee that we'd be able to get some for each of you this week, so we didn't include it. There are a couple of late patches, so you may catch the farm stand open in the next week or so.



This week:

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

Green Tomatoes: You'll have to try fried green tomatoes at least once this season! A basic recipe is on the back.

Watermelon: Little "Yellow Doll" watermelons have sweet yellow flesh with lots of dark seeds. Very sweet and yummy!

Butternut (Winter) Squash: Butternuts are another hard winter squash. Once cooked, the smooth flesh is often used in pumpkin pies (you can't taste the difference!) There's a recipe on the back to help you use this butternut.

This week, continued

Cabbage: A little cabbage for you to make coleslaw, cooked cabbage, or cabbage rolls.

Bell Peppers: We cut back a little on the number of peppers in your bag this week. If you'd like more bell peppers for freezing or cayennes for drying, let us know!

Tomatoes: A few more for you this week. We added some chopped up Roma tomatoes to our store-bought spaghetti sauce this week, and it really made a difference in the taste!

Kale or Swiss Chard: So nutritious! Sauté in olive oil with garlic, splash on a little balsamic vinegar when it's tender, and you have a great side dish!



Anna's Corner

Well, it's official. Anna knows the phrase, "I don't like." We guess it had to happen sometime, but so soon??? She uses the phrase for only foods so far (most of which she actually **does** like). But we know it's a matter of time...

Anna and Cheryl's mom went "yard sale-ing" last weekend. Anna ended up with a few clothes, a **huge** Garfield stuffed toy, and a big plastic picnic table! She loves to sit at the table — it's just her size. But now it's harder for us to get her to come inside. An excited, "want to sit on it!" is what we hear every time we pull into the driveway now!



Charles & Cheryl DeBerry (& Anna too!)
Phone: 301-533-1026
Cell: 301-616-0854 or 301-616-1074
Email: deberryfarm@yahoo.com
Website: www.DeBerryFarm.com

Easy, No Crust Butternut Squash Pie

(Adapted from "Impossibly Easy Pumpkin Pie" from Betty Crocker)

- 1 cup pureed butternut squash
- 1/2 cup Original Bisquick® mix
- 1/2 cup sugar
- 1 cup evaporated milk
- 1 tablespoon butter or margarine, softened
- 1 1/2 teaspoons pumpkin pie spice
- 1 teaspoon vanilla
- 2 eggs
- Whipped topping, if desired

Heat oven to 350°F. Grease 9-inch pie plate. Stir all ingredients except whipped topping until blended. Pour into pie plate. Bake 35 to 40 minutes or until butter knife inserted in center comes out clean. Cool 30 minutes. Refrigerate about 3 hours or until chilled. Serve with whipped topping. Store covered in refrigerator.

Fried Green Tomatoes

- Green Tomatoes, sliced thin or thick
- 1 egg, beaten, with a Tablespoon of water
- Coating: cracker crumbs, seasoned bread crumbs, or flour

Heat 1/4 inch of oil in a large, heavy skillet over medium heat. Dip tomato slices in egg wash, then in the coating of your choice. Place in skillet, fry until brown on one side, then flip and fry until brown on other side. Remove from pan to paper towels to drain. Add salt and pepper to taste. As you fry them you may have to add more oil.

Pumpkin Pudding

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| 4 eggs | 1 1/8 cups pureed pumpkin |
| 1/2 cup light molasses | 1 teaspoon cinnamon |
| 1/2 teaspoon ginger | 1 cup milk |

Break the eggs into a large bowl, and beat with a fork until light yellow. Add the pumpkin, cinnamon, ginger, molasses, and milk. Stir well.

Pour mixture into a greased casserole dish. Bake at 350° for 1 hour or until the pudding is firm in the middle. Refrigerate any leftovers.

Easy Cabbage Casserole

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| 1 small head cabbage, chopped | 1/2 cup rice |
| 1 cup peeled diced tomatoes | 1 medium onion, chopped |
| 1 clove garlic, crushed | Salt and pepper to taste |

Simmer in a large pot for a couple of hours, stirring occasionally. Or, place all ingredients in a crock pot. Mix and cook on low setting for 8 hours.

Tips for the week:

Butternut Squash

Cutting in Half

Most recipes using these varieties call for cutting the squash in half. Position the squash on a cutting board, stem end facing you. Place the blade of a heavy chef's knife horizontally along the length of the squash. With a hammer or mallet, repeatedly hit the back of the blade near the handle to drive it into the squash until it breaks in half. Remove the seeds and stringy pulp.

Cooking

Wash and cut squash lengthwise or into pieces. Remove seeds and strings. Lightly brush cut surfaces with oil or melted margarine. Place in baking dish with a few tablespoons of water and bake until tender. If using a conventional oven, bake uncovered at 350° F about 30 minutes.

If using a microwave, cover and bake on full power 6 to 7 minutes. Rotate. Bake another 6 to 7 minutes.

Cool, then peel the squash. Discard the hard skin. Then you can puree it in small batches in a blender.

Storing

Most winter squash benefits from a curing stage. Don't wash the squash before curing. Curing is simply holding the squash at room temperature (about 75 degrees) for 10 to 20 days.

After curing, transfer to a cool (45 to 50 degrees), dry place such as the basement or garage for long term storage. Careful, do not allow them to freeze. The butternut squash can be stored up to 3 - 5 months under these conditions. Warmer temperatures simply mean shorter storage time.