

# Crate Full O' News

Week 3, June 27-29, 2006

## More Variety!

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

We can't believe July is so close! Remember, if you'll be out of town next week, please make arrangements for your crate of veggies!



## At the farm

Our poor tomatoes need tied up so badly! We stake all 3,000 tomatoes, then tie them up, so they produce bigger tomatoes with less disease. It's a big job to tie them all up, though. But Charles has a unique system. He puts a stake between every other tomato (so there are two tomatoes between each stake). He has a backpack into which he puts a spool of baler twine. Then he has a 3 foot section of PVC pipe, and threads the twine through it. Then he ties off the end to the stake, and weaves around the tomatoes and stakes with his "wand." It's much quicker than tying every tomato to a stake.

### Farm Feature Picture:



Here's a shot of our strawberry research project earlier this spring. Half are grown outside the tunnel, then the rest are grown inside, all on white plastic mulch. We're finding that the ones inside are producing more.

Charles finally purchased a scythe. (remember the big, menacing, long-handled knife that the grim reaper carries?) We grow tall grasses in between our rows of veggies to keep weeds from taking over, and the grass eventually gets tall enough to cut. But a weed-wacker would throw pieces of grass everywhere (especially in the lettuce). The scythe works beautifully to gently lay the cut grass down by the row. Another case of an old-fashioned tool working better than a "new-fangled" invention.



## This week:

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

**Basil:** Here's our first herb included in your bag. If you don't like dried basil, you may like fresh basil, since it is *superior* in flavor! Fresh basil should be stored in the refrigerator wrapped in a slightly damp paper towel.

Basil is a very versatile herb and can be used fresh in salads, made into pesto (recipe on back), and added to Italian—especially marinara—dishes, marinated tomatoes, etc.

**Broccoli:** Looking for a vitamin C fix? Make a beeline for the broccoli. Are your potassium stores low? Partner up with broccoli. Is fiber on your shopping list? Bring home the broccoli. Need an iron boost? Look no further than broccoli.

**Sugar Snap Peas:** Are you hooked yet? Did you try them raw? Use peas soon, as the sugar in them starts to change to starch as soon as they are picked.

*This week, continued*

### Green Onions

**Greens: Lettuce, Spinach, & Swiss Chard:** Swiss chard [large round leaves, a bit crinkly, with prominent ribbing] is a mild-tasting, tender green that can be eaten raw in salads, sautéed in garlic and olive oil, or steamed very lightly (no more than 5 minutes). For best flavor, don't overcook. (I know, we sound like broken records on this!) **Swiss Chard is a good green to try if you don't normally like greens!**



### Anna's Corner

Anna really loves her veggies. (Yes, we realize how lucky we are!) She really likes sautéed kale - especially the splash of balsamic vinegar, we suspect!

We dunk our veggies in cold water as soon as they are picked so they are cooled quickly. Anna has become quite the "veggie washer helper." (Must have something to do with her liking water...) After washing her hands, Anna helps dunk the veggies and shake them dry. It's a wet job, but somebody...



### Got the website working!

The website is updated as of last week's newsletter. Newsletters are on the subscription page, then under the 2006 contents link.



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### Herbed Cream Cheese

- 1 green onion, cut in 1-inch pieces
- 1/4 c. parsley leaves
- 4-5 basil leaves (optional)
- 1/4 clove garlic
- 1 (8 oz.) cream cheese

Chop onion, parsley, basil and garlic in food processor until finely minced. Add cream cheese and blend.

Serve with crackers.

### Homemade Basil Pesto

- 2 cups fresh basil leaves
- 5 medium garlic cloves
- 1/3 cup grated parmesan cheese
- 1/3 cup pine nuts or walnuts
- 2/3 cup extra virgin olive oil
- salt & pepper to taste

Combine all ingredients in a food processor and process on high speed till evenly chopped and mixed. Store in the fridge or freeze small portions for use later. Tastes best after it sits overnight in the fridge.

Use pesto with pasta and vegetable dishes, use instead of mayo on sandwiches, mix with cream cheese for a dip, use pesto to stuff mushrooms and broil lightly. Pesto makes a great "Bed" for pork tenderloin medallions, or boneless chicken breasts (blackened if preferred).

### Wilted Spinach Salad

- 6 cups (5-ounces) fresh spinach leaves, washed, dried, and chilled
- 2 slices bacon, cut into 1/4-inch pieces
- 1 tablespoon extra-virgin olive oil
- 1/2 cup minced onion
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon sugar
- 1 tablespoon balsamic vinegar

Remove stems and veins from spinach and tear into bite-sized pieces; place spinach in a large bowl.

In a small frying pan over medium heat, fry bacon approximately 5 minutes or until crisp; transfer with slotted spoon to paper towel-lined plate, leaving fat in pan. Return frying pan to medium heat; add oil, onion, salt, pepper, and sugar. Cook 2 to 3 minutes, stirring occasionally, until onion is slightly softened. Add balsamic vinegar; swirl to incorporate.

Pour warm dressing over spinach and toss gently to wilt (when properly wilted, the leaf edges soften slightly, but the spinach retains some crunch). Sprinkle bacon over spinach and serve immediately.

### Sugar Snap Peas - 5 Ways

1. **IN THE RAW** with a dip of 1 cup plain yogurt, 1/3 cup crumbled feta, and 1/8 teaspoon freshly ground black peppercorns.

2. **IN SUCCOTASH**, sautéed with corn kernels, green onions, and cherry tomatoes. (More of these ingredients are coming later in the season!)

3. **BLANCHED AND TOSSED** with buttered egg noodles, parsley, and garlic.

4. **ROASTED** with olive oil and sea salt beneath the broiler until crisp-tender and lightly browned on the edges; drizzle with a few drops of toasted sesame oil before serving.

5. **TOSSED WARM WITH FRESH PESTO** and toasted pine nuts.

## Tips for the week:

### Herbal Substitutions

To substitute fresh herbs for dried ones, use 1 tablespoon fresh-chopped herbs when the recipe calls for 1/3 teaspoon powdered or 1/2 teaspoon crushed basil.

### Leafy Greens - A Nutritional Profile

Leafy greens are a good source of fiber and essential minerals, especially calcium and iron. Greens also supply magnesium and folic acid. A host of other micronutrients and phytochemicals can be found in greens. No nutritional supplement can give you all the disease-fighting components that leafy greens can!

Plus, they taste so good and are easy to prepare!