

Crate Full O' News

Week 4, July 4 - 6, 2006

Happy B-Day, USA!

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

If you happen to compare notes with someone who gets their bag of veggies on a different day of the week, you may notice you have gotten some different items. That's just 'par for the course' here on the farm. We pick what's ready, and sometimes some surprises show up in your bag that aren't listed on this newsletter. We'd say 'we're sorry,' but we think surprises are *nice!*



At the farm

Charles has gotten lots of tomatoes staked this week. Thank goodness: with the heavy rains some of the poor tomatoes would have fallen over! (There are still more to get staked, though!)

We're slowing down in the greenhouse finally. It's not completely full (and overflowing) now, like it has been all spring. We are still starting some seeds in

Farm Feature Picture:



Here's Charles manning our display table on a Wednesday at the Oakland Farmers Market a few weeks ago. Charles is also at markets in McHenry on Thursday mornings and in Morgantown, WV on Saturday mornings. Cheryl goes to the Oakland market on Saturdays.

there so we can have some later season items, though.

Our pumpkins aren't looking as good as we'd like right now. Not sure why, no bugs have attacked yet and the soil fertility is pretty good in that field. Hopefully they'll pull out of it and produce us some beautiful pumpkins for the fall season.

If you'd like to have a fun Saturday morning (July 8), come to the Oakland Farmers Market between 10 and 1 for **Farm Celebration Day**. You'll get free lemonade, free farm animal balloons for the kids, petting zoo, antique tractor & machinery display, and (our favorite) the "Name That Farm Item" contest. The contest is neat because all the farmers market vendors bring in unique and antique farm items and folks try to guess what they are or what they do. Last year we really stumped folks on a few items. Come try your luck! For more information, the farmers market website is www.MountainFresh.org



This week:

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

New Red Potatoes: These potatoes have paper-thin skins that are so tender. Carefully wash them to leave the nutritious skins on. You can just boil them until they are done (doesn't take very long), or they're wonderful grilled (baste with butter and a little salt & pepper) or just microwave for a quick side dish.

Yellow Squash: A splash of yellow in your bag this week!

This week, continued

Yellow squash are wonderful grilled (basted with butter/salt/pepper or Italian dressing), steamed, micro waved, or use one of the recipes on the back of the newsletter.

Basil: More basil for you to experiment with. Did you try the pesto recipe last week?

Sugar Snap Peas

Garlic: The garlic isn't quite as large as it will be later in the season and won't keep for more than a few weeks (kept in the fridge), but it still has great flavor and can be used in any recipe.

Greens: Lettuce, Swiss Chard, & either Collards or Kale



Anna's Corner

Anna's usually pretty content to act like a little adult most of the time - that is, until she visits with one of her cousins. ALL her cousins are boys, a little older than her, & they are **active!** Anna learns all sorts of things from them. She learned how to jump with her hands on the back of the couch last weekend. Sounds like fun, except she was really getting into it and brought her face a little too close to the window sill behind the couch and left her teeth marks permanently at grandma's house. A little blood, but luckily no teeth came out. No more jumping on the couch...



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Roasted New Red Potatoes

- 2 pounds small red new potatoes, halved
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/4 tsp freshly ground black pepper

Adjust oven rack to lowest position and heat oven to 450 degrees. Toss potatoes with oil, salt and pepper. Arrange, cut side down, on a large lipped cookie sheet or jellyroll pan.

Roast until tender and golden brown, about 30 minutes (check after 20 minutes).

Chicken In Basil Cream

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| 1/4 cup milk | 1/4 cup dried bread crumbs |
| 4 skinless, boneless chicken breasts | 3 tablespoons butter |
| 1/2 cup chicken broth | 1 cup heavy whipping cream |
| 1 (4 ounce) jar sliced pimentos, drained | 1/2 cup grated Parmesan cheese |
| 1/4 cup chopped fresh basil | 1/8 teaspoon ground black pepper |

Place milk and bread crumbs in separate, shallow bowls. In skillet, heat butter or margarine to medium heat. Dip chicken in milk, then coat with crumbs. Cook in butter or margarine, on both sides, until juices run clear (about 10 minutes). Remove and keep warm.

Add broth to skillet. Bring to a boil over medium heat, and stir to loosen browned bits from pan. Stir in cream and pimentos; boil and stir for 1 minute. Reduce heat.

Add Parmesan cheese, basil and pepper. Stir sauce and cook until heated through. Pour mixture over chicken and serve!

Old-Fashioned Fried Yellow Squash

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| Small to medium-sized yellow squash | Butter or vegetable oil (or both) |
| Flour | Salt |
| Pepper | 1-2 Eggs |

Place enough butter and/or oil in pan to equal 1/4 inch deep when melted. Heat butter and/or oil over medium heat. Beat the eggs in a shallow, flat bowl. Place flour on a plate.

Slice Squash into thin slices. Dip slice first in egg, then in flour, and place in hot pan. Fry until light to medium brown on one side, then turn over. Add salt and pepper to taste. Fry until second side is done. As you fry, add more butter and/or oil a little at a time to keep it hot and so the level stays at 1/4 inch deep.

Sautéed Yellow Squash

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| Small to medium-sized yellow squash | 2 Tbs olive oil |
| 1 - 3 cloves garlic, minced | Salt & pepper to taste |

Heat oil in pan. Add garlic, sauté 1-2 minutes. Add sliced squash. Saute over medium-high heat until squash is crisp-tender. Add salt & pepper to taste.

Collard/Kale Greens Pie

- 6 slices bacon, chopped, fried and drained
- 1 c. grated Swiss cheese
- 1 (9 inch) unbaked pie shell, chilled
- 1 gallon bag collards or kale, deveined & chopped finely
- 3 eggs, beaten
- 2 c. light cream
- 1 tsp. salt
- Dash of nutmeg
- Dash of pepper

Sprinkle the bacon and the cheese on the bottom of the pie shell.

Boil collards for 5-8 minutes or until just tender. Combine greens with remaining ingredients. Mix well. Pour mixture into pie shell over cheese.

Bake in a 400 degree oven for 10 minutes. Reduce heat to 350 degrees and continue baking for 35-40 minutes, until pie is set in the middle. Let stand a few minutes before cutting into wedges.

Tips for the week:

New Potatoes - 'The rest of the story'

Small potatoes don't last as long as big potatoes, so use them up within 4-5 days. The older they get, the more "wimpy" they get. Keep potatoes cool, moist (but not wet) and dark, and don't refrigerate. Keep them in the dark - otherwise their flesh and skin will turn green from sunburn. You can still eat potatoes that have turned green, they just don't look as nice. Most folks cut off the worst of the green parts before cooking.

New potatoes are wonderful as hash browns. Just grate them, squeeze out as much water as you can (we use several layers of paper towels) and fry them. (We think they taste best fried in a little butter, but you can use oil instead.)