

Crate Full O' News

Week 5, July 11 - 13, 2006

We can't believe mid-July is here!

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

Time is going so fast this summer! We can't believe we're 1/3 of the way through our subscriptions already!

A few days last week we were able to put in some **purple cauliflower** for our subscribers. It wasn't on the list, so it stumped a few folks. We branched out into colorful cauliflowers (more nutrition, easier to grow) this year. The yellow hasn't done well, but the purple is good so far. We tried it boiled and steamed—both ways were good and retained a lot of the purple.



At the farm

We've had a good week - after all that rain early last week, we were afraid we'd be waterlogged! But the sun came and dried everything out and we had a wonderful, sunny weekend.

Farm Feature Picture:



Ah, the first tomato of the season - ok, this picture was LAST season's first tomato, since SOMEONE plucked off the first tomato this season before a picture could be taken.

Patience is a virtue... ☺

At the farm, continued

You'd think we farmers would love the rain. But too much rain (either all at once or several days in a row) gives us trouble. Heavy downpours and hail can bruise or completely destroy tender crops like lettuce, cucumber plants, strawberries, and squash plants. Warm rain that keeps coming day after day can cause mildew, mold, and fungus to grow prolifically. (they just love a warm, moist environment!) So it's nice when the sun dries things out regularly.

Of course, drought is a problem as well, but not as much for us. We are set up to be able to irrigate almost all our plants, (except corn and beans) and the farm is blessed with a wonderful water supply.

Oops, we almost forgot, Charles picked the first large red-ripe tomato from the high tunnel this week. There's always one or two early ones, then we have to wait what seems like *forever* for the rest to start turning red! (See picture)



This week:

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

Zucchini: We try to pick our zucchinis before they get too big. That way, they are tender and can be used raw in salads, steamed lightly, sautéed lightly, or even grilled. Snip off the ends (no need to peel) and slice, chop, or even shred for recipes. (Recipes on back for when we give you more!)

Yellow Squash: These are tender and taste great when just lightly cooked.

Snow Peas: Often used in

This week, continued

Oriental stir-fry dishes, these edible pod peas are also sweet and delicious raw or steamed. They do have strings just like sugar snaps.

New Red Potatoes: More tender potatoes.

Lettuce: The lettuce is on a downhill slide. As temperatures rise, lettuce tends to "bolt," meaning it starts sending its seed stalk up so it can reproduce. We will keep trying to have lettuce, but it's not the easiest crop to grow in the heat of summer!

Swiss Chard: The Swiss chard is about the same consistency as spinach, and tastes a bit like beet tops. Eat it raw in salads, or steam it a few minutes for a nice side dish.



Anna's Corner

Anna was a "human repeater" this week. Anything you said, she tried to say! Charles likes to give her really loooong words to say so he can crack up at her attempts. (Who says kids aren't entertaining?)

We have our farm neighbor (and distant cousin) Anthony help us pick veggies in the evenings. He rides his little motorbike over to our fields. Anna just loves Anthony, and she tries to say his name, but it comes out sounding like "Amy" rather than anything with three syllables. Not the best way to boost a 14 year-old boy's ego...



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Squash & Zucchini Dip

2 med. size yellow squash, chopped finely
 2 med. zucchini, chopped finely
 1 green onion, chopped finely (greens and all)
 2 tbsp. butter or margarine, melted
 3 oz. garlic cheese, cubed
 3 oz. jalapeno cheese, cubed
 1/2 can (5.5 oz.) Cheddar cheese soup, undiluted

Sauté first 3 ingredients in butter in a Dutch oven until crisp-tender. Add remaining ingredients, stirring until blended and thoroughly heated. Serve warm with tortilla chips.

Easy Zucchini Casserole

Submitted by: Marianna Herpel, 2006 Subscriber

3-4 cups zucchini, sliced and cooked (with salt to taste)
 1/2 cup onions and/or peppers, sautéed
 1/3 cup Parmesan cheese
 1 egg, beaten
 3 Tbsp lite mayo
 Breadcrumbs or cornflake crumbs

Preheat oven to 350 F. Mix egg, mayo, and Parmesan cheese together. Add zucchini, onions & peppers. Pour into greased baking dish. Sprinkle top with breadcrumbs or cornflake crumbs. Bake 30 minutes. (Weight Watcher Points: 10-11 for whole casserole, depending on breadcrumbs).

Easy Pasta Salad

(no amounts are given—make as much as you like!)

Pasta (spaghetti, shells, whatever you like)
 Fresh Vegetables (peas, squash, zucchini, etc.), chopped
 Shredded Cheese
 Italian, French, or Catalina Dressing

Cook pasta until just done (don't over cook). Immediately cool the pasta by draining, then put in bowl with ice water and stir. When cooled, drain well and place in serving bowl. Add with chopped vegetables, shredded cheese, and dressing. Toss well to coat. Best if it sits a few hours in fridge.

Swiss Chard Soup

1 lb. cleaned Swiss chard
 2 tbsp. Flour
 1/2 c. milk
 2 tbsp. butter or margarine
 1 1/2 c. chicken broth

Melt butter or margarine in a wide, heavy pan. Add chopped or thinly sliced stems and cook, covered, for 3-4 minutes. Stir in chopped leaves and cook 3-4 minutes more. Sprinkle with flour and stir until blended. Gradually blend in chicken broth and milk. Cook and stir until slightly thickened. (If you prefer a smooth green soup, place mixture in a blender.) Season to taste with salt and pepper.

Potato Wraps

4 sm. new potatoes (1 1/2 inch diameter each)
 1/2 tsp. Seasoned salt
 1/2 tsp. Seasoned pepper
 1/4 tsp. crushed bay leaves
 8 slices bacon, cut in half crosswise
 Sour cream
 Green onion, chopped

Preheat oven to 400 degrees. Wash potatoes and cut into quarters. (If using smaller potatoes, cut in half or leave whole). Sprinkle each with a mixture of seasoned salt, seasoned pepper and bay leaves. Wrap 1 bacon piece around each potato piece. Sprinkle with any remaining seasonings. Place in baking dish and bake uncovered 20 minutes or until bacon is crispy and potatoes are cooked through. Drain on paper towels. Serve, if desired, with sour cream and onions.

Tips for the week:

Zucchini Tales

Zucchini can be made into zucchini bread, cakes, and other desserts. Since many folks don't like to bake much in the summer, they freeze the zucchini for use in the winter. Just shred the zucchini (we use a cheese grater or food processor), then place in freezer bags. When you get it out this winter, thaw it in the fridge then drain well and squeeze dry with paper towels.

You can also make "poor man's crab cakes" out of zucchini. Just shred the zucchini, then heat some oil in a skillet. Beat an egg, mix in some Old Bay Seafood Seasoning and mix with the zucchini. Add cracker crumbs until the mixture can be made into zucchini "cakes." Fry the cakes, and add Old Bay as it fries. Yum!