

Crate Full O' News

Week 6, July 18 - 20, 2006

Whew, is it HOT!

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

**If you tickle the earth
with a hoe she laughs
with a harvest.**

- Douglas William Jerrold

As much as Charles has been hoeing, weeding, and cultivating, ole Mother Earth should be in hysterics right about now. The weeds in our green bean field are putting up a great fight.



At the farm

OK, enough with the high temps—it's hard on us, and VERY hard on our veggies!!! We're able to grow many of our vegetables because we normally have a rather cool summer in Garrett County. Most folks down off the mountain have long since given up trying to get lettuce, greens, and even some cucumbers and squash in mid-summer. Hopefully we'll get back to normal soon so our veggies (and we) get a break!

Farm Feature Picture:



Here's our pumpkin wagon along Rt. 219 last year - we're praying our pumpkins pull out of it and start growing so we can have even more this year! (By the way, this view doesn't exist anymore, with the "Builders Way" buildings on the hill now.)

At the farm, continued

We'll have lettuce this week and maybe not the next few weeks. The heat really makes lettuce "bolt," or start sending up it's seed stalk. Once that happens, most lettuces turn a bit more bitter.

On another note, this weekend we planted more pumpkins in case the ones in the field by the driveway & Rt. 219 don't make it. We've never had a problem with pumpkins like this before! They are just not growing well. Please send good vibes toward the pumpkins!!!



This week:

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

Green Beans: Ah, the tender little green bean! We love them! (Even raw!) Just snip the stem end (you don't have to snip the pointy end if you don't want to). Some folks "snap" them in two or three pieces to make them easier to fit in their mouths (hence the term, "snap bean") but leaving them long makes a beautiful display on your plate! There are no strings on these beans (so they're technically not "string beans.") Sauté them, steam them, boil them, but whatever you do, **don't overcook them!!!** They should be crisp-tender, not soggy and limp.

Cucumbers: A cool cucumber is great on a hot day! These small cukes don't have to be peeled (you can if you want, but you're losing nutrients!) Just snip the ends off, then slice, quarter, or eat whole. Anna likes to eat them dipped in a little vinegar. There are a few recipes on back if you'd like to be adventurous.

This week, continued

Cabbage: Unfortunately, watch out for worms. The cabbage "looper" moths got to the plants, and left little smooth green worms to eat our cabbages! Just peel off the outer couple layers of leaves. If you find little dark green specks, take off a few more layers. Cut off any damaged areas if you want (it's not necessary) and wash well.

Lettuce & Swiss Chard: Again, this may be the last lettuce for a while. But with all the new additions, hopefully you'll still get your fill of fresh veggies each week!

New Red Potatoes

Yellow Squash & Zucchini: Some of you may get yellow rather than green zucchini. It looks a bit like yellow squash, but the longer zucchini is about the same diameter across it's whole length. Use the same as the green ones!



Anna's Corner

Anna has taken to singing, humming, and the occasional "do, do, do-do-do" when she hears music. She also likes to "shake her groove thang" (or dance, if you like). Cheryl plays piano and a few other instruments, so maybe Anna inherited her musical inclinations. She can certainly play the drums already, though she likes to yell "Bang, bang, bang!" as she pounds on things. Who's that head-banging muppet character?...

**DeBerry
Farm**

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Easy Cucumber-Onion Salad

- 1 cucumber
- 1 onion
- 1/4 cup mayonnaise
- 1 Tbs red wine vinegar
- 1 Tbs milk or non-dairy creamer
- 1 Tbs sugar or sugar substitute
- Dash salt

Slice cucumber and onion. In a bowl, mix rest of the ingredients. Add cucumber and onion, mix. Best served immediately.

Creamy Cole Slaw Dressing

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| 1/4 cup mayonnaise | 1 Tbs red wine vinegar |
| 1 Tbs milk or non-dairy creamer | 1 Tbs sugar or sugar substitute |
| Dash salt | |

Mix above ingredients. Pour over 2 cups shredded or chopped cabbage.

You may notice that this dressing is similar (ok, **identical**) to the "easy cucumber-onion salad" recipe above.

It's a good overall creamy dressing for all kinds of veggies - we even use it as a salad dressing, or as a dip for vegetable sticks. Cheryl likes it on tacos as well.

Pan-Fried Green Beans

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| 1 pound fresh green beans, trimmed | 3 tablespoons light soy sauce |
| 1 tablespoon balsamic vinegar | 1 teaspoon white sugar |
| 2 tablespoons sesame oil | 2 teaspoons minced garlic |

Place the green beans in a large saucepan or pot with one inch of boiling water. You may place them in a steamer insert if you have one. Cook for 5 minutes, they should still be firm and bright green. In a small bowl, stir together the soy sauce, balsamic vinegar and sugar; set aside.

Heat the sesame oil in a large skillet over medium heat. Add garlic and cook until starting to brown. Add the green beans and stir to coat with the oil. Stir in the soy sauce mixture and simmer for a couple of minutes uncovered to reduce the sauce. Transfer the beans to a serving dish and pour the sauce over them.

Vinegar Slaw

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| 1 cup cider vinegar | 3/4 cup sugar | 1 tsp celery seed |
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Place ingredients in a jar. Shake vigorously until sugar dissolves. Chop or shred enough cabbage so it is covered with vinegar solution. Place lid on jar and sit in fridge - is best the 2nd day, but will keep a week in the fridge.

Easy Broiled Zucchini

- 3 sm. zucchini, cut in half lengthwise
- Salt & pepper
- Paprika
- 1 1/2 tbs. butter, melted
- 3 tbs. grated Parmesan cheese

Place zucchini, cut side up, in a lightly greased broiler pan.

Brush tops of zucchini with melted butter and sprinkle with salt, pepper, cheese and paprika.

Broil 6 to 8 inches from heat for 8-12 minutes or until tender.

Charles' Cucumber Sandwiches

- 1 Cucumber, sliced
- 2 slices bread
- Dab of Butter or Margarine

Enough said? ☺

Tips for the week:

A Bit of Summer Advice

To keep ice cream from leaking through the bottom of a cone, put a marshmallow in the bottom.

Before roasting marshmallows, dip them in water. They won't get black. Instead, they will get a nice golden brown.

Place the egg in a pan of water. If fresh, it will lie on its side. If a few days old, it will tilt upwards. If stale, it will stand on end. If very old, it will float.

You will need less sugar in iced tea if you add the sugar while the tea is still hot.

If you see someone without a smile give him one or yours.