

Crate Full O' News

Week 7, July 25 - 27, 2006

Ah, Relief!

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

(relief from the heat, that is!) Thank goodness it has cooled off a bit. Our kale completely stopped growing altogether last week with the heat. (Did I hear someone clapping??? Surely not!)



At the farm

This week we have more of the same, and the lettuce is still struggling. The coolness helped the green beans take a giant leap so we have lots ready this week. The limiting factor is, of course, how many we can get picked for our subscriptions and the market! These small beans take longer to pick than the traditional big beans. But we think they're worth it!

Charles got most of the tomatoes staked and tied up—but they have a tendency to keep growing and need tying again in a couple weeks! We're starting to see some more red ones in the fields (even outside the high tunnels!) It's so hard to

Farm Feature Picture:



Thought you might want to know what a yellow squash plant looks like. Here's a row that grew very well! We'll have this initial wave of squash, take a break, then have a new wave of squash later in the season.

At the farm, continued

wait for that first tomato sandwich! It'll come soon - not soon enough!

We got in a next planting of yellow squash, cucumbers, and zucchinis so we'll have a fall crop. We take a break in August from squash.



This week:

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

Bell Peppers: Most of you got a green pepper as a "surprise" last week—here's another one or two for you! They're great cut up in salads or just eat them raw dipped in a little salad dressing. To prepare, most folks just cut out the stem, then cut the pepper in half long ways. Then remove the whitish membranes and seeds. Slice, chop, or eat the whole thing!

Green Beans: Did you try one raw? Honestly, they're not bad! There's more about green beans on the back—some surprising facts!

Cucumbers: Some people use cucumbers in their beauty regimens. Chilled cucumber slices applied to the eyes are supposed to help reduce bagginess. We wouldn't know—if we're slicing a cuke, we (get this...) we EAT it!

Garlic: Here's some more garlic—it was dug last week so it has "cured" a bit and should last a while for you. (If you happen to not eat it all in one sitting, which does happen at our house!)

Swiss Chard: We're amazed that the Swiss Chard held up (and thrived!) during the heat wave. Lots of our subscribers say they eat it

This week, continued

raw in salads, but you can lightly steam or sauté it for great flavor!

Red Potatoes: These potatoes were dug last week, so you may see some darkening in the spots where the peeling rubbed off. It's ok—just push on the spots and make sure they're solid. Cut out any mushy spots. Still great taste!

Yellow Squash & Zucchini: We have included a recipe with your newsletter this week (again, for repeat subscribers) called "Zucchini Bingo." It gives you about a million different combinations of ways to make a zucchini casserole—no one should complain about having no ideas for what to do with the zucchini!!! Our friend that gave us the recipe says she has tried a lot of them and they have all turned out great!



Anna's Corner

Every vehicle that Anna sees drive by is a "blue truck." Once in a while she does say "big" truck or "car," but most of the time it's a "blue truck." It's pretty funny walking through a parking lot with the little girl—all you hear is "Blue truck! Blue truck! Blue truck!"

She likes to eat her oatmeal in the morning with a fork. Then she takes her bowl and tips it up and drinks the remaining liquid. Wonder where she learned that, DADDY???????



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Fresh Green Bean Casserole

1/4 c. olive oil	4 med. onions, sliced
1 1/4 lb. green beans, cut to 2" lengths	1 green pepper, cut into strips
1 1/2 tsp. Salt	1 tsp. oregano
1/2 tsp. Thyme	1/4 tsp. pepper
1 clove garlic, split	1/2 c. bread crumbs
1 Tbsp. chopped parsley	

Heat 3 Tbs of oil in large skillet; sauté onions until soft, 5 minutes. Add green beans, pepper strips, salt, oregano, thyme and pepper. Cook, covered and stirring often, until beans are crisp-tender, about 10 minutes. Spoon into 2-quart casserole. Heat remaining oil in same skillet; add garlic and sauté until brown. Remove garlic and discard. Add bread crumbs and parsley to skillet; toss. Sprinkle beans with bread crumbs. Broil 6 inches from heat until crumbs are brown, about 5 minutes.

Italian Green Beans

1/4 cup butter
 1/4 cup Italian dressing
 1 pound fresh green beans,
 rinsed and ends trimmed

Melt butter in a large skillet over medium heat. Stir in Italian dressing and green beans.

Cover and cook for 5-8 minutes, stirring often. Uncover and cook until beans reach desired tenderness.

Veggie Scrambled Eggs

1/2 bell pepper, chopped
 1/2 medium zucchini, chopped
 1/2 medium yellow squash, chopped
 6 - 8 raw green beans, chopped
 5 eggs, beaten
 Olive oil
 Shredded cheddar cheese, optional
 salt & pepper

Heat oil in a skillet. Add vegetables, stir and sauté until crisp-tender. Add the eggs and stir until egg is done. Add salt and pepper to taste. Top with shredded cheese (allow to melt) and serve.

New Potato Hash Browns

2 Tbs butter
 2 - 3 large new red potatoes, shredded or grated
 salt & pepper

Place shredded potatoes on several layers of paper towels. Add more paper towels to the top, and press to squeeze out the water. Continue until most of the water is removed.

Heat butter in skillet on medium-low heat. Add potatoes in a thin layer. Fry until golden, then flip over. Fry until potatoes are tender. You may need to increase the heat to get the "golden" color.

Cucumber Crab Snacks

1 large cucumber	Crabmeat, drained and flaked
Whipped cream cheese	Cocktail sauce

Slice cucumber into 1/4-inch slices. Spread each slice with whipped cream cheese, then layer on crabmeat. Top with cocktail sauce. Place in the refrigerator to chill, or serve right away.

Tips for the week:

The Skinny on Green Beans

While green beans are typically referred to as string beans, many new varieties (like most of ours) no longer actually feature the fibrous 'string' that runs down the length of the earlier varieties. Green beans are also commonly known as snap beans. *Haricots verts* are French green beans that are very thin and very tender. (We have a new variety of these growing in the fields—we'll let you try them as soon as they are ready!)

Green beans, while low in calories (just 44 calories in a whole cup), are loaded with enough nutrients to not only power up the Jolly Green Giant, but to put a big smile on his face. Green beans are an excellent source of vitamin C, vitamin K and manganese.

Popeye was mistaken: green beans have almost twice as much iron as spinach.

Boiling, steaming, micro waving, and stir-frying are popular ways to prepare beans. Whatever cooking method you choose, remember to cook beans just until tender using the smallest amount of water; they should remain bright green.