

Crate Full O' News

Week 8, August 1-3, 2006

The heat is on! (again)

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

Thanks to everyone who has given us some great recipes! Keep it up! We've been putting some of the recipes from our fellow farmers market vendors in our newsletter as well in order to help keep a nice variety of ideas for using fresh veggies.



At the farm

More heat - more struggles for our lettuce. You're getting a great lesson in the trials of a farmer this year. Some things are growing beautifully, (like the tomatoes, peppers, and cucumbers) and other things are struggling right now (pumpkins, lettuce). That's one reason why we plant so many types of veggies - so we can help temper our risk and make sure you have great variety each week.



This week:

Farm Feature Picture:



Peter Piper Picked a Peck of Pickled Peppers... Here's a hot pepper plant with lots of hot peppers almost ready to be picked, & potentially pickled!!

At the farm, continued

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

Sweet Corn: Summer is officially here (according to our family, anyway). Uncle Gary and Aunt Kathy were kind enough to provide us with some of the first sweet corn this year. Though they do spray for worms, watch the ends just in case. If you find a worm has been munching on your corn, just cut it out and wash the corn well. (and try not to think about it!) **Corn husking instructions are on the back for fresh corn "newbies."**

Basil: More fresh basil. If you'd like to save it for use this winter, just chop it in a food processor with a little olive oil and freeze in ice cube trays. Once frozen, transfer to freezer bags. When you're ready to use it, just pop out a couple cubes. Great added to marinara sauces!

Hot Banana Peppers: These little peppers pack a bit of a wallop, but they are not too hot. For less heat, cut out the seeds and the inner white membranes. If you're skin is sensitive, it might be a good idea to wear gloves while chopping hot peppers. Be sure you don't wipe your nose or eyes while or after chopping hot peppers - BURN CITY!

Bell Peppers: You can freeze bell peppers for use this winter. Just remove the stem and seeds, then slice into strips. Place in single layer on cookie sheet, and place in the freezer. Once frozen, transfer to freezer bags.

Green Beans: Green beans are doing well so far, even with the intermittent heat. Beans freeze well too. Just snip the ends and snap (if desired) into 1 inch pieces. Bring a

This week, continued

big pot of water to a boil. Thrown in the beans, stir them up a bit and time it for 3 minutes. Remove from the boiling water and place in ice water to cool quickly. (This process is called **blanching** and is used for many veggies). Then drain and place beans in freezer bags or containers. To use, get your water boiling first, then take the beans out of the freezer and pop them into the boiling water. They won't get soggy this way. Cook as you would new beans.

Cucumbers: We grow many varieties of cukes, some short and stubby, others long and lean. Honestly, we can't tell much difference in the taste!

Yellow Squash



Anna's Corner

Anna's favorite word is "no" right now. She doesn't use it in a necessarily negative way, though. When we ask a question, she immediately says "no." Even if her answer is "yes." There is a slight distinction between the "no" that means "no" and the "no" that means "yes." And she lets us know if we get it wrong!

We're finding that being the parents of a toddler includes a lot of deciphering of subtle verbal and physical clues from a very little person with a limited vocabulary. Who needs crossword puzzles???



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Grilled Sweet Corn with Garlic Butter

6 ears of corn with husks on
1 clove garlic, minced

6 tablespoons butter, softened
2 tablespoons minced parsley

Prepare corn by removing any outside husks that may be badly damaged. Then pull back the remaining husks without removing them from the ear. Wash and remove all the silk from the ear and tie pulled back husks with kitchen string to form a handle for the corn.

Mix butter, garlic and minced parsley together until smooth. Lightly brush ears of corn with butter mixture.

Place corn directly over medium coals with husks off the side so they do not burn or place foil under them on the grill in the area of the husks.

Cook corn for 10 to 12 minutes, turning frequently. Lightly brush the corn with the butter mixture each time the ears are turned. When the corn is done, the ears should be nicely browned.

Serve with tied husks, using them as a handle to hold on to while eating.

Baked Squash Pennies

Yellow Squash and/or zucchini
2 Tbs milk
cooking oil spray

1 egg, beaten
seasoned bread crumbs

Spray cooking oil spray on a cookie sheet. Heat oven to 375. Wash yellow squash and/or zucchini. Cut in slices about 1/4 inch thick. Mix egg and milk. Dip squash slices in egg/milk wash, then in flavored bread crumbs.

Spread out on cookie sheet and bake about 20-30 minutes, turn over and bake until nice and brown.

Variation: Good with ripened tomatoes, too.

Submitted by Jane Browning

Stuffed Hot Banana Peppers

1/2 lb. lean ground beef or lamb
1/2 Tbs. allspice
1/4 tsp. salt
6-8 hot peppers
1/2 Tbs. oregano
Fresh basil

1/4 cup cooked rice
1/2 Tbs. cinnamon
1/4 tsp. pepper
1 clove garlic, diced or crushed
1 1/2 to 2 cups tomato sauce

Preheat oven to 350 degrees. In a mixing bowl, blend thoroughly meat, rice, allspice, cinnamon, salt and pepper. Cut the top from each banana pepper and place a toothpick hole on the other end to allow air to escape while stuffing. With a scooping tool or peeler/scoop tool, hollow out seeds from each pepper with a circular motion and discard. Stuff each pepper fully and place in an appropriate baking dish, side to side. (You can also stuff with cheese or a combination of meat and cheese).

Pour tomato sauce evenly over the entire dish. Place crushed garlic throughout sauce and top with oregano and basil. Cover with foil and bake for one hour.

To microwave, cover with plastic wrap and bake on medium-high heat for 20-25 minutes.

Tips for the week:

Sweet Corn

Sweet corn starts losing its sugar (and therefore it's sweet taste) the moment it is picked. For best taste, eat it now! If you must wait, refrigerate it immediately as that helps slow down the sugar loss.

Husking: Though not necessary, most folks husk the corn before cooking. Feel the bigger end of the ear, to tell where the bottom row of kernels are. Cut across the cob just at that bottom row. Then grab a section of husk and "silk" on the other end, and pull toward the big end. Remove the rest of the husk the same way, grabbing as much silk as possible. You can use a soft brush under cool running water to remove the rest of the silk. (or make the kids pick it off)

Non-husking: You can cook corn in the husk. Just chop off a bit from each end. Pop it into boiling water. Or, don't chop off the ends, and you can carefully peel off the outer dry leaves, then wet the ear & peel back all the husks (leaving them attached at the bottom). Remove the silk, then either replace the husks (for boiling) or tie the husks back off the cob (as a "handle" for grilling, see recipe above left).

Cooking: To boil, bring large pot of water with a pinch of salt to a boil. Add the corn, cover, and cook about 5-8 minutes (from the time you put it in the pot, not when it starts boiling). Remove from water, cool slightly, and eat. Overcooking makes the corn "sticky" when you eat it. You can also steam corn, or bake it, or grill it, or eat it raw!

Eating: If you don't have any of those fancy little "corn cob holders" (so you don't get burned or drip butter off your elbows), two forks work just as well.