

Crate Full O' News

Week 9, August 8-10, 2006

Cruisin' Along

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

Most of you have gotten at least one pint of strawberries this season. Our production has been pretty much stagnant, growing only slightly so far. We've had a bit of deer damage (they like eating the plants) and some other sort of critter likes eating the berries. For a while slugs were nibbling on the berries, but the heat has slowed that down.

This week our strawberry production jumped a bit, and we're hoping it continues to do so. Peak production is supposed to be in September, so we'll hopefully get more in your subscriptions soon!



At the farm

Our gardens are pretty weedy right now. When we're trying to pick almost every day, selling several days a week, and still planting some items, weeding just gets shoved to the bottom of the "to do"

Farm Feature Picture:



Here's a field of rye (cover crop) that has a freshly tilled section ready for planting. The rye helps keep weeds to a minimum, and protects our young plants from wind damage.

At the farm, continued

list! The mower does a great job of knocking them down before they go to seed.

We had a group of agriculture education teachers in a graduate class from West Virginia University visit our farm Monday. They were learning about vegetable production so they can teach about it to their high school students. We enjoyed talking to them about how we farm, and how it could translate into a student's startup business.



This week:

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

Sweet Corn: Boy, last week's corn was pretty small and wormy—such is life for early corn in Garrett County. Hopefully as the season progresses we'll get ears that are a little larger with fewer worms.

Onions: Since Charles can't eat onions and Cheryl doesn't like them, we have no idea how these taste. Let us know, will you?

Bell Peppers: You'll have to try roasting bell peppers (recipe on back) - delicious!

Jalapeño Peppers: These hot little guys are very "meaty". As with all hot peppers, to remove some of the heat, cut out the inner veins and seeds. Use kitchen gloves when cutting to protect your hands.

Green Beans: We're becoming addicted to sautéed green beans. (maybe it's really a garlic addiction!)

Cucumbers: Try making cucumber canoes! Just cut a cucumber in half lengthwise, then scoop out a bit of the middle. Fill with peanut butter, or tuna salad, or

This week, continued

spinach dip - delicious and fun!

Swiss Chard: The chard is still growing! Great for salads, delicious sautéed or steamed.

Tomatoes: You have some sort of tomato this week, either slicers, grape, or cherry tomatoes! Remember to keep the whole tomatoes at room temperature – refrigerating them makes them lose their flavor. You should always let slicing tomatoes ripen stem side down. Why? The stem side is the last part of the tomato to ripen, and it can best support the weight of a ripe tomato without collapsing.



Anna's Corner

Anna is a little crazy about cell phones right now. If she gets hold of one, she immediately flips it open and says a loud "hello?" and talks for a while, then flips it shut with a loud "bye bye." If there's no cell phone handy, any other small object will do. We've seen her saying "hello?" and talking into rocks, toy trucks, sticks, cucumbers, plastic water bottles, and bananas.

Honestly, we don't think we talk on the cell phone much — just mostly when Charles is picking and Cheryl is selling at the farm, and Cheryl calls to say she needs more beans!

[♪ ring!] Oooh, wait, I'm sorry, I need to [♪ ring!] take this call, please excuse me... Hello? ☺



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Easy Microwave Bread & Butter Pickles

2 cups sliced cucumbers	1 medium sliced onion
1 cup sugar	1/2 cup white vinegar
1 teaspoon salt	1/2 teaspoon mustard seed
1/4 teaspoon celery seed	1/4 teaspoon turmeric

Mix all but the cucumbers and onion in a 2 quart microwave safe dish. Stir until sugar is dissolved. Add cucumbers and onions, mix well. Microwave on high power for 7-8 minutes, stirring twice. Cook just until cucumbers are starting to get soft but are still quite crisp, and the onions are translucent. Let the pickles cool. Put in a container with a tight lid and refrigerate. They keep well for several weeks in the fridge.

Cheese, Green Pepper, & Onion Spread

1 (8 oz.) block cheddar cheese, minced or finely shredded
 1/2 green pepper, minced
 1 sm. onion, grated
 Mayonnaise
 Salt & Pepper to taste

Blend first three ingredients together with sufficient mayonnaise to make it spreadable. Add salt and pepper to taste. Serve cold as a spread with crackers or spread on English muffins or rye rounds and broil until bubbly.

Loaded Nachos

Place a heap of nacho chips on a plate, or start with lettuce and chips for a taco salad.

Top with any or all of the following:

- cooked chili
- chopped bell peppers
- chopped onions
- chopped jalapeño peppers
- chopped tomato
- refried beans
- black olive slices
- shredded or melted nacho cheese
- etc.

Serve with sour cream and/or guacamole. (and lots of napkins!)

Easy Corn Pudding

2 c. corn, cut from the cob	1 tbsp. flour
3 tbsp. Sugar	2 eggs
3/4 tsp. Salt	3/4 c. milk
1/2 stick butter	

Place all ingredients in a blender; mix 10 seconds at high speed. Pour into well greased baking dish. Dot with butter and bake 45 minutes at 375 degrees. Serves about 8.

Tips for the week:

Roasting Bell Peppers

When you roast peppers in high heat, their skins blacken and blister. Peel off the skins and you'll find a treasure below: sweet, tender flesh with a pleasantly smoky taste. Any fresh pepper can be roasted, but those with thick flesh, such as bell peppers and jalapenos, work best.

Cut the pepper in half and remove the stem, veins, and seeds. Place the pepper on a broiler pan. Coat the pepper lightly with oil. Broil for 5 to 7 minutes. Rotate the pepper as the flesh closest to the heat blackens and blisters. Remove the pepper when it has blackened completely.

Place it in a bowl and cover to allow it to steam (or put the peppers in a paper bag and close it.) After 15 to 20 minutes, scrape off and discard the blackened skin.

What to do with roasted peppers:

Sliced or chopped roasted peppers can be added to salads, salsas, egg dishes, pasta sauces, or even sandwiches. Pureed, they make an excellent spread or dip. Pureed with liquid such as oil, vinegar, cream, or stock, roasted peppers can be turned into a sauce or dressing. Mix 3 medium roasted bell peppers (diced) with 1/8 cup olive oil and 6 diced basil leaves (add salt and pepper to taste) for a great sauce for pasta.

Tomato History

Did you know tomatoes are native to the Americas, and were cultivated by the Aztecs and Incas as early as A.D. 700? Tomatoes were unknown outside the New World until the Spanish brought them back to Europe in the 16th century. The French thought they were aphrodisiacs, but the rest of Europe thought they were poison. Hmmm...