



# Crate Full O' News



DeBerry Farm Vegetable Subscription Service

www.DeBerryFarm.com

June 5, 2007

## Veggies are Here!

And not a day too soon for some of us! The first week is always full of green, with a few splashes of color along the way. We hope you enjoy this and the next 14 bags of fresh produce straight from our farm!

As a reminder, please let us know if you aren't able to get your bag some week. If we know ahead, the food won't be wasted and you can get it another time (or share with a neighbor while you're gone).

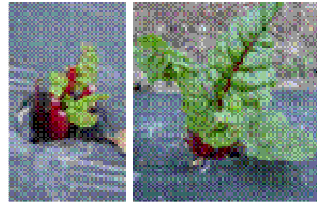
## What's Happening at the Farm

Ah, weather. We farmers have a love/hate relationship with the weather. Whatever it's doing, we seem to need it to be doing the opposite!

The last few weeks have been terribly dry, and we've been irrigating like crazy. The rain we got on Thursday last week and Sunday this week were very welcome at our place! Of course, then we have to work out in the rain and mud...

We've had some unwelcome critters visit our veggie patches

lately. The neighborhood deer found out they love our Ruby Red Swiss chard. They mowed off a 35 foot section of two rows in one night. (See picture below — the one on



the right is what Swiss chard is supposed to look like at this point!) Want to contribute to a deer fence fund? ☺

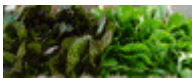
Hopefully we'll keep the critters from destroying any more crops. This also serves as a reminder to always wash your veggies thoroughly before eating!

We're still planting, and hope to get all the pumpkins, winter squash, and gourds out soon. The strawberries are starting to produce a few ripe ones. We're harvesting for the subscriptions plus three new markets each week now. Makes for a busy summer!

## What's in Your Bag This Week?

We'll tell you each week what you have, how to prepare it, and some tips on cooking and storing. Sometimes the newsletter gets done before all the picking, and Charles often finds "surprises" that don't make it on the list. If you find something that puzzles you, please contact us and we'll be glad to help!

### Lettuce



You have two kinds of lettuce this week, **Green Romaine** and **Red Romaine**. The green Romaine is a good keeper—up to a week—and is a nice, dark green variety that makes a great salad. The red is a bit more tender and sweet, so it should probably be eaten within three or four days.

**To prepare:** separate the leaves, or just cut the bottom off. Dunk in cold water, swish around, and lift out. If any dirt remains in the bowl, start with fresh water and repeat until all the dirt is gone. Spin or pat until almost dry, place in a plastic bag with a paper towel

and seal. Our lettuce will keep up to a week in the fridge. When you're ready to use, just tear or cut the leaves into bite-size pieces or arrange them flat on a plate to make a "bed" for potato salad, etc.

### Swiss Chard



Swiss chard is a lovely green that can be eaten raw in salads, steamed lightly, or sautéed for a lovely side dish.

**To prepare:** wash and store like lettuce (see above). If you're going to cook it, strip the leaf from the stem, chop the stems into small pieces, and cook the stems for a few minutes before adding the leaves. The leaves are about the same consistency as spinach, so they don't take long to cook!

### Spinach



The variety of spinach we grow is tender even when the leaves get big. Did you know that larger leaves have more nutrition than the "baby" kind

you see often in stores? That's because the plant is in the ground longer, and has more time to draw up nutrients from the soil.

**To prepare:** wash and store like lettuce (see above). If you're going to cook it, you may want to strip the leaves from the stems like we recommend for Swiss chard.

Spinach is lovely in salads. You can also steam or sauté it lightly.

### Kale



Kale is packed with nutrition and flavor! Many folks have never tried kale, so we put a couple easy (and extremely tasty) recipes on the back. Our kale is not usually eaten raw, though some brave souls do chop it into salads.

**To prepare:** wash and store like lettuce (see above). The trick to making a great kale dish is to cook the kale just until tender. Undercooked kale is tough to chew, and overcooked kale becomes a slimy mess! Test the kale

often as it cooks, to find just the right consistency.

### Sugar Snap Peas



These sweet peas have edible pods, so no shelling required! They're great raw or steamed.

**To prepare:** If you're going to store them in the fridge, don't wash and put them in a plastic bag. When ready to use, just snip the ends and pull off the string from each side. Then wash in cool water.

### Green Garlic



These are not green onions! Green garlic is just immature garlic, and you can eat the whole thing! The tops are great in salads, the bottoms can be used in sautéed dishes.

**To prepare:** store in a plastic bag with some moisture inside. When ready to use, wash and cut off the roots. (These can be eaten too!) Chop; enjoy!

### Hot Pepper Jelly

Try it on crackers with cream cheese for a great snack!

## Super Easy Greens Bake

*This recipe works with kale, spinach, Swiss chard, and our other greens too! We've absolutely abused this recipe (more eggs, fewer eggs, more greens, less greens, more milk, less milk, more cheese, less cheese) and it **always** turns out!*

3/4 to 1 pound greens (~1 gallon bag)	3 eggs
1/2 cup milk	1 stalk green garlic
1/2 tsp salt	2 Tbs olive oil
3 cups shredded Swiss cheese (or any other white cheese)	

Heat oven to 325°. Wash greens. Strip the leaves from the stems of the greens. Chop the stems into 1/4 inch pieces. Chop the entire green garlic stalk into 1/4 inch pieces. Chop the greens leaves into bite-sized pieces.

In large saucepan, boil two quarts water. Add the stems and garlic. Stir, cover, and boil until tender, about 3-7 minutes. Add the greens to the pot. Stir, and cover. Cook, stirring often, until greens are tender, about 3-7 minutes. (Test often). Drain, pressing with fork to remove more water.

In a large bowl, beat eggs. Stir in milk, salt, and cheese. Add drained greens & garlic. Pour into greased 9 x 13 inch casserole pan. Bake, uncovered, 35-40 minutes or until center is set. Serve warm or chilled. Can assemble the night before; bake the next day.

## Sautéed Greens

*Our favorite way to eat greens such as kale, Swiss chard, and more!*

3/4 to 1 lb greens  
1 stalk fresh green garlic or 2 garlic cloves, chopped  
2 Tbs olive oil  
balsamic vinegar (or other flavor)  
sea salt (or regular)

Sauté garlic in olive oil over medium-low heat for two minutes (until the garlic starts turning slightly brown). In the meantime, wash the greens, but don't dry. (The remaining water helps the greens steam a bit). Strip the leaves from the stems, chop the stems into 1/4 inch pieces. Chop the leaves into bite-sized pieces.

Add stems to skillet, stir well, cover, and cook until tender. Add greens, stir well. Cover and steam 5 minutes (you may have to add a couple tablespoons of water to get the steam going). Remove lid, stir, and cook until tender and most of the water has evaporated, about 3-5 minutes.

Remove from pan, then splash with a little vinegar and add a sprinkle of salt. Enjoy!

## Honey French Dressing

1/3 cup salad oil  
3 Tbsp lemon juice  
1/2 tsp salt  
1/3 cup honey

Beat together oil, lemon juice, and salt; add honey slowly while beating. If you have to have the red color of traditional French dressing, you can add 1/4 cup ketchup.

## Homemade Salad Dressings

### Quick and Easy

Want a light, refreshing salad? Just sprinkle your lettuce with lemon juice and a dash of sea salt.

### Delicious Oil & Vinegar

Mix equal parts of your favorite flavored vinegar (balsamic, malt, red wine, etc.) and extra virgin olive oil, add a touch of sweetener (sugar, honey, maple syrup, or artificial sweetener) and fresh chopped herbs (try one of these: basil, dill, mint, cumin, pepper, or try a combination!) Use your taste buds as a guide! Place in a bottle and shake well to mix. Tastes best if it sits overnight in the fridge. Store in the fridge up to two weeks.

### Creamy & Yummy (& can be low fat too!)

Mix the following for a quick & easy creamy salad dressing:

1 cup mayonnaise or salad dressing  
(fat free works great too)

1 Tbs sugar or the equivalent artificial sweetener or honey

2 Tbs red wine vinegar (or balsamic, malt, or cider vinegar will do)

2 Tbs milk (add more if too thick)

Dash of salt

*This recipe makes great coleslaw too!*

## Anna's Corner

Anna has been helping us plant like crazy.

When she gets tired of that, grandma gave her a little tent that Anna loves to get in. She hangs out in the tent, away from the bugs and the hot sun, while Daddy works in the garden. We're hoping she learns to take her naps in there too!



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