



Crate Full O' News



DeBerry Farm Vegetable Subscription Service

www.DeBerryFarm.com

June 12, 2007

Off and Running!

We hope you enjoyed your veggies last week! You have a few different items this week for your tasting pleasure!

We heard good feedback from the **kale bake** recipe last week. If you have a great (and easy) recipe using our veggies, we'd love to share it!

Any of the **containers** we give you berries, peas, or other small items in are recyclable. Just wipe clean, dry, and return to us each week.

What's Happening at the Farm

And, we're off! We're picking on Mondays for Tuesday subscriptions, Wednesdays for Thursday Cumberland market, and Fridays for Saturday Oakland & Morgantown markets. Plus we're still planting items for the late summer/fall crop, and trying to keep ahead of the weeds, and figuring out what bugs are bugging us lately. 'Tis a busy time of the year!

Cheryl's trying to keep up with the website this year—her goal

is to post these newsletters to the website by Monday evening. So you'll be able to download them before you even get your bag most weeks. ***If you need a recipe from a previous week, it's there on the website.***

Cheryl's parents started coming over from West Virginia to help us on our big picking day—Fridays. Actually, grandma usually watches Anna most of the day, while grandpa and Charles get the picking and packing done.

Uncle Gary and cousin Jamie have been planting the sweet corn for this summer. It's coming along nicely—can't wait to try the new varieties they have planted this year!

Here's Charles at the market:



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!

Kohlrabi is low in calories and high in fiber. It's also high in potassium, vitamin A, vitamin C, folic acid, and calcium.

To Prepare: Remove leaves & stems, wash, then peel off the thick outer skin of the kohlrabi. Slice it into sticks for a wonderful raw snack. Boil or steam until tender and add a pat of butter and sprinkle of salt for a great side dish.

Lettuce



You have two kinds of lettuce this week, **Red Leaf & Green Leaf**. Both are tender lettuces that are wonderful in salads for for wilting. (See recipe on back).

Purple Kohlrabi



Some call it the "alien" veggie (it DOES look a little "out there"), but kohlrabi is as homegrown as it can get! We also grow the green variety, but we think that the purple ones are so much more fun!

Collards



This hearty, round-shaped green can be used just as you use kale. We especially like it sautéed with garlic (see recipe last week). It may take little longer to cook, as the leaves are a little thicker than many of our kale varieties.

A lot of the "Southern" collards you may find are much larger than ours—we tend to pick things while they are still young and tender rather than big and tough. In our opinion, the less cooking required, the better! (Both to save time and for retention of all that nutrition!)

To prepare: wash by dunking in a large bowl of cold water, then swishing them around. Lift from the water. If any dirt remains in the water, repeat with fresh water. Shake or spin until almost dry. Place in plastic bag with a paper towel, close it, and stick it in the fridge for up to a week.

When ready to use, strip the leaves from the stems just like you do with kale. Cook stems first, then add leaves.

Spinach



More spinach to eat in salads, lightly steam, or sauté.

Kale



This week you can try the Tuscano kale—it is long and almost a bluish-green color. It's also a bit sweeter than most of our kales, which makes it a popular farmers market find. Some folks even eat it raw in salads. You can try one of the recipes from last week!

Sugar Snap Peas



Did you try them raw last week? Try sautéing them in a little butter, or steaming them just until they are crisp-tender. Of course, they're a sweet, bright green addition to stir fry dishes as well.

Scallions (Green Onions)

You say scallions, we say green onions. Either way you say it, these tender little green guys are a wonderful addition to salads, a terrific garnish for many dishes, or just dip them in a little salt sprinkled on your plate (a local tradition). Yum!

Of course, you can cook with them as well, but you'll lose that crispiness you get with the raw ones. Throw diced green onions in soups just as they are getting done, add them to stir fry dishes, or sauté kale with green onions instead of green garlic.

To prepare: wash thoroughly, then cut off roots. Use whole or chop finely.

Wilted Lettuce

Uses a head of leaf lettuce

- 5 slices bacon
- 2 tablespoons flavored vinegar (red wine, balsamic, malt, cider, etc.)
- 1 tablespoon lemon juice
- 1 teaspoon white sugar
- 1/2 teaspoon ground black pepper
- 1 head leaf lettuce - rinsed, dried and torn into bite-size pieces

Place bacon in a large, deep skillet. Cook over medium high heat until brown, turning once. Remove from skillet, cool, crumble and set aside.

To the hot bacon drippings, add the vinegar, lemon juice, sugar and pepper. Stir over medium heat until hot.

Place the lettuce in a large bowl. Pour on the hot dressing and toss to evenly coat. Sprinkle with bacon and serve immediately.

Braised Kohlrabi

- 1 untrimmed Kohlrabi
- 1/2 small onion
- 1 1/2 tablespoons butter
- Salt & Pepper

Heat butter in a heavy skillet. Chop onion and sauté in butter over medium heat.

Peel kohlrabi to remove fibrous skin. Slice thinly, or grate coarsely. Add to skillet, stir to coat with butter, and cover.

Reduce heat to medium-low and cook until kohlrabi is tender, about 15 minutes for slices, less if grated. Add salt and pepper to taste. Serve hot.

Italian Spinach

Dice 3 slices bacon. Cook until crisp. Add 1/2 cup chopped onions. Cook until tender.

- Add:
- 20 oz spinach, chopped
 - 1 clove garlic, minced
 - 1/4 tsp pepper
 - 1/2 tsp salt
 - 1 Tbsp salad oil

Mix well in skillet. Heat until spinach wilts. Remove from heat. Sprinkle with 1/2 cup parmesan cheese.

Serves 4-6

Sugar Snap Peas 5 Ways

1. **IN THE RAW** with a dip of 1 cup plain yogurt, 1/3 cup crumbled feta, and 1/8 teaspoon freshly ground black peppercorns.

2. **IN SUCCOTASH**, sautéed with corn kernels, green onions, and cherry tomatoes. (More of these ingredients are coming later in the season!)

3. **BLANCHED AND TOSSED** with buttered egg noodles, parsley, and garlic. (Blanching means dunking in rapidly boiling water for 2-3 minutes.)

4. **ROASTED** with olive oil and sea salt beneath the broiler until crisp-tender and lightly browned on the edges; drizzle with a few drops of toasted sesame oil before serving.

5. **TOSSED WARM WITH FRESH PESTO** and toasted pine nuts.

Anna's Corner

Anna just loves munching on raw sugar snap peas. She picks them in the garden right from the vine. In fact, Anna helped pick your sugar snap peas Monday evening. We gave her a pint box, and she went up the row. We assumed she'd pick a few and eat them right away. A little while later she came back—with a full pint! Ya gotta love it! We did check her peas for bite marks...

Anna told Charles the other day, "Daddy, you're not cute anymore—I'm cute!" Apparently we need to work on this girl's ego a little...

