



Crate Full O' News



DeBerry Farm Vegetable Subscription Service

www.DeBerryFarm.com

June 19, 2007

A Goal is Met!

Charles always sets farm goals, especially those having to do with when the "first" of something is ready. One goal is to have ripe tomatoes by the 4th of July (don't think we're going to reach that one this year unfortunately!)

But one goal was to have new red potatoes in June. And we did it! You get to sample some of these scrumptious little orbs this week, thanks to early planting, cooperative weather, a little luck, and a lot of prayer.

What's Happening at the Farm

This week Charles got a lot of **pumpkins** planted. This is good news, but because time is precious, we didn't have time to seed any lettuce the last few weeks. So we may have a lull in lettuce in a month or so. Hopefully by then our summer squash and green beans will be in full force, and you'll be able to cope with a salad-less week or two.

The **weeds** are starting to gain a foothold in several areas of the garden. As we are still

planting and picking for markets, weeding goes lower on the priority list. It's amazing how hardy those little suckers are. We don't use herbicides, so we use cultivation with a tractor, mulching, and old-fashioned hoeing and weeding to take care of them. Some are getting smarter. We have one weed in the patch by Rt. 219 that seems to love being cultivated. Every little piece of root starts a new plant. Apparently cutting up the root propagates it. *Great.*

Charles is taking our strawberry story **on the road** Tuesday. He is speaking to the Marion County (Fairmont), West Virginia Master Gardener group. They wanted to learn more about our summer strawberries (coming soon to a subscription bag near you) and market gardening in general. Plus they wanted a chance to try our Hot Pepper Jelly. Should be a nice evening for him, if he just doesn't think about all the work waiting for him at home...

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 in your bag that puzzles you, please contact us and we'll be glad to help!

Lettuce

You have two kinds of lettuce this week, **Red Leaf & Green Romaine**. A good combination for salads.



New Red Potatoes



These tiny little gems are so tasty when they are freshly dug from the soil. Their skins are very tender and often start to come off during washing.

To prepare: wash gently (use a veggie brush if needed), then roast, grill, or boil until just tender. Of course, you can add butter, salt & pepper if you wish! Try them roasted topped with the kale & walnut pesto recipe on the back.

Endive

This is **French endive**, as opposed to the Belgian endive you may have seen (it looks more like a pointed cabbage). French endive is used in salads or as a green, depending on your taste. It does have a quite bitter flavor so use it sparingly in salads and be sure to mix it with our other, sweeter lettuces. Much of the bitterness is reduced if you cook it. The center, smaller leaves are less bitter than the outer, bigger ones.



To prepare: wash just as you do lettuce or greens, then use in salads or cook like greens. (See previous weeks' greens recipes on our website).

Kale

This week try the **Red Russian Kale**. It has a more robust kale flavor, and is a bit thicker than our other kales. So it may take a few minutes longer to cook than other kales (especially the thick stalks). Some folks feel the flavor is a little too "kale-y". If you are wary, you can make the kale and walnut pesto recipe on the back.



Again, kale is so nutritious, we hope you're finding ways to prepare it that the whole family loves! Let us know if you find a great (and easy) recipe.

Sugar Snap Peas

Our peas are going crazy so you get some more this week. We staked and tied them up so it's easier picking. Anna wasn't so keen on helping pick this week for some reason.



Sometimes we pick a huge pea - if you get a really fat

one, you may want to shell out the peas and discard the pod.

You got five ways to prepare sugar snap peas in last week's newsletter. It's online in our newsletter archive if you've misplaced it. Just visit www.DeBerryFarm.com

Garlic Scapes

These curly long green delights are the undeveloped flowers of the garlic plant. These are great to use like you use the green garlic or mature bulbs of garlic.



To prepare: just wash, then chop into small pieces or mince. (The more you chop garlic, the more flavor will be released into your dish!) Use one whole scape in place of one or two cloves of mature garlic.

Side note: some folks like to cook the curliest scapes whole, and use them as a garnish atop their finished dishes. Very showy!

Roasted New Red Potatoes

(with Kale & Walnut Pesto)

1 pint of new potatoes cleaned, cut in half or quarters
Kale & walnut pesto (recipe below)
2 Tbsp olive oil

Preheat oven to 450°F. Place potatoes in a mixing bowl. Sprinkle on salt and pepper. Add olive oil and kale & walnut pesto. Toss until potatoes are well coated.

Grease baking pan with additional olive oil. Spread potatoes out on a single layer of the pan. Roast for 40 minutes, or until potatoes are cooked through and browned. Serve immediately.

Kale & Walnut Pesto

1/4 cup chopped walnuts	1 Tbs plus 1/2 tsp salt, divided
1/2 pound kale, coarsely chopped	3-4 garlic scapes, chopped
1/2 cup olive oil	1/2 cup grated Parmesan cheese
Black pepper to taste	

Toast the walnuts in a dry, heavy skillet over high heat, stirring constantly, until they start to brown and become fragrant. Transfer to a dish to cool.

Boil 2 quarts of water. Add 1 Tbs. salt, then add kale. Cook until tender, about 10 minutes. Drain.

Place garlic, walnuts, and kale in a blender or food processor, and pulse until well combined. With the blender or processor running, slowly add the olive oil in a steady, smooth, pencil-thin stream.

When the ingredients are combined, transfer to a bowl, and stir in the Parmesan, remaining 1/2 tsp. salt, and pepper. Serve hot.

Endive Salad with Hot Dressing

3 c. endive, torn in bite-size pieces	1/2 onion, sliced
5 slices bacon	2 tbsp. flour
3/4 c. water	2 tbsp. vinegar
1/2 tsp. sugar	1 tsp. mustard
Salt and pepper to taste	

Wash endive, spin or blot dry, and tear in bite-size pieces; add sliced onion. Cook bacon in skillet until crisp. Remove bacon.

Add flour to drippings and stir well. Add water, vinegar, sugar, and mustard. Stir until thickened and bubbly. Crumble cooked bacon on endive mixture, add hot dressing and toss well.

Homemade Caesar Salad

1 large egg
1 tsp Worcestershire sauce
3 Tbs fresh lemon juice
1 garlic scape or clove, minced
1 pinch salt
1/2 teaspoon pepper
1 1/2 teaspoons anchovy paste or 4 flat anchovies, minced
1 teaspoon capers
1 teaspoon Dijon mustard
1/3 cup olive oil
1 medium head of Romaine lettuce
1/3 cup Parmesan cheese -- grated
2 cups Croutons

Bring a pot of boiling water to boil, add egg and cook for just 45 seconds....NO MORE. This is coddling the egg. Remove from heat and let it cool off.

Meanwhile, mix the Worcestershire sauce, lemon juice, garlic, salt & pepper, anchovy, mustard and capers in a bowl. Crack egg and add to these ingredients. Whisk until smooth. Slowly add the oil in a steady stream while constantly whisking again until smooth.

Tear the romaine lettuce into 1-2 inch pieces and add them to a large bowl. Add half the dressing, toss, add remaining dressing, Parmesan cheese, and croutons & toss again.

Anna's Corner

Ah, summer. Anna sure is an "outdoorsy" kind of girl. Any time we're going outside, we hear "I want to go out too!" That's fine by us, as we severely limit the amount of television she watches (and what she watches as well). We heard a statistic the other day, that fathers spend an average of 37 seconds a day interacting directly with their young children. Kids that same age watch an average of over 30 hours of television per week. We're glad Anna isn't one of those statistics—she spends all day interacting with (and helping) her daddy.

