



Crate Full O' News



DeBerry Farm Vegetable Subscription Service

www.DeBerryFarm.com

July 3, 2007

Happy July 4th! What's Happening at the Farm

We hope you all have a wonderful 4th of July holiday this week. We have to live vicariously through our subscribers—no rest for the farmer this time of the year!

Grill some of your veggies if you get a notion!

This is week 5 of our veggie subscriptions—that means we are 1/3 of the way through! Can you believe it? We sure can't. We hope you're enjoying the variety and looking forward to more!

Cheryl picked up a nasty cold the end of last week, and she of course shared with Charles and Anna. So we have all been pretty miserable since Saturday. But farm life goes on, and veggies need picked, weeds need pulverized, and plants need planted. A head cold slows us down quite a bit though!

The cucumbers have been attacked by cucumber beetles. And the poor cucumber plants look pretty poor now. The bugs eat holes in the leaves of

the plant, and then as the cukes develop, the bugs attack the skins of them too! So any cukes we get are gnarly and mottled and not very pretty. We're hoping our beneficial insects get hungry soon...

We're trying to keep up with irrigating, but it has been difficult. We need more rain to help the squash grow. And the pumpkins really need some more water to get them going.

The tomato plants look great, and we have lots of tomatoes

coming on, but no inkling of red yet!

We've finally found someone to help Charles at the Morgantown market, so Cheryl will attend the Oakland market on Saturdays again. Cheryl's mom will come help her at the Oakland market - it is difficult to keep the table full of veggies while you're selling all by yourself. Plus Anna will be at the Oakland market as well, so that's a reason to have another pair of eyes!

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 one kind of lettuce this week, **Green Romaine**.

Baby Yellow Squash and a Zucchini

You'll probably only get one zucchini, but 3 or 4 yellow squash. The zucchini are growing slowly due to the lack of rain. We'll try to irrigate so you can have more next week. They're great for grilling!



Swiss Chard

You probably will have a couple kinds in your bag - we have ones with ruby red stalks, white stalks, pink stalks, and some with purplish stalks.



New Red Potatoes

These little guys take a long time to dig, and you can't dig them if it's been raining. So thank goodness there's one thing we rely on it being dry for! These are great for grilling too!



Cabbage

A new item this week! These little cabbages are tasty in coleslaw, cooked cabbage, or in stir fry.

To prepare: If they're discolored, remove a couple outer leaves. Cut off the stem end flush with the round part of the cabbage. Wash by running cold water over the cabbage, up in the stem end, then

shaking water out of the cabbage a couple of times.

The stem/core is usually a little too bitter & hard for folks to eat, so most people cut it out. The easiest way (unless you need whole cabbage leaves) is to cut the cabbage in half down through the core, then cut each half again through the core. Then just carve out the core from the inner corner of each quarter.

A food processor works well to chop cabbage for coleslaw, either with the shredding or the pulverizing blades. You can also just use a large knife and cut the cabbage into small pieces.

Broccoli

Most of you got a broccoli last week. We suddenly have two of our plantings ready at once. This happens when it's cold in the spring when we put out the first group, then they don't grow much, and when we put out the second group they catch up to the first!



A hazard of not spraying our produce with lots of nasty chemicals is that we sometimes get bugs. One that is just starting to find the broccoli is the cabbage looper. It's a moth that lays eggs in the garden, then the eggs hatch into little green worms that find our broccoli and cabbage. The worms look just like the little leaves of the broccoli, so they are often difficult to find. They are usually on the stem near the "tree top" part of the broccoli.

If you cut the broccoli into florets, you'll easily find the worms and dispose of them. If you're going to cook the broccoli, the worms will detach and will come to the top of the boiling water soon after you put in the broccoli.

We do apologize for the bugs—we know it's not the most appetizing thing to find in your veggies.

Garlic Scapes

Yum!



Broccoli Parmesan

- 1 Stalk fresh Broccoli, cut into 2 inch sections
- 1 Pound Cooked, Pasta (Farfalle, penne or rotini work well)
- 1-3 Garlic Scapes, minced
- 1/4 cup Extra Virgin Olive Oil
- 1 Cup Grated Fresh Parmesan Cheese
- Salt and Pepper to taste

Cook pasta according to the package directions, drain.

Boil broccoli in a large pot of water for about 4-5 minutes or until crisp tender.

Heat oil in large fry pan over medium heat. Sauté garlic in the oil until lightly browned. Add cooked broccoli to fry pan and sauté about 2 minutes.

Place cooked pasta into a large bowl and add cooked broccoli. Top with Parmesan cheese and mix well.

Season with salt and pepper, to taste.

Garlic Mashed New Potatoes

- 1 pint box new red potatoes
- 2-3 garlic scapes (or 3-4 garlic cloves)
- 1/4 cup milk
- 2 Tablespoons Butter or Margarine
- Salt and Pepper, to taste

Peel and cut potatoes into sections approximately 1 inch thick. Cut the garlic scapes into 1/4 inch pieces.

Boil potatoes and garlic together in a large pot, making sure that the water covers the top of the ingredients and the pot is large enough to allow for boiling, for about 15-20 minutes until potatoes are tender all the way through. Drain off the water.

Add butter, salt and pepper. Mash the potatoes and garlic together either by hand, (using a masher) or with an electric mixer. When almost completely mashed, add milk and finish mashing. Serve immediately while still hot.

Easy Sautéed Cabbage

- 1 small head white cabbage, including outer green leaves
- 2 tablespoons butter or bacon grease
- 1/2 teaspoon salt (more to taste if you want)
- 1/4 teaspoon freshly ground black pepper (more to taste if you want)

Cut the cabbage in half and, with the cut-side down, slice it in 1/2 inch pieces around the core. Discard the core.

Melt the butter or bacon grease in a heavy skillet medium-high heat. Add the cabbage, salt, and pepper and sauté for 10 to 15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Season with additional salt & pepper, to taste, and serve warm.

Grilled Veggie Kabobs

- Baby potatoes, boiled until cooked through
- Baby squash, whole or cut into one inch rounds
- Broccoli florets
- Other veggies, such as cherry tomatoes, bell peppers, onions, mushrooms, etc.

Balsamic Basting Vinaigrette for Veggies:

- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- Salt and pepper

If using bamboo skewers, soak them in water for about 1 hour to retard charring.

Puree balsamic basting vinaigrette ingredients in a blender for 30 seconds.

Skewer the kabobs and baste veggies with balsamic vinaigrette.

Grill kabobs directly over heat source for about 8 to 13 minutes, turning 1/4 rotation every 2 to 3 minutes and basting with the vinaigrette each time they are turned. Cook until veggies are tender.

You can also add thin strips of meat to the kabobs - be sure to cook until the meat is done!

Anna's Corner

Anna's starting to use reasoning a little, we think. Charles was heading to the farm over the weekend, and he asked for a hug. Well, Anna happened to be riding on her rocking horse at the time. She said she couldn't give Daddy a hug because her hands are on the horse handles! Luckily, he talked her into it and they shared a nice big hug.

She provides a little entertainment at the McHenry farmers market on Monday evenings. After the first few minutes, she gets comfortable and starts playing, running around or helping Mommy put veggies into little boxes. But she doesn't talk to strangers very often...to our customers' dismay!

