



Crate Full O' News



DeBerry Farm Vegetable Subscription Service

www.DeBerryFarm.com

July 10, 2007

Going Strong

We hope you had a great 4th of July holiday week!

This week marks a milestone: the first green beans of the season! We hope you enjoy them as much as we do.

We're still waiting on tomatoes and corn. Seems like those are the two things asked for most at the farmers markets. It'll be next month before we see either.

So we'll keep eating seasonally!

What's Happening at the Farm

Where's the rain? Seems like we just get enough to keep things from dying—but they certainly aren't thriving unless we are irrigating during the dry spells. Some things like peas, beans, beets, garlic, etc. are not set up to be irrigated on our farm, so they are having a hard time of it in the heat. We hear that much of southern West Virginia has been declared a disaster area due to the drought—thank goodness we aren't quite that bad. So get out there and do a rain dance for us!

The strawberries are finally starting to produce, but we are having pollination problems. The fruits are getting nice and big, but at the bottom there is "cat facing," or puckering, which causes a hard spot of undeveloped seeds. The berries are ok, but you have to cut out the bottom. We are thinking about getting a hive of bumblebees to help with pollination, but man, are they expensive! In the meantime, if you want to order some "ugly" strawberries (for use in jams, for freezing, etc.) at a very

reasonable price, let us know. We usually pick on Mondays, Wednesdays and Fridays, so they'd be available on Tuesdays, Thursdays and Saturdays. The weather dictates how many we get (and the quality) so we can't guarantee a certain amount of "uglies" on any given day. As time goes on, we'll have more after each picking.

Soon we hope to put the "pretty" berries in your bag each week for several weeks!

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, either **Green Romaine** or **Red Leaf**. We're afraid the heat is going to put an end to the rest of the lettuce for a while. We'll include it in your subscription as long as possible.

Baby Yellow Squash and Zucchini

More little summer squash for your dining pleasure!

We grow the straightneck yellow squash, rather than



the crookneck. The crooknecks are more "bumpy" and are harder to slice into nice long pieces.

Green Beans

New this week!

These are called "haricot verts", (basically French for "green beans"). They are long and skinny and tender. A plus is they have no strings, as a lot of "regular" green beans do.

To store: just place the beans in a dry plastic bag in the fridge.

To prepare: wash beans by swishing them in cold water, lifting out. If dirt or sand remains, repeat with fresh water. Cut off the stem end (opposite the pointy end). Some folks like to cut off the pointy end too, but it is unnecessary. You can leave them whole or "snap" them, which means you break or cut them into shorter pieces. (This is where the term, "Snap Beans" comes from). By the way, snapping the beans is a



good job for young kids in your home.

How to cook green beans: you really don't have to cook them—they are tasty raw. But you can also steam them, boil them, sauté them, grill them, or roast them until they are just crisp-tender.

Snow Peas

Eat pods and all, just like sugar snap peas. You'll also need to take off the strings. Snow peas are often sautéed in Oriental dishes.

New Red Potatoes

You have a few new red potatoes this week. They were dug a few days ago, so they may have started to brown where the skin washed off. They are still fine to cook and eat, but you may want to cut off the brown parts either before or after cooking to make them look a little better.

Sidenote—red potato skins, when exposed to sun, turn purple. White potato skins turn green.

Broccoli

We like to use the whole stalk of broccoli. The large part of the stem does have a tough skin on it, so we peel it off, then chop the stem up with the broccoli florets. The inner part of the stem is really quite tender when cooked.



'Uncured' Garlic Bulbs

These look like regular garlic (though a little smaller), but they've not been "cured," or dried. This means you'll have to keep it in the fridge (a definite "no no" for regular, cured garlic!)

Placed dry in a plastic bag, they should last at least a week in the fridge.

You'll need to peel off the outer skin to reveal the fresh, pungent garlic inside. You can then slice, mince, or use a garlic press to get the most flavor out of the garlic.

Sautéed Green Beans

2 cups green beans, trimmed
1 tablespoon butter
1/4 cup almonds, slivered or sliced
Salt and ground black pepper

In a skillet, sauté the green beans in butter until tender-crisp, stirring occasionally. Season with salt and black pepper, to taste.

Before serving, add the almonds to the skillet and heat through until the almonds are toasted, stirring frequently.

Lemon-Butter Snow Peas

1/2 pound fresh snow peas
1 tablespoon water
1 teaspoon minced garlic
1 tablespoon butter, melted
1 teaspoon lemon juice
1/2 teaspoon Italian seasoning

In a microwave-safe dish, combine the snow peas, water and garlic. Cover and microwave on high for 3-4 minutes or until crisp-tender; drain. Combine the butter, lemon juice and Italian seasoning. Drizzle over peas; toss to coat.

Garlic Broccoli

4 cloves garlic, peeled	1 1/2 teaspoons salt
1 bunch broccoli, cut into florets	1/3 cup olive oil
1/4 cup red wine vinegar	1 tablespoon Dijon mustard
1/2 cup grated Parmesan cheese	

Place garlic in a mortar dish or on a cutting board, and sprinkle with salt. Mash with a pestle, or use the flat side of a knife to mash garlic and salt into a paste. Transfer to a medium bowl, and stir in olive oil, vinegar, and mustard. Add the broccoli, and stir to coat. Chill for 3 hours to marinate, stirring occasionally. Sprinkle with Parmesan cheese before serving.

Grilled Yellow Squash

2 medium or 4 small yellow squash
1/4 cup extra virgin olive oil
1 clove garlic, crushed
salt and pepper to taste

Preheat the grill for medium heat. Cut the squash horizontally into 1/4 inch to 1/2 inch thick slices so that you have nice long strips that won't fall through the grill.

Heat olive oil in a small pan, and add garlic cloves. Cook over medium heat until the garlic starts to sizzle and become fragrant. Brush the slices of squash with the garlic oil, and season with salt and pepper.

Grill squash slices for 5 to 10 minutes per side, until they reach the desired tenderness. Brush with additional garlic oil, and turn occasionally to prevent sticking or burning.

Crunchy Salad

6 slices bacon
1 head lettuce - rinsed, dried, and shredded or cut finely
1/3 cup sliced almonds
1/4 cup sesame seeds
4 green onions, chopped (optional)
3/4 cup chow mein noodles
1/2 cup vegetable oil
1/4 cup white sugar
2 tablespoons white wine vinegar
1 teaspoon salt
1/4 teaspoon ground black pepper

Toast the almonds and sesame seeds in a skillet over medium high heat, stirring constantly, until their aroma starts to develop & they start browning.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

In a salad bowl, combine the bacon, lettuce, almonds, sesame seeds, green onions and chow mien noodles; toss and refrigerate.

In a glass jar with a tight fitting lid, combine the oil, sugar, vinegar, salt and pepper. Shake well and chill for 1 hour.

Before serving, shake dressing and pour over salad; toss and serve.

Anna's Corner

Somehow Anna has learned to never take food from strangers. (We don't think we ever taught her that). At the Oakland Farmers Market, John Slawter always tries to give Anna one of his delicious honey sticks. She loves them, but she will NEVER take it from him! He has to give it to Mommy or Daddy, then she'll take it from them. This happens on the subscription delivery route as well. A few generous subscribers often will offer Anna a snack treat, but she just won't take it unless Daddy gives it to her! You can tell she REALLY wants the treat (usually a homemade cookie—very tasty!) but she sticks to her guns. We suppose this is a good thing...

