



Crate Full O' News



DeBerry Farm Vegetable Subscription Service

www.DeBerryFarm.com

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Good Luck

Charles saw a bald eagle at the farm Monday! According to Anna's "Little Bear" movie, eagles bring good luck. We're thinking that's why it has started to rain lately - the eagle brought our luck! Now, if we could get him to hold off on the rain while we're picking...

Wednesday July 18 from 10 to 1 there will be a professional chef at the Oakland Farmers Market, shopping and cooking and offering taste tests. It's the "Shop With a Chef" program, and should be fun!

What's Happening at the Farm

Sometimes we get tired. **Really** tired. We were that tired last Friday evening, picking for the Saturday markets, in the pouring rain. We were feeling downtrodden & a little discouraged. Then, all of a sudden, the rain let up and the biggest, brightest double rainbow appeared in the sky. Cheryl ran for her camera, but the rainbow was too big to get it all in one shot. Here is one side of it. Needless to say, our spirits lifted and we finished our job with a cheerier outlook.



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!

Curly Endive

Curly endive is often referred to chicory, which is in the same family of greens. The curly endive can be used in place of chicory in recipes.



Baby Yellow Squash and Zucchini

Squash, squash, and more squash! We hope we're not sending too



much—it just keeps growing (especially with the rain we have finally been getting!)

Green Beans

These are the variety, Ambra, and are tender and sweet, even raw.



Green Onions

Charles' maternal grandma used to keep a cup with a little water in the bottom with some cleaned green onions in it on her kitchen table all the time. Besides being a pretty centerpiece, it provided the grandkids with a low-calorie snack anytime they wanted it. Of course, Charles liked to dip the onions into salt poured onto a plate, so the sodium level for his snack was a little high! But you may want to try it anyway!



Beets

New this week!

Beets, also known as beetroot, are high in potassium, folacin, and fiber, yet low in calories. They can be eaten raw, boiled, steamed, roasted or sautéed. The greens can be prepared as you would Swiss Chard, beets' first cousin.



When preparing beets, you may want to wear gloves and an apron, as the red juice has a tendency to get everywhere!

To prepare raw: wash beets. Cut off the root and stem ends, peel with a vegetable peeler, and coarsely grate or julienne the beets.

To cook: leave about 2 inches of the stem on the beets; wash the beets. Place in a pan of water, then heat to boiling. Boil 8-12 minutes, then remove from pan and plunge into cold water. Cut the root end and stem end off, then slip or scrape the peeling off. Return to the pot (or roasting pan, steamer, etc.) and cook until tender.

Strawberries

Finally! After all our talk about our summer strawberries, we finally get enough to give you a taste!



To prepare: just before using: wash the berries by plunging in cold water, swishing them around, and lifting out. If dirt or sand remains in the water, repeat with fresh water.

To store: place berries in fridge, preferably in a high humidity drawer. Of course, they are best eaten sooner! You can slice them and add a little sugar, stir, and place in the fridge for a nice ice cream or cereal topping.

Cabbage

Try the vinegar slaw recipe on back, then add it to pork barbecue sandwiches—yum!

Cucumbers

Finally a few cukes for you. Wash & eat (peel if you like).

Broccoli

A little broccoli for you too!

Spanish Style Green Beans

1 quart green beans, washed & trimmed
1/2 cup chili sauce
1/8 tsp ground allspice

1 green onion, chopped
1/4 tsp salt
2 slices bacon

Cook beans, covered, in small amount of boiling salted water until just tender. Fry bacon until crisp; remove from pan and sauté onions until just golden.

Add chili sauce, salt and allspice; simmer to combine flavors. Pour hot sauce over hot beans and sprinkle with crumbled bacon.

Glazed Beets

2-4 beets, leaves cut to 2 inches from root
1/4 cup plus 2 Tbs brown sugar, packed
1 Tbs butter

3/4 cups water
3 Tbs balsamic vinegar

Boil beets for 5-10 minutes. Plunge into cold water, peel, and quarter.

Combine beets with water, brown sugar, vinegar and butter. Bring to a boil. Reduce heat to medium and continue simmering, uncovered, for about 20-40 minutes or until beets are tender and most of the liquid has boiled away.

Fried Squash Puffs

3/4 pound yellow squash, about 6 small, cubed
1 egg, beaten
1/3 cup cornmeal
1/2 tsp salt
Vegetable or olive oil

1/3 cup all purpose flour
1 tsp baking powder
2 green onions, finely chopped

Cook squash in saucepan full of salted water for 6-12 minutes or until tender. Drain and mash enough squash to make 1 cup. Combine squash and egg and blend well.

In a separate bowl, combine flour, cornmeal, baking powder, and salt. Add squash mixture and onions, stir until blended.

Heat 1/4 inch oil in heavy skillet over medium high heat. Reduce heat to medium. (Turn up heat and add oil as needed). Drop squash mixture by level tablespoon into hot oil. (May have to flatten a little). Cook until golden brown, turning once.

Vinegar Coleslaw

1 cup cider vinegar
1 tsp celery seed

3/4 cup sugar
1 small head cabbage

Stir vinegar, sugar, and celery seed until sugar is dissolved. (This takes quite a while; you can heat it a little to make it go faster but then you'll have to cool it down again!)

Chop or shred cabbage, removing core. Pour vinegar mixture over cabbage. We do it in a quart jar (or two) and place in the fridge and shake it a few times during the day. Is best the 2nd day after the flavors blend, and will keep over a week in the fridge. Some folks add chopped bell peppers as well.

Vermicelli with Endive

1 pound dry vermicelli (or regular spaghetti noodles)
3 slices bacon, chopped
1/4 cup olive oil
2 green onions, thinly sliced
3 parsley sprigs or 2 Tbs dried parsley
1 3/4 cups chicken broth
1 tsp. grated lemon peel
1 curly endive, chopped finely
2 Tbs lemon juice (optional)
Salt & pepper to taste

Cook the noodles according to package instructions, until just tender. Drain & place in warm serving dish; keep warm.

Meanwhile in large skillet, cook and stir bacon over medium high heat until browned. Add oil, onions, & parsley. Cook and stir until onions are limp. (You may have to reduce the heat to medium if things start browning too fast).

Add broth and lemon peel. Boil, uncovered, until liquid reduces by about 1/3, about 5-7 minute. (Remove and discard parsley sprigs if you used those.) Stir in endive. Cook and stir until greens wilt, 2-5 minutes. Pour over hot noodles.

Add salt, pepper, and lemon juice to taste.

Anna's Corner

Our 2 1/2 year old Anna is fascinated with princesses, as many little girls are. As we drive around, any building with a spire or tower (churches, courthouses, etc.) is described by Anna as "Look, there's a castle! A princess lives there."

At the McHenry market on Monday evening, Anna was bent over looking under the table. Cheryl asked her what she was doing, and she said, "just lookin' for bugs." THAT'S my farm girl...

When she sees a dairy cow, she says, "There's a cow. There's the udder. That's where the milk comes out." That's REALLY my farm girl...

