



Crate Full O' News



DeBerry Farm Vegetable Subscription Service

www.DeBerryFarm.com

July 24, 2007

Week 8

Cheap Food

Go into a store with \$1.00, and try to find the most calories for that dollar. Where is the cheapest food in the supermarket? Not along the walls, where fresh produce, meats, & dairy products abound. Rather, the center aisles with processed, high sugar foods contain the cheapest way to get calories. In 2000, for the first time in world history, the number of overweight people matched the number of undernourished people, at 1.1 billion each. It goes to show we're not eating what we should.

What's Happening at the Farm

With so many of our crops showing pollination problems, (especially the strawberries) we finally broke down and purchased some bumble bees. They arrived last week, buzzing and ready to work. I wonder what the UPS man thought about hauling buzzing bumble bees in his truck...

They came in a cardboard box that will be their home. We opened up four openings on the box, and the bees are now working the strawberry fields. We're hoping they will help.

We took off last Saturday afternoon after our markets to head to a family picnic to celebrate Cheryl's Aunt & Uncle's 25th wedding anniversary. Their three girls worked hard to keep it a secret. It was actually a surprise for her, but he figured it out beforehand. Still, a good time was had by all and Anna had a blast playing with her little cousins. (The three "B's" were there—balls, balloons, and bubbles!) To top off the evening, we stopped for ice cream. Yum!

The squash are finally on the downward spiral. (Did I just hear some cheering from some of you?) They did really well this year, producing for several weeks. But all good things must come to an end sometime.

Our tomatoes are finally starting to ripen, ever so slowly. It always seems to take FOREVER for them to turn to their luscious red color. We will get them to you as soon as we have enough for all the subscriptions.

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!

To store: Place on the counter or on a windowsill upside down (stem side down). Eventually some will ripen, but a majority of them will rot before they ripen, so use them while green. Counter-ripened tomatoes don't have very good flavor when compared to vine-ripened ones. We promise to give you vine-ripened tomatoes soon!

production, so you get one, maybe two of them this week. We hope to have more in a week or so.

Green Peppers



New this week! The green bell peppers are starting to look really good—the plants are dark green and bushy.

To store: just place in a plastic bag and stick it in the fridge.

To prepare: wash thoroughly. Cut the top 3/4 to 1 inch from the top of the pepper. Slice down one side of the pepper and pry open gently. Slide the knife along the inside edge of the pepper wall to cut out the veins and seeds. Discard veins and seeds. Then chop, slice, or dice the pepper as needed. Slice around the stem from the top piece, and chop that part as well.

Baby Yellow Squash and Zucchini



A few baby yellow squash and zucchinis for you this week. A new recipe is on the back—hope you like it!



Green Tomatoes

New this week!

We couldn't wait to pick a few tomatoes for you, even if they are green! You'll have to try fried green tomatoes (rent the movie and make it an evening event!)

Strawberries

More strawberries for you this week. Some have what is called, "cat facing" on the bottom, or a puckered hard area of undeveloped seeds. This is due to a couple factors: lack of rain and lack of pollination. The bees we ordered (see above) should help with the pollination, and we've been getting more rain lately, so we're hoping we'll have fewer "ugly" berries! Of course, it's what's inside that counts, right?



Cucumber

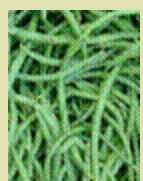
The cukes aren't keeping up with

the freezer. When frozen, transfer to a freezer bag. You can get out as many as you need this winter.

New Red Potatoes



With as many recipes as we've tried using new potatoes, our favorite (for ease, time, and taste!) continues to be boiling them until just tender. Then we mash them on our plate and add some butter and salt. Delicious!



Green Beans

These are a hit at the farmers markets this year. Try the roasted summer vegetable recipe on the back—use green beans along with other veggies this week for a delicious dish!

Garlic

More raw garlic for you—keep it in the fridge to keep it fresh.

Roasted Summer Vegetables

8-10 cups fresh veggies (squash, potatoes, peppers, green beans, etc.)

Cut into bite-size pieces for even cooking time (i.e., thinly slice potatoes, but chop summer squash, beans and peppers in larger chunks). Toss with one of the seasoning options below. Spread in a thin layer on a baking sheet and bake at 425 degrees for 20 minutes. Stir occasionally.

Serve over cooked pasta, rice, or couscous and top with Parmesan cheese.

Seasoning Option 1:

3 Tbs fresh basil (chopped)	2 Tbs fresh cilantro (chopped)
1 1/2 Tbs fresh thyme (chopped)	1 Tbs olive oil
1/2 tsp salt	1/2 tsp pepper
1-4 cloves garlic (minced)	

Seasoning Option 2:

1 Tbs olive oil	1 tsp chili powder
1/2 tsp salt	1/4 tsp dried thyme
1/8 tsp pepper	

Seasoning Option 3:

3/4 cup Italian or vinaigrette dressing

From: *Simply in Season* by Mary Beth Lind & Cathleen Hockman-Wert

Fried Green Tomatoes

2 green tomatoes, cored and thinly sliced
1/2 cup flour
1/4 cup cracker meal
1-2 eggs
Salt & pepper to taste
Oil

In a heavy skillet, heat 1/4 inch oil over medium-high heat. (May have to add more oil later after you have fried a couple skillets full.)

In a shallow bowl, beat one egg (may have to add another later). In another shallow bowl, mix the flour and cracker meal.

Dip green tomato slices, one at a time, first in the flour mixture, then in the egg, then in the flour mixture again. Immediately place in hot oil. Add salt and pepper to taste. Fry until browned, then turn over. Fry until browned on the second side and tomatoes are tender. Remove to paper towels to drain.

Veggie Scrambled Eggs

12 green beans, chopped into 1/4 inch pieces
2 baby yellow squash, diced
1 baby zucchini, diced
1/2 bell pepper, diced
4 eggs, beaten
Salt & pepper to taste

Heat oil in a heavy non-stick skillet over medium-high heat. Add beans and pepper, cook 2-3 minutes, stirring frequently. Add squash and zucchini, cook another 2-3 minutes. Reduce heat to medium. Add the eggs, stirring constantly. Add salt and pepper to taste. Cook and stir until eggs are cooked through. Can serve with shredded cheese on top if you like.

Green Bean Sides

Cook 1 quart green beans in a small amount of water until crisp-tender, about 5-10 minutes. Drain and add one of the options below:

Parsley-lemon option:

In 1 Tbs butter or oil, lightly sauté 2 cloves minced garlic and 2 Tbs finely chopped fresh parsley. Add the cooked beans, season to taste with salt and pepper. Stir gently and heat through. Sprinkle with the juice of 1 lemon and serve.

Mint option:

In 1 Tbs butter or oil, sauté 1/4 cup minced onion. Add 2 Tbs minced fresh mint. Add cooked beans and season to taste with salt and pepper. Serve.

Ham or bacon option:

In 1 Tbs butter or oil, sauté 1/4 cup minced onion and 1 clove minced garlic. Add 1/4 cup cooked ham or bacon. Add cooked beans and season to taste with salt and pepper. Serve.

Almond-Parmesan option:

In 2 Tbs olive oil, sauté 2 cloves minced garlic and 1/4 cup slivered almonds. Add cooked beans and season to taste with salt and pepper. Sprinkle with 3 Tbs grated parmesan cheese and serve.

From: *Simply in Season*

Anna's Corner

Taking food from strangers update: Anna finally took a honey stick from John Slawter at the farmers market Saturday! We're not sure if she was thinking about it or not—it happened so fast, and she looked a little startled after it happened! It only took 2 years! His honey is so tasty though...

"Why?" That's all we've been hearing from Anna this week. We're running out of answers already! Here's one example from Monday: Let's wash our hands. "Why?" Because they are dirty. "Why?" Because you were playing in the dirt. "Why?" Because you like playing in the dirt. "Why?" Because it's fun. "Why?" Oh, who knows?

