



# Crate Full O' News



DeBerry Farm Vegetable Subscription Service

www.DeBerryFarm.com

July 31, 2007

Week 9

## Purple Theme

This week you have a purple theme in your bag! Purple cabbage, cauliflower, basil, and even a pepper! Purple foods have the pigment anthocyanin, which has anti-cancer properties.

**On another note:** It really helps when you make sure you completely empty and dry your bag as soon as you get your veggies home. A wet leaf left in the bottom of a bag can become a slimy mess by the next week! We try to launder the bags about every 3 weeks.

## What's Happening at the Farm

The weeds have overtaken some areas of the gardens so much we have just started brush-hogging or weed-eating them, rather than pulling. Ragweed in particular seems to grow 1/2 a foot overnight!

The lima beans and horticulture beans (like those you put in chili) are coming along nicely. We hope to get some to you soon.

The winter squash plants are really growing—some are much larger than we've ever

had them! The delicata squash are producing fruits that are over twice the size they have grown for us in recent years. And they aren't ripe yet, so they may get even bigger! Delicatas, by the way, are a winter squash that tastes a little like an acorn squash, but are nuttier and a little more sweet. They are white, oblong shaped with long thin green stripes down the sides. They will ripen by late August, we are guessing. We grow a couple more varieties of winter squash as well.

We are lamenting that we didn't plant lettuce more often this summer. We think if we had some small lettuce now, that it would grow nicely with these cool nights. But we just run out of time, and sometimes energy, to do it all. Some things slip through the cracks, and we say we'll try again next year.

Speaking of... a friend gave us some turnips to try the other day, and we really liked them! We think we'll try and grow some next year...

## 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!



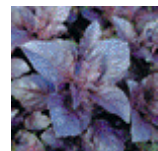
### Purple Cauliflower

Some beautiful purple cauliflower for you this week. Use just like regular, white cauliflower. When cooked, the color dulls.

### Bell Peppers



One green and one purple pepper for a colorful combination!



### Purple Basil

**New this week!** This beautiful basil has a delicious taste. Use just as you would regular, green basil.

**To store:** treat like cut flowers. Snip 1/4 inch off the bottom of the stem and place in a cup of cool water on the counter. Do not refrigerate.

### Green Beans

More tasty tender green beans for you this week.

### Beets



A couple more beets for you—use them soon as the sugar in the beet starts turning to starch as soon as they are picked. Chopping the tops about 2 inches from the beet and placing them in the fridge helps slow this process.

You have just enough to peel, then shred them into a salad.



### Sweet Corn

**New this week!** Uncle Gary's sweet corn has finally arrived! This is a bi-color variety, which means it has both white and yellow kernels. Like beets, the sugars start turning to starch as soon as it is picked. Keep in the husk in the fridge.

**To remove husks:** (Note: We like to do this outside to keep the mess out of the house). Feel for the lowest row of kernels (opposite the end with the "silk"), and cut the end off the ear with a large knife.

Peel the husk and silk off from the cut end toward the silk end. Remove any additional silk (if you wish) under running water with a soft veggie or mushroom brush. (The silk is edible, just a little "stringy".)

**To prepare:** Boil water in a large pot. Add corn to boiling pot; cover, and cook for about 3-5 minutes. Remove from pot immediately (don't let it sit in the hot water, or it'll keep cooking).

### Hot Banana Peppers



These pale green/yellow peppers are pretty low on the "heat scale" for peppers, but they do have quite a nice "kick." Remove the inner veins and seeds to remove most of the heat.



### Jalapeño Peppers

These are about 10 times hotter than the banana peppers.

### Purple Cabbage

**New this week!** We think this beautiful cabbage is a great addition shredded in salads or used in any recipe calling for cabbage. When cooked, the color dulls. It makes a neat looking coleslaw!

### Strawberries

Strawberries are still going strong—the plants don't look the greatest but our berries are getting bigger on average!



## Veggie Pizza

*Rather than birthday cake, Cheryl has requested her mom make this for her celebration each year for the past 10 years! Weird, we know...*

- 1 block cream cheese (fat free or regular)
- 1 cup mayonnaise (fat free or regular)
- 1 envelope ranch dressing mix
- 2 containers refrigerated croissant dough
- About 4-5 cups total of various chopped veggies, such as cauliflower, broccoli, carrots, peppers, cabbage, onion, baby squash, cherry tomatoes, etc. Use what you like!
- 2 cups finely shredded cheddar cheese

Roll out both croissant doughs onto a baking sheet side-by-side and press the seams together so it makes a crust. Bake at the recommended heat level, and reduce baking time by about half. Bake until the crust begins to brown. Remove from the oven and cool.

Mix cream cheese, mayo, and ranch mix together until smooth. Spread in an even layer on the baked and cooled croissant crust. Top with the veggies, then the cheese.

Cut into squares and serve.

## Roasted Peppers

Roasted peppers can be expensive to buy but very easy to make. Roast, then freeze for later use.

Peppers (sweet, hot, any color)

Place whole peppers on a baking sheet. Broil peppers in oven, turning frequently, until skin blackens completely. Remove from oven, and quickly place in a paper bag or covered pot to allow the pepper to steam and cool. Then rub or wash off the blackened skin. Remove the stem and seeds. Use in any recipe calling for roasted peppers.

To freeze, place in plastic freezer bags in small quantities. Or, place in freezer boxes, separating layers with waxed paper so you can remove a few at a time as your recipes call for.

## Strawberry Bread

- |                                  |                           |
|----------------------------------|---------------------------|
| 1 cup flour                      | 1/2 cup whole wheat flour |
| 1 1/4 cups strawberries (mashed) | 3/4 cup sugar             |
| 2/3 cup oil                      | 2 eggs                    |
| 2 tsp ground cinnamon            | 1/2 tsp salt              |
| 1/2 tsp baking soda              |                           |

Mix together in a large bowl, stirring until just combined. Pour into a greased 8-inch loaf pan and bake at 350 degrees for about 1 hour. Check with a toothpick inserted into the center—if it comes out clean, it's done.

Can make this recipe with other fruits, such as peaches, blueberries, etc.

## How to Freeze Peppers

Remove stems, seeds, and inner veins. Slice or chop peppers. Place in single layer on a cookie sheet. Place in freezer. When frozen, remove to a freezer bag or box, seal, and place in freezer. Then you can remove as many as you need for whatever your recipe calls for.

## Anna's Corner

Anna was pretending to play soccer (complete with a pretend soccer outfit on) at the McHenry farmers market Monday evening. Neither Cheryl nor Charles have ever talked to Anna about soccer, so we're wondering where she learned about it! It may have been her little cousins—two boys (ages 5 and 3) who are very active. She visits with them while Charles attends the Cumberland farmers market on Thursdays.

She has learned a lot from them. We tell her not to look at the sun, for it can hurt her eyes. She came back from her cousins' place, and informed us that we shouldn't look at the sun because it will 'burn your eyes out.' Argh...that's a little more graphic than we wanted for a 2 year old...

## Cauliflower, Squash & Basil Salad

- 2 small/medium summer squash, julienned (cut in thin small strips) or chopped into small pieces
- 1 small head cauliflower, chopped into small pieces
- 2-3 Tbs fresh basil leaves, chopped
- 3-4 Tbs grated Parmesan cheese
- 2-3 cloves of garlic, chopped
- 1/4 cup red wine vinegar
- 1/4 cup olive oil
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp sugar

Toss together the squash, basil, cheese, and garlic.

Combine vinegar, oil, salt, pepper, and sugar. Pour over the cauliflower and squash mixture. Mix, then chill at least one hour, and serve. Best eaten the same day.

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