



# Crate Full O' News



DeBerry Farm Vegetable Subscription Service

www.DeBerryFarm.com

August 7, 2007

Week 10

## 2/3 Through!

Can you believe it? This is week 10 out of 15. Five more weeks of veggie subscriptions to go! Of course, we attend farmers markets much longer—through the end of October, in fact. We have a total of about 5 months of selling, with 4 more months of greenhouse work and field preparation/clean up. The other 3 months are spent catching up with family, enjoying hunting season and the holidays, and (of course) pouring over seed catalogs to plan for the next planting season.

## What's Happening at the Farm

We are fortunate to have a good working relationship with our local Extension Office. Through them, we learned about the summer strawberries we're all enjoying. In addition, this year we are trying out a fancy gadget that tells you if you need to irrigate your fields or not. Charles checked it Monday morning, after a full 24 hours of a nice, steady rain. The irrometer said we don't need to irrigate. Not sure we needed a gadget to tell us that...whatever happened to just feeling the soil? Oh well...

Uncle Gary and Aunt Cathy enjoy their new corn sales building at the farm. They are still working out the kinks of using a cooler to chill the corn, but we think they'll get a system worked out soon. Customers sure liked being able to get out of the rain on Sunday! (With the old corn stand customers had to stand outside and were rather exposed!)

A few of you have come to the farmers market, and it has been nice for Cheryl and

Charles to finally meet some of the folks we deliver to, but never see! If you stop by our table at a market, be sure to let us know who you are, so we can get to know you better!

We've been enjoying the feedback you give us—and the shared recipes! We really want to know if something isn't right, or even if it is! Our veggie subscriptions are a service, and we're always looking for ways to improve that service. So, let us know!

## 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!*

### Yellow Wax Beans



These beautiful, yellow beans are a type of "green" bean. Prepare them just as you would regular beans (or mix them with the "regular green" beans for a colorful dish!)

They start out green when they are small, then they turn bright yellow as they get ready for picking.

By the way, they're called "wax" beans not because we put wax on them, but because they naturally look shiny and pretty, like they've been waxed.

### Beets

A few more beets for you this week. Beets are so beautiful shredded raw in salad. Just peel, shred, and eat!



### Green Beans



More tender green beans for you—mix them with the yellow ones for a beautiful dish. Cook them whole, cool, then criss-cross them into a loose grid on your plate for an interesting (and tasty) base for coleslaw, potato salad, or other creamy salad.



### Sweet Corn

More sweet corn for you this week.

Did you know you can cook corn in the husk? Folks like to do this when they are having picnics—get a huge pot of boiling water going. Clean the outer, dark husks off the corn. Take a large knife and cut off each end of the ear (to remove most of the silk and the stem end.) Throw into the boiling water, cook 3-5 minutes, then remove to serving platter. Each person peels the husk and silk off (it comes off easily when wet).

### New Red Potatoes



Sorry we didn't get these washed very well for you—time keeps getting away from us! Other than requiring a little more scrubbing, these should taste great in any dish.

### 2-Pepper Mild Salsa



We are so impatient for the taste of a ripe tomato!!! So in lieu of having one for your

subscription, we included a jar of our mild salsa for you. It was made from our ripe tomatoes and peppers last summer.

A little history: we wanted a way to "extend our season" as well as to expand our product selections. We decided to have our tomatoes, onions, and peppers processed into salsa. We have them use fresh herbs, to give it a much fresher flavor. Hope you like it!

### Strawberries

The warm rain is really tough on the strawberries. Most of the problems in strawberries have to do with fungi. Heat and rain are terrific conditions for fungus, so we're really struggling to have nice berries. You'll have to cut out bad spots—sorry!



### Bell Peppers

Bell peppers are great "seasoners" - they add flavor in any dish they are cooked in. Add them to casseroles, soups, salads, and side dishes.

## Fresh Beet Salad

3 or 4 fresh beets  
1/4 cup Extra virgin olive oil  
2 Tbs lemon juice  
1/8 tsp black pepper

1 small onion  
2 Tbs red wine (or cider) vinegar  
1/2 tsp Salt

Remove greens about 2 inches above the beets. Scrub beets well with a vegetable brush and water, but don't peel. Put in a pot with plenty of water, bring to a boil, and simmer 30 to 45 minutes, or until just easily pierced with a fork or knife tip. Drain (if you save some of the bright red water, it adds great flavor to soups.)

Meanwhile, finely dice one small onion. Mix olive oil, vinegar, lemon juice, salt, and black pepper.

Let beets cool enough to handle gingerly—they must still be warm when you dress them. Wear rubber gloves if you don't want dyed hands. The skins will come off easily. Cut off the ends and slice thinly (for ease, cut in half and then slice flat side down).

Mix beets, diced onions and dressing in a pretty bowl. Refrigerate, but take out a little early so it won't be icy cold. Taste and correct for salt.

## Green Bean and Red Potato Salad

1 quart green (and/or yellow) beans, cut to about 2 inches in length  
6 or 8, small to medium sized red potatoes  
1 small red onion, diced  
4 tablespoons of olive oil  
2 tablespoons of red wine vinegar  
1/2 teaspoon dried oregano, or 2 teaspoons chopped fresh oregano  
salt and pepper to taste

Boil green beans until tender crisp. Boil potatoes until tender. Cut the potatoes into small cubes.

Place the green beans and potato cubes into a bowl. Add the remaining ingredients, and toss well.

## To Grill Corn in Husks

Put corn (husks on) in a cooler of water or a big bucket. Be sure the ears are covered with water. You may have to gently mash the ears down a few times until they absorb enough water to stop floating to the top. Let the ears sit in the water for an hour or more.

When you're ready to grill the corn, put the ears on the hot grill or lay them in the coals. Since they've been soaked in water, they take longer to cook, but they hardly ever burn. Turn or roll the ears occasionally and cook for around 15 minutes. The outside husks should be scorching some and will begin to dry and look crisp.

Use a fork to check doneness. Kernels are soft when fully cooked. Remove husks and silks. They should fall right off. You can put the ears back on the grill quickly to add stripes and a little more flavor.

Season and serve. With this method, you'll have corn with a smoky flavor.

## Fruit Salsa Recipe

1/2 red onion  
1 jalapeno pepper  
1 large green bell pepper  
4 tablespoons fresh coriander leaves or  
1 Tbs dried cilantro  
1 pint strawberries  
5 tablespoons fresh orange juice  
1 tablespoon fresh lemon juice  
2 tablespoons olive oil  
salt and pepper to taste

For hotter salsa, leave seeds and veins in jalapeno pepper. Otherwise, remove them. Finely chop the onion, peppers and coriander, if using. Hull and slice the strawberries.

Place all ingredients in a large bowl, tossing gently to combine.

Cover and refrigerate 2-4 hours. Serve at room temperature.

## Freezing Green Beans

Snip the ends of the beans. Snap into smaller pieces if you like. Get a large pot of water boiling, throw in the beans & stir, time 3 minutes, remove & drain, then dunk in ice water to chill. Place chilled and drained beans in freezer bags, squeeze out as much air as you can, seal, label, then freeze. To use, remove from bag and put the still frozen beans into boiling water until just tender.

## Anna's Corner

We don't have a video recorder, so we've purchased a "one time use" camcorder each year, and have been taping some of Anna's antics. She really enjoys watching herself on it, and halfway through any taping session, we'll hear, "Mommy, I want to see it!"

We had the "Great Toy Switch Out" at our house over the weekend. We have been blessed with so many toys, we can't have them all out at once, or our tiny house would be a total disaster area. So we have about three tubs of toys, and one is out at a time. Sunday evening we gathered up the toys that were out, and got out a "new" tub. Man, did Anna have a blast with all her "new" toys! She played and played, (and is still playing!)

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