



Crate Full O' News



DeBerry Farm Vegetable Subscription Service www.DeBerryFarm.com August 14, 2007 Week 11

Fair Week!

The Garrett County Agricultural Fair is going on this week. We hope you can stop by sometime. Cheryl is helping with a "Delicious Photography" contest at the fair. It's in one of the Quonset huts, and you can still enter photos having to do with food (or look at pics of Anna with our veggies!) If you've taken any good pictures of food or anything related to food, we're accepting entries through Saturday morning. Check it out or call Cheryl for more information at 301-616-1074.

What's Happening at the Farm

We live about 3 miles away from the farm. Some days, we forget to bring a few things with us, and it's just not feasible to run back home. The other day when it was raining, (and we had to pick for a market the next morning), we forgot Anna's raincoat. You can see we made do without. Anna actually liked her little trash bag "raincoat dress". It was a little long, so we had to tie a knot at the bottom to hold it up. Still, she helped us pick beans in her new rain outfit. (Mommy didn't look as cute in her trashbag raincoat!)



Some of the heirloom tomatoes are taller than Charles (6'). We have 4 foot high stakes, so the stakes aren't helping much on the last two feet!

Where have all the corn bags gone???

We're hoping everyone will return their mesh corn bags this week—we need them back each week so we can give you corn the next week! Please write yourself a note...

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!

ever gotten! We are pretty proud of our pretty plump & pungent peppers.



Green Beans

These are the variety, Savannah.

They are much darker green than any other green bean we've grown. You can really tell the difference when you look at them side-by-side with the other beans we grow.

Strawberries



The berries are recuperating from all the rain last week. (Thank goodness!)

Some other folks growing the same type of strawberries are selling them to the new chocolate shop in McHenry, and they are making some delicious chocolate covered strawberries! Cheryl got to try some yesterday, and she's hooked!

Sweet Corn



We hope you are enjoying Uncle Gary and Aunt Cathy's sweet corn. Please return our corn bags!

Hot Frying Peppers



These long, yellow/green guys look like hot banana peppers. They get much bigger, though, so you get nice, long pieces for frying.



Bell Peppers

Our bell peppers this year are bigger than they have

Tomatoes



New this week! We finally have

some ripe tomatoes for you! Some of you will get red ones (pictured), others will get pink ones this week. (Some may even get a few cherry or grape tomatoes—more of them in a week or two). The red ones are modern hybrid tomatoes, the pink ones are heirlooms.

What is an heirloom tomato? It's an older variety, grown for its taste rather than its appearance. That is why most heirloom tomatoes are huge, lumpy things with cracks and such. But oh, the taste can't be beat...

You may have to let your tomatoes sit a few days on the counter (stem side down) to ripen. If the tomato feels rather firm and isn't a deep red or pink color, it can sit a day or two.

Why sit them stem side down? The "shoulder" of the tomato (around the stem area) is the last to ripen, so it stays more firm than the rest of the tomato.

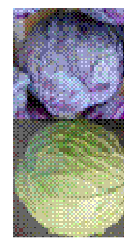
Reminder—NEVER put tomatoes in the fridge! They will lose their flavor and texture pretty quickly.

Swiss Chard



Great greens! The weather is finally cool enough for the Swiss chard to grow again! Look back at your newsletters to find some recipes (available on our website). Raw or cooked, it is nice to have some greens in our subscriptions again.

Cabbage



Some of you may get green, others will get purple cabbage. Either way, cabbage is a deliciously versatile veggie. Raw, cooked, pickled, used as a wrap, the options are endless!

Garlic

We think this has cured (dried) enough to keep for several weeks or longer. Keep it at room temperature, with plenty of air circulation.

Iowa Corn Au Gratin

6 ears of fresh corn	3 tablespoons butter or margarine
1 small onion, finely chopped	1 green bell pepper, finely chopped
3 tablespoons all-purpose flour	2 cups milk
1 cup shredded cheddar cheese	2 eggs, well beaten
1 teaspoon sugar	Salt and pepper to taste
½ cup bread crumbs	

Preheat oven to 350 degrees. Grease a 2-quart casserole dish. If fresh corn is used, remove husk and silk, and cut kernels from cob.

In a large frying pan over medium heat, melt butter or margarine. Add onion and bell pepper and sauté until tender; stir in flour and then add milk. Cook, stirring constantly, until mixture has thickened and is smooth. Remove from heat; add corn, cheddar cheese, eggs, sugar, salt, and pepper.

Pour into prepared casserole dish and top with bread crumbs. Set into a shallow pan of hot water and bake 45 minutes. Remove from oven and serve immediately.

Pepper, Beef & Cabbage Stir Fry

2 tablespoons vegetable oil	4 cloves garlic, chopped
1/2 pound ground beef	1/2 small head cabbage, shredded
1 bell pepper, cut into strips	2 tablespoons soy sauce
1 teaspoon cornstarch	1/2 cup water
1 teaspoon ground black pepper	

Heat a wok or large skillet over medium-high heat, and add oil. Sauté garlic for about 5 seconds, then add ground beef. Stir-fry until beef is evenly brown.

Stir in cabbage and pepper, and cook until vegetables are tender, and beef is fully cooked. Stir in soy sauce.

Mix together cornstarch and water, and stir in. Season with pepper. Cook, stirring, until sauce has thickened.

Italian Swiss Chard

1 bunch Swiss chard	1 cup water
1 tablespoon salt	2 tablespoons olive oil
4 cloves garlic, coarsely chopped	1/8 tsp crushed red pepper flakes
salt to taste	

Wash the Swiss chard. Separate the thick and tough stalk sections from the upper leafy strips. Cut each into 1 inch strips.

Bring the water and 1 tablespoon of salt to a boil in a large saucepan. Cook the stalk sections in the salted boiling water for 4 minutes. Stir in the leafy strips and cook until the leaves are wilted and the stalks are fork tender, about 4-6 minutes. Drain and set aside.

Heat the olive oil, garlic, and red pepper flakes in a large skillet over medium heat until aromatic, about 3 minutes. Add the drained Swiss chard, cook and stir for 2 minutes; season with salt to taste.

Cheaters' Strawberry Shortcake

1 Angel food cake
Whipped cream (optional)
1 pt strawberries, sliced
2 Tbs sugar

Add sugar to strawberries, stir for 2 minutes. Let sit for 10 minutes to allow the juices to develop.

In the meantime, cut the Angel food cake. Place one piece of cake on each dessert plate. Ladle strawberries and juice over cake, top with whipped cream, and serve. Can top with shaved chocolate.

Grilled Turkey Burgers with feta and hot peppers

1 pound ground turkey
1/4 cup seeded, chopped hot frying peppers
1/2 cup crumbled feta cheese
salt and pepper to taste

Preheat an outdoor grill for high heat.

In a bowl, mix the turkey, peppers, and feta cheese. Season with salt and pepper. Form the mixture into 4 patties.

Cook patties about 8 minutes per side on the prepared grill, to an internal temperature of 180 degrees F.

Anna's Corner

Anna went with Cheryl to the fairgrounds on Sunday while Cheryl helped judge the youth horticulture (veggies) projects. Then Anna wanted to go see the animals. So we went to see all the fair the animals! All the cows, chickens, rabbits, pigs, horses, goats and sheep were fascinating to her. We had to walk through the barns again and again!

Anna's really using her imagination. A lot of the time, we'll look over and find her miming and conversing with imaginary people and animals. It's fun to pet her imaginary kittens, and talk to her "boys" who are running around the house. Some days she has spiders, some days it is elephants. We sure have a full house!

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