



Crate Full O' News



DeBerry Farm Vegetable Subscription Service www.DeBerryFarm.com August 21, 2007 Week 12

Veggie Photos

Some of Cheryl's veggie photos won prizes in the "Delicious Photography Contest" held at the fair this year.

The contest was held in conjunction with Frostburg State University and the traveling Smithsonian exhibit coming there this fall. "Key Ingredients: America By Food" is a neat exhibit all about food from the farm through the dinner table!

The photo contest is one of many companion exhibits and other programs held alongside the Smithsonian exhibit.

At right: two photos that won.



What's Happening at the Farm

This week, with the rain on Monday, we just weren't able to pick as much stuff as we would have liked for you. We're heavy on tomatoes and peppers, light on other varieties of veggies. We're hoping next week will allow us to get into the fields without sinking up to our knees in mud and muck! Picking in the rain is bad enough, but when your boots have about 10 pounds of mud stuck to each of them as you try to slosh through the mud and weeds, trying to find something to pick, it's downright miserable!

Just when we thought we were winding down a bit, we looked at the calendar and saw we

have 11 weeks of farmers market sales left this year! So Charles dug out the planter and got some short-season crops in the ground over the weekend so we'll have full tables at the markets this fall. Keeping up the planting, picking, weeding, etc. pace is getting harder as the season progresses. Market sales start slowing down in August, so it's harder for us to stay excited about picking. Thanks for your encouraging words—those mean a lot to us when we get discouraged!

Thanks for returning more corn bags last week—we barely had enough, and hope to get the rest of them back this week!

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!

Bell Peppers

Green peppers are a very good source of fiber, folate, and vitamin K as well as the minerals molybdenum and manganese.



At only 25 calories per cup, enjoy peppers guilt-free on any diet!

Green Pepper Rings:

- 1 large green pepper, cut into 1/4-inch rings
- 3 tablespoons oil
- garlic salt

Remove ribs from pepper rings. Heat oil in large skillet. Add pepper rings; cook, over high heat and stirring frequently, until tender-crisp, about 5 minutes. Sprinkle with garlic salt. Serve at once.

Cherry Tomatoes

These are the sweetest cherry tomatoes we have grown. We've included a "bacon stuffed cherry tomato" recipe on the back—they sure are worth the bother!



Sweet Corn

Let us know how the corn is—Uncle Gary would like to know!



Creamy Sweet Corn:

- 2 C. fresh or frozen corn
- 1/4 C. half and half
- 2 T. butter
- 1 T. sugar
- 1/2 tsp. salt

In a saucepan combine all ingredients.

Bring to a boil over medium heat.

Simmer, uncovered for 6-8 minutes till heated through.

Tomatoes

One cup of tomatoes has over 50% of the RDA of Vitamin C, and 20% of Vitamins K and A.



Shrimp, Tomato & Rice Salad:

Combine the following, cover, and chill at least 30 minutes:

- 3 cups cold cooked rice
- 1/2 cup Italian salad dressing
- 1/8 tsp. white pepper
- 2 tomatoes, chopped
- 1 lb. cooked & peeled shrimp

Delicious!

Strawberries

Strawberry Mousse:

- 2 cups whipping cream, cold
- 1 1/4 cups confectioners' sugar
- 1 pint box strawberries, cleaned, hulled, & mashed

Whip cream until thick but not stiff. Gradually beat in confectioners' sugar, a little at a time. Fold in mashed strawberries. Spread in an 8-inch square dish and freeze until firm.



Basic Homemade Tomato Sauce

1/2 onion, chopped	1 clove garlic, minced
1 carrot, shredded	1/4 green pepper, chopped
1 bay leaf	1/8 cup fresh parsley, chopped
1 tsp dried basil	1/2 tsp dried oregano
1/2 tsp dried thyme	3 cups tomatoes
3 oz. tomato paste	1/2 Tbs honey
Salt & pepper to taste	2 Tbs olive oil

Sauté onion & garlic in olive oil until soft in large heavy skillet. Add carrots, pepper, bay leaf, parsley, basil, oregano, and thyme to skillet. Stir well. Add tomatoes, paste, honey, salt & pepper. Simmer 15 minutes. Remove bay leaf. Serve, or freeze.

Pepper Jack Corn Pudding

2 tablespoons vegetable oil
1 cup chopped onion
4 cups fresh corn kernels, from 7 to 8 ears
1/2 teaspoon salt
1/4 teaspoon ground nutmeg
Generous 1/8 teaspoon cayenne pepper
4 large eggs
2 cups half-and-half
8 ounces pepper jack cheese

Arrange an oven rack at center position and preheat oven to 350 degrees. Butter a shallow 2-quart ovenproof baking dish.

Heat oil in a heavy skillet over medium heat until hot. Add the onions and cook, stirring, until softened. Add corn and cook, stirring, 5 minutes more. Remove from heat and stir in salt, nutmeg and cayenne.

In a large bowl whisk eggs and half-and-half until blended. Stir in corn mixture and cheese and mix. Transfer to the baking dish.

Bake until a knife inserted into the middle comes out clean and the top is slightly brown, about 35 to 45 minutes. Remove and cool 5 minutes. Serve warm.

Fresh Salsa

Combine the following and set aside:

3 1/2 cups tomatoes (peeled, chopped & drained)
3/4 cup onion (chopped)
1 to 2 hot peppers (chopped, seeds left in for hot or removed for mild)
1 cup bell pepper (chopped)
2 cloves garlic (minced)

Combine the following and cook in saucepan until thick and clear, dark color:

1/4 cup tomato sauce
1/4 cup ketchup
3 Tbs vinegar
2 1/2 Tbs cornstarch
1 1/2 tsp salt
3/4 tsp chili powder
1/4 tsp ground cumin

Mix the tomato mixture and cooked mixture. Add the following:

3/4 cup corn (cut from cob)
3/4 cup cooked black beans (optional)

Chill and serve.

Stuffed Cherry Tomatoes

1 pint cherry tomatoes
1/3 cup mayonnaise
1/4 cup freshly grated Parmesan cheese (NOT packaged)
1/8 tsp. garlic powder
1/4 teaspoon dried basil leaves
8-oz. pkg. bacon, crisply cooked, drained, and crumbled

Cut the top off each cherry tomato, and using a melon baller or a sharp knife, carefully scoop out the seeds and pulp. Place each tomato upside down on paper towels to drain.

Combine the rest of the ingredients in a small bowl.

Stuff each cherry tomato with the bacon mixture. Chill in fridge for at least 2 hours to blend flavors. To serve, line the serving tray with parsley to keep the little tomatoes from rolling around.

Easy no-cook tomato sauce

Combine in a food processor or blender to make a rough-textured sauce:

4 tomatoes, coarsely chopped
1 Tbs olive oil
3/4 tsp salt
3/4 tsp sugar
1/2 tsp pepper
2 tsp balsamic vinegar
1/4 cup chopped fresh basil

Anna's Corner

Anna has finally started naming her toys—for the longest time she just called them by what they were. What's the bear's name? **Bear**, of course. But now she has a stuffed puppy named "pup" (original, we know) and a baby doll named "Daniel", named after her baby cousin. Actually, if she wants Daniel she'll ask for "My Baby Daniel." Every time!

She often pretends to be her Aunt Elaine, who has three boys. So here goes Anna around our house, yelling for 'her boys' to stop running, or to come upstairs, or to get down off the ladder. Guess that's how things go at Aunt Elaine's house too! (Anna's very observant!)

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