



Crate Full O' News



DeBerry Farm Vegetable Subscription Service www.DeBerryFarm.com August 28, 2007 Week 13

2 more to go!

This is week 13 of our veggie subscriptions. Only two more to go, and we'll be done for the year. Of course, several of you will be visiting us at farmers markets to make up for a missed week here and there.

By the way, you can do that NOW if you want. If you're having company and you'd like to get more veggies to make up for a missed week, just stop at a farmers market:

Mondays and Fridays, 4-6 pm in McHenry; **Wednesdays and Saturdays**, 10 am to 1 pm in Oakland, **Thursdays** 9:30 am to 1 pm in Cumberland; **Saturdays** 8:30 am to noon in Morgantown.

What's Happening at the Farm

Charles found a few small orange pumpkins this weekend in the field—we were hoping they would start ripening soon! (After all, the Autumn Glory Festival is just over a month away!)

Speaking of autumn/fall decorations...the ornamental corn is really tall this year—it's in newly plowed ground and has done well for us. Of course, it's not quite ready yet, and will take a while to dry once picked.

Farm Business Update: We are well on our way to surpassing our gross sales from last year within a week or so. We are so pleased with

how we've done in our markets this year, though the pace has been rough (markets or subscriptions every day of the week, except Sunday). We originally were going to not go to the McHenry market, but the few vendors who wanted to go there didn't have enough veggies to sustain a market. So Cheryl started taking off work Monday and Friday afternoons to go try to get the market going. She has taken our extra canopy to help shade the other vendors without shelter (and to give us more visibility from Rt. 219). Despite our efforts, the market is just not doing as well as we would like. Any suggestions would be appreciated!

The rain the past few weeks have taken their toll. The green beans in the low-lying areas are getting root-rot. The roots were under water for so long they are starting to rot off, eventually making the plants fall over and die. We're trying to pick the beans that are ready before the plants kick the bucket.

Let us know if you need any extra veggies for canning or freezing or drying for the winter.

Winter squash are coming your way next week—they were almost ready this week, but we couldn't make them ripen quite all the way. We can't wait!

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 or purple (or both) peppers for you this week.

Cherry Tomatoes



Are you addicted? Cheryl is—she doesn't eat tomatoes raw much, but can't resist these little sweet treats!

Sweet Corn



Uncle Gary and Aunt Cathy's corn stand has been open almost every day, and will continue to do so through Labor Day Weekend. (That is, in case you need more!)



Tomatoes

Some of your tomatoes are pretty ripe this week—eat the darker red ones soon and let the lighter red ones ripen on the counter a day or two.

Sometimes hauling the tomatoes around causes them to get flat spots on them, where they sit next to another tomato or our crate. There's nothing wrong with the flat spot unless it starts to get mushy. Then

you just have to cut out the soft spot. The rest of the tomato will be fine.

Beets



We've had good feedback about our beets—they are sweet this year and growing well despite all the rain!



Shell Out Beans



New This Week! You know fall is coming when the shell out beans are here. These red-

hulled beans are the type you often see in chili, baked beans, and the like. You have to shell them out (hence the name) and discard the pods.

Don't eat shell out beans raw—they will most likely cause gastric distress.

These beans are not dried, so

you can cook them right away—no need to soak them overnight first!

To store: Store unshelled beans in a single layer on a screen or paper bag in a warm, dry area with good air circulation. This will allow them to dry. Or, shell them out and place in a freezer bag—freeze for up to several months. When ready to use, thaw, then cook as directed. Again, no need to soak them.

Green Beans



Cook these babies for a few minutes or until just tender, then drain. Get some butter warm in a skillet, add some diced garlic, and boil the butter until the garlic turns light brown. Add the beans to the butter, and sauté just a couple minutes until beans are warm again. Remove from butter, sprinkle with a little sea salt, and enjoy!

Ham & Beans

1 pound shell out beans	1/2 pound cooked ham, diced
1 small onion, diced	1/2 cup brown sugar
salt and pepper to taste	1/4 teaspoon cayenne pepper
1 tablespoon dried parsley	

Place beans in large stockpot and add ham, onion, brown sugar, salt, pepper, cayenne and parsley and water to cover.

Bring to a boil; reduce heat and simmer 1 1/2 to 2 hours, until beans are tender. Add more water if necessary during cooking time.

These beans are great with cornbread! Take a slice of cornbread, halve it, then add butter if desired. Spoon some beans and their juices over the cornbread, and enjoy!

Stewed Tomatoes

4 large tomatoes
1 teaspoon salt
1/8 teaspoon pepper
1 tablespoon butter
Sugar to taste

Peel tomatoes; cut in chunks. In saucepan, heat tomatoes, stirring constantly, until juice comes out. Cook over low heat for 10 to 15 minutes, stirring frequently, or until desired consistency is reached.

Add salt, pepper, butter, and sugar; taste and adjust seasonings. If desired serve with croutons on top.

Tuna Rice Stuffed Peppers

3 large green bell peppers	salt
1 1/2 cups cooked rice	1 can tuna, drained and flaked
1/2 cup chopped celery	2 Tbs finely chopped onion
2 Tbs finely chopped canned pimiento	1/2 teaspoon salt
dash pepper	3/4 cup mayonnaise
1/2 cup crushed potato chips	

Preheat oven to 350°. Cut peppers in half lengthwise; remove tops and seeds. Cook peppers in boiling salted water for about 5 minutes; drain. Sprinkle peppers inside with a little salt; place in a shallow baking dish.

In a bowl, combine rice with tuna, celery, onion, pimiento, 1/2 teaspoon salt and dash pepper. Gently stir in mayonnaise until well blended. Spoon tuna rice mixture into pepper shells.

Place pepper shells in baking dish. Pour about 1/2 cup of water into the baking dish around tuna and rice stuffed peppers. Sprinkle potato chip crumbs over top of each stuffed pepper. Bake tuna rice stuffed peppers at 350° for 30 minutes.

Quick Broiled Tomatoes

2 medium tomatoes
Dijon mustard
salt
fresh ground pepper
ground cayenne pepper, to taste
3 tablespoons melted butter
1/4 cup seasoned fine dry bread crumbs
1/4 cup grated Parmesan cheese

Cut tomatoes in half; spread cut side with mustard and sprinkle with a little salt, pepper, and cayenne pepper to taste. Combine melted butter, bread crumbs, and Parmesan cheese.

Spoon crumb mixture over the top of each tomato half. Place under the broiler and broil until crumbs are browned and tomatoes are tender.

Pickled Beets

6 small or 3 large beets	1/4 cup sugar
3/4 plus 1/8 cup cider vinegar	1 1/2 tsp whole pickling spices

Wash beets well; cut off leaves about an inch above beets. Cook in boiling water for about 30 to 40 minutes, or until tender. Cool; rub off skins, trim, and slice. Combine sugar and vinegar in a medium saucepan.

Tie spices in a small piece of cheesecloth and place in saucepan. Simmer for 15 minutes; add sliced beets and bring to a boil. Discard spices. Place beets and juice in jar and chill before serving.

Pickled eggs variation: Add 3-5 peeled, boiled eggs to the beets and vinegar solution after it has chilled. Add more vinegar to cover, if needed. Let sit at least 24 hours or longer, shaking the jar to mix occasionally. The eggs will turn purple/red. Slice them for a beautiful addition to salads or a garnish for potato or macaroni salad, or just eat them whole!

Anna's Corner

Cheryl and Anna got to go to Cheryl's hometown county fair, in Tucker County, over the weekend. Anna is getting more brave around animals—she actually touched a calf (through a fence, with its back toward the fence, laying down...) But we're making progress. She has acted very afraid of most animals all her life. We want her to be a little wary around animals, but also want her to appreciate a good rub of a kitten or a puppy sometimes. We're getting there...

Then we stayed with Cheryl's parents for the night, and had a lot of fun visiting with grandma and grandpa, great-grandma, and our uncle and aunt. We don't get to go often during the summer, so it was a nice break!

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