



Crate Full O' News



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

Survey Time!

We would appreciate it if you could fill out the attached survey and return it with your bag next week. We made some major changes to our subscription service this year, and we want to see what you think about them. We appreciate your brutal honesty on the survey!

What wonderful weather we had for Labor Day Weekend. It dried up enough for us to dig potatoes, and we appreciate the opportunity to do so. But now it's getting a bit dry for the pumpkins and beans, so we'd like to get a little more rain. But just a little....

Just one more week of my ramblings...

What's Happening at the Farm

Some of you may already know this, but we wanted you to be aware:

Our cousins have been purchasing vegetables and fruits from the produce auction in Springs, PA and selling them at the farm from the corn stand. We wanted you to know that the produce at the stand is NOT ours. We've been asked not to sell our fresh produce at the sweet corn stand.

We received some complaints about the corn last week, so the corn this week came from Hubert Custer and his granddaughter, Jenna Rush, along Sand Flat Road.

This week we did something

new: we "traded" subscription food with the other CSA in the county—Max & Katharine Dubansky at Backbone Farm. We traded some of our bell peppers for their scallions. We hope you like them!

You're getting your first winter squash this week. They need to come up with a new name for those—the weather is definitely too hot & pretty to have to mention winter!!

The Bags, Please!

Please return all DeBerry Farm and corn bags to us next week! We'll give you the final week's produce in plastic bags so you don't have to return them.

If you missed a week:

Visit us at one of our farmers market stands to get a bag of produce to make up for your missed week:

Wednesdays & Saturdays, 10 am to 12:30 pm at the Oakland Farmers Market (Off 2nd Street, by the town parking lot)

Saturdays, 8:30 am to noon at the Morgantown Farmers Market (at Spruce and Fayette Streets)

We're not sure how much longer we'll be doing the McHenry Market on Mondays and Fridays, 4 to 6:00 pm at the Deep Creek Vol. Fire Dept. Parking lot. We'll be there this Friday, after that, we're not sure.

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

You have at least one colored bell pepper this week, and some green ones too. It's a good time to freeze them. Just take out the seeds and inner veins, slice or dice, and place on a cookie sheet. Freeze, then transfer to freezer bags. Remove what you need for fresh pepper taste in your winter dishes! They also dehydrate well.

Cherry Tomatoes

This weekend we had people stop at the stand and get a box, leave, then they drove back for more! What a testament!

Green Beans

These are getting a little bigger than we like to pick them. But they are still tasty and crisp. We could use a little rain to perk up the vines though!

Sweet Corn

This is the variety, "Incredible." It's a good, yellow corn that is tried and true. Hubert Custer & his granddaughter, Jenna Rush, do a good job on their farm along Sand Flat Road.

Tomatoes

Some red ones and maybe a pink heirloom for you.



Shell Out Beans

More beans for you to use. If you can't use them at once, just shell them out and freeze.

Scallions (Green Onions)



Max & Katharine Dubansky supplied these delicious scallions for you (we traded them our peppers for their CSA). Their peppers didn't do well this year, and our scallions were done long ago. Seemed like a nice way to cooperate with another farm and get the word out about each other's produce. The Dubanskys sell at the Oakland market as well as Frostburg, and they also sell to several restaurants in the area. They are good friends and we appreciate the opportunity to share the bounty with each other.

Winter Squash: Delicata



New this week!

Delicata squash are delicious—similar in texture to acorn or butternut squash, they have a slightly nutty sweet flavor.

To prepare: Use a sharp large knife to cut it in two lengthwise. Remove seeds from the center. See back for recipes.

To store: store in a dark, cool area with good air circulation. Check them each week. Delicatas keep for 4-6 weeks in the right conditions.

New Red Potatoes

These have slightly tougher skins than the earlier potatoes. Though they are still most definitely edible, some folks prefer to peel them.

Easy Baked Delicata Squash

Heat oven to 400°. Prepare delicatas as directed on the front. Place in a baking dish, cut side up.

Variation #1: Place one to two pats of butter (or equivalent) and 1 to 2 Tbs brown sugar in the center.

Variation #2: stuff the center with cooked sausage mixed with cooked rice, Italian spices, and cheese. (Or whatever you want! Experiment!)

Bake until they are tender, about 20-40 minutes depending on the size (test by poking the flesh with a knife or fork.) To serve, either scoop out the flesh from the shell and mix, or eat it right from the shell.

Cheater's Baked Beans (Crock Pot Style!)

16 ounces shell out beans	1/4 cup chopped onion
2 Tbsp. butter	2 Tbsp. brown sugar
1 Tbsp. salt	1/4 tsp. ginger
1/4 tsp. dry mustard	1 tsp. dried leaf thyme
1/4 c. molasses	

Bring to boil on the stovetop. Simmer until the husks curl when you blow on them.

Rinse with hot water. Put half of the beans into crockpot. Sprinkle with half of the onion and dot with 1 tablespoon of the butter. Repeat with second half.

In a liquid measuring cup combine dry ingredients. Add molasses to 1/2 cup mark. Add hot water to 1 cup mark; stir to blend. Pour over beans. Add more hot water to rinse out cup and barely cover the beans. Cover and cook on low for 7 to 9 hours. Remove cover the last hour to cook down, or cool and reheat.

Scallion Pan-Fried Rolls

1 3/4 cups all-purpose flour	3/4 cup self rising flour
1 cup boiling water	2 teaspoons oil
2 scallions, washed and thinly diced	a bit of oil
a bit of salt	

Combine the 2 flours in a large bowl. Slowly pour the boiling water into the flour and begin stirring immediately. Wait a few minutes and then stir in the oil. Cover the dough and let it sit for 1 hour. While the dough is rising, wash and dice the spring onions.

Turn the dough out onto a lightly floured surface. Knead briefly, then cut into thirds and continue kneading each piece until the dough is smooth and elastic. Roll each of the three sections of dough out into a flat piece approximately 1/4 inch thick. (If desired, you can make a thinner pancake, about 1/8 inch thick)

Brush the pancake with a bit of oil, and sprinkle with spring onion pieces. Roll up the pancake and cut into 8 - 10 pieces. Use the palm of your hand to flatten each piece. Roll out again until 1/4 inch thick.

Heat a bit of oil in a large skillet. Shallow fry the pancakes until both sides are golden brown, being sure to sprinkle with a bit of salt during frying.

Serve whole or cut into wedges. Serve plain or with soy sauce or another dipping sauce if desired.

BBQ Chicken Quesadillas

2 cups cooked chicken, chopped
1 tomato, sliced thinly
1/2 green pepper, finely chopped
1 small red onion, thinly sliced
1 cup barbecue sauce
1-2 cups grated monterey jack cheese
8 flour tortillas
1 Tbs olive oil

Spread barbecue sauce over tortillas.

Sauté pepper and onion in olive oil until tender.

Top half of the tortilla with cheese tomatoes, green peppers, and onion.

Fold over the uncovered half of the tortilla.

Place on preheated griddle over a medium heat and grill until the tortilla starts to brown and crisp.

Flip and continue grilling until other side is done. Remove from griddle, slice into wedges, and serve with sour cream, ranch dressing or other condiments.

Note: Grill these Chicken Quesadillas on a griddle and put the lid down to hold in some of the smoke. This is a much better Quesadilla than you get off the stove.

Anna's Corner

As we were sorting potatoes on the truck tailgate this week, Anna was playing in the bed of the truck. She found some shell out beans in one of the crates, and was very excited. We asked her if she could shell some out for our dinner, and she said, "Sure!" So off she went, shelling the beans out into a bucket, then she'd go over, climb up onto the wheel well, and throw the pod over the sideboards. (That was the fun part, you see!) It was a slow process, but with our encouragement, she got a lot shelled out by the time we were done sorting potatoes. We helped her finish, then went home and made beans, potatoes, and corn bread. Very yummy!

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