



Crate Full O' News



DeBerry Farm Vegetable Subscription Service

www.DeBerryFarm.com

Sept. 11, 2007

Week 15

Whew...Done!

Ok, we have to admit, we're a little relieved to be done with the subscriptions at the end of the season.

Thanks for returning your survey. If you forgot it this week, just pop it in the mail to us.

You're getting your produce in a 1/2 bushel waxed produce box this week. We can reuse these, so as an incentive for you to return them...

Bring your empty box to the Oakland Farmers Market Wednesdays or Saturdays from 10 am to 12:30 pm and we'll give you some free produce! (It's like a deposit on a glass bottle...)

What's Happening at the Farm

Our weeds (mostly ragweed at this point) are blooming, and that means that Charles' allergies are in full swing. Though he wears a mask while in the garden, the pollen finds its way into his head. His allergy medicine only works somewhat, so he is really dragging right now. In a way it will be a relief to him when we finally get a frost.

We have lots of **pumpkins** making their way out of the patch now. We have huge ones, small ones, and even some gourds. If you are in need of pumpkins/gourds (or have friends that do) let us know. We're going to have them at the farm, near our

grandma's house at the bottom of the driveway. We will be able to meet people there to sell them (since we can't sell at the corn stand). So if you'd like some, call and we'll arrange a time to meet you there. (301-533-1026 at home phone, 301-616-0854 is Charles' cell, 301-616-1074 is Cheryl's cell). We'll try to have some at the farmers markets, but it's hard to haul them around much.

Subscriber story of the season: One of our corn bags got completely demolished by raccoons as it sat on their porch overnight. Guess they were hungry for corn. At least they didn't get the rest of the produce that week... :)

Reminder:

Please return all DeBerry Farm bags and corn bags to us if you haven't already.

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 & Fayette Streets)

THANK YOU for a GREAT SEASON!!!
Hope to see you next year!

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

We're getting more red ones now. They are really good roasted. You can roast them, then freeze them, or freeze them raw.

Sweet Banana Peppers

Our sweet banana peppers are finally kicking in. Early on, the bugs had riddled them to the

point we thought we'd lose them. But we guess they got tired of them (or our beneficial insects started feasting on the pests) because they are looking good now.

Most of you got a red one, the rest are green.

Garlic

Some cured (dried) garlic for you. You may notice you don't need as much of this in your recipes as you do the store-bought kind. Our garlic has a very full flavor and your home will smell wonderful as you cook it.

Cherry Tomatoes

These are getting pretty ripe—you'll have to eat them quickly this week!

Tomatoes

Some final tomatoes for you this week. We do have canning/freezing tomatoes if you'd like to get some. Just let us know.

Winter Squash: Delicata

A couple **m o r e delicatas** for you this week. The winter **s q u a s h** may have **s o m e** sticky stuff on them—it's just the sap that leaked out of the stem after we cut them from the vine. Wash them off and dry thoroughly. Then store in a cool dry area (on a kitchen counter or even a covered porch is fine).



Winter Squash: Carnival Acorn

N e w T h i s W e e k! These colorful



acorn squash can serve two purposes: decoration and dinner! Because they are winter squash, they will last a couple months in a display on your counter. Then, when you're tired of looking at them, eat them!

We like to cut them in half, scoop out the seeds, and place in a baking dish cut-side up. Put in a little pat of butter, a little maple syrup, maybe a few chopped walnuts, and bake at 400 degrees until tender, about 30 to 45 minutes. Then we scoop them right out of the shell to eat.

Winter Squash Stuffed with Sausage & Apples

1 pound sausage meat 1 small onion, finely chopped
2 apples, cored & chopped 1/2 teaspoon oregano
Salt to taste 2 acorn squash, halved; remove seeds
1/4 cup water

Brown sausage and break into small pieces. Drain well. Combine meat with onion, apples, oregano, and salt. Generously fill each squash half with the mixture and arrange halves in the slow cooker in staggered layers. Pour about 1/4 cup water into the bottom of a slow cooker.

Cover and cook on low for 6 to 8 hours, until squash is tender. Serve at once with hot buttered rice.

Family-Sized Tomato, Bacon, and Garlic Omelet *(From America's Test Kitchen)*

8 slices bacon (about 8 ounces), minced
1 large ripe tomato, cored, seeded, and chopped fine
1/2 green or red bell pepper, stemmed, seeded, and chopped fine
4 medium cloves garlic, minced or pressed through a garlic press
8 large eggs
1/2 teaspoon salt
1/8 teaspoon ground black pepper
2 tablespoons unsalted butter
3 ounces shredded Pepper Jack (or other) cheese (about 3/4 cup)

For the Filling: Fry the bacon in a 12-inch nonstick skillet over medium-high heat until crisp, about 8 minutes. Stir in the tomato and bell pepper and cook until the vegetables are softened, about 6 minutes. Stir in the garlic and cook until fragrant, about 30 seconds. Transfer the mixture to a paper towel-lined plate. Wipe the skillet clean with paper towels.

For the Omelet (see below for alternative method): Whisk the eggs, salt, and pepper together. Melt the butter in a 12-inch nonstick skillet over medium heat, swirling to coat the skillet, until the foaming subsides.

Add the eggs and bacon mixture and cook, stirring gently in a circular motion, until the mixture is slightly thickened, about 1 minute. Use a heatproof rubber spatula to pull the cooked edges of the egg toward the center of the pan, tilting the pan so the uncooked egg runs to the cleared edge of the pan. Repeat until the bottom of the omelet is just set but the top is still runny, about 1 minute. Cover the skillet, reduce the heat to low, and cook until the top of the omelet begins to set but is still moist, about 5 minutes.

Remove the pan from the heat. Sprinkle the cheese evenly over the eggs, cover, and let sit until the cheese partially melts, about 1 minute. Slide half of the omelet onto a serving platter using the spatula, then tilt the skillet so the remaining omelet flips over onto itself, forming a half-moon shape. Cut into wedges and serve immediately.

OR, use the "lazy-man's way": (a.k.a., "heck with fancy omelets, I'm making scrambled eggs!")

Prepare the filling as above, then pour the scrambled eggs over the filling while it is still in the pan (you can omit the butter, as we didn't remove the bacon grease). Stir eggs and filling around and cook until eggs are set. Put cheese on top, cover until melted. Plop some on each plate and enjoy! ("Plop", by the way, is a very technical cooking term.)

Can you guess which method we use in our house?????

Stuffed Banana Peppers

4 banana peppers
1 Tbs butter
1/4 cup each chopped onion & celery
3 tomatoes, cooked and mashed
1/2 cup tomato sauce
1 clove garlic, minced
1/2 teaspoon each dried basil & oregano
1-1/4 teaspoons salt, divided
1/4 teaspoon ground black pepper, divided
1 egg
1/2 teaspoon Worcestershire sauce
1/4 cup grated Parmesan cheese
1/2 pound hot Italian sausage
1/2 pound mild Italian sausage
3/4 cup bread crumbs

Cut off tops of peppers, and remove ribs and seeds. Chop edible portions of tops; set aside. Bring a pot of salted water to a boil. Add peppers, reduce heat, & simmer until tender but still firm, about 5 minutes. Drain.

Sauté reserved chopped pepper, onion & celery in butter until tender, 3 to 5 minutes. Stir in mashed tomatoes, tomato sauce & garlic. Add basil, oregano, 1 1/2 teaspoons salt and 1/4 teaspoon pepper. Simmer uncovered for 10 minutes. Preheat oven to 350 degrees.

In a large mixing bowl, combine egg, 1 teaspoon salt, 1/4 teaspoon pepper, Worcestershire sauce and Parmesan. Mix in hot sausage, mild sausage, bread crumbs and 1 cup of the tomato sauce mixture. Fill each pepper with the meat mixture. Place in a 3 quart casserole dish, and pour remaining tomato sauce mixture over peppers.

Bake uncovered in 350 degree oven for 1 hour.

Anna's Corner



*Mommy, is this enough peppers for the farmers market display? **No?** Have you ever heard of child labor laws? **No?** Hmm...didn't think so.*

4288 Broadford Rd
Oakland, MD 21550
www.DeBerryFarm.com
info@DeBerryFarm.com

**DeBerry
Farm**

301-533-1026