

**From:** Constant Contact ()  
**To:** farmer@deberryfarm.com  
**Date:** Tue, June 9, 2009 10:20:28 PM  
**Subject:** Your email This week's fresh produce has been sent



## Email Confirmation

Dear Charles & Cheryl DeBerry,

Your email, named Week 1 - June 10, 2009, was sent on 06/09/2009 around 10:20 PM EDT.

Below is a copy of the HTML version your contacts received. Don't forget, you can easily monitor the effectiveness of your email by visiting the Reports area of your Constant Contact home page for real-time metrics and stats.

### Subject: This week's fresh produce



## Crate Full O' News

### DeBerry Farm Vegetable Subscriptions

Week 1, June 10



#### In This Issue

- Anna's Corner
- What's Happening at the Farm?
- What's fresh this week?

#### Quick Links

- Our Website
- Other Local Farms
- Our Farm Blog

#### Anna's Corner

Here's what Anna is up to at the farm.

Anna is a pretty active kid - she follows her

Dear Charles & Cheryl,

### We're starting Wednesday June 10.

We'll be starting our veggie subscription pick ups this week, the first day being June 10. So from now on through the next 15 weeks, pick ups will be:

- Wednesdays, 3:30 pm to 6:00 pm
- At 110 DeBerry Lane (across from the new Lowe's, go down the driveway by the metal rounded building. We'll have your veggies at the red brick farm house on the right at the bottom of the driveway.)
- Remember that you'll be picking out your produce so leave a little extra time for that (we'll tell you how much of each item you may take).
- **You'll get a DeBerry Farm bag to carry your**

dad around the gardens every day! She's learning her weeds and bugs. She's also learning what plants she can eat, and what ones to avoid.

A good thing, right? Well, she loves sugar snap peas and strawberries.

So, we often think we have more of those than we end up picking, because a little munchkin has been nibbling in the garden! We're not complaining though, how many other 4-year olds out there enjoy eating fresh veggies?

## What's Happening at the Farm?

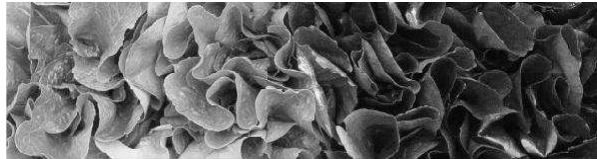
### We could do without the hail...

The weather hasn't cooperated very often this spring! As soon as we planted out our broccoli and cauliflower, it rained for two weeks and the poor plants were under water for much of that time. Then it got hot - too hot! Then it froze for a couple days. The poor plants don't know if they're supposed to be aquatic or in the desert or in the Canadian tundra.

**produce in.** Please return the bag each week to get your produce! For best results, remove all items from the bag when you get home and allow it to dry thoroughly. Then you can fold it flat by pushing in on opposite sides.

## What's fresh this week?

### Green & Red Romaine Lettuce



**To keep your lettuce, spinach, and Swiss chard pretty for as long as possible,** follow these steps: Separate leaves and plunge into cold water. Swish around and rub any spots with visible sand/dirt. Lift out of water. Repeat with new water if sediment remains. Spin dry. Place in a plastic bag with a dry paper towel in the bottom and seal up. Press out most of the air. Place in the fridge.

**No salad spinner? No problem!** Just get a laundry lingeree bag (or other soft mesh bag). Place your newly washed greens in the bag and zip it shut. Take it outside and swing it briskly in a circle. OK, your neighbors may wonder what you're doing, but at least your greens will be perfectly spun dry!

### Spinach

Tender enough for salads or light steaming. Luckily Charles got the spinach picked before the hail got to it - now we have holey spinach in the field. Hopefully the bugs don't find it - they often find the stressed out plants.



### Swiss Chard

This is delicious raw in salads or lightly steamed. We also saute it in olive oil and garlic. You can cook the chopped stems first, then throw in the leaves. It only takes a few minutes to cook the leaves.

### Sugar Snap Peas

These are edible pod peas. Wash, snip the



Then Tuesday, we got hail. Hail is a non-discriminatory weather event - it shreds all plant leaves in the garden! But the tender, large spinach leaves took the worst of it. Oh well, we can't put a roof over the gardens, so we'll keep plugging away. The plants are amazingly resilient!

ends and pull so the strings come off at each of the seams. Then eat raw, saute, steam, or boil until crisp-tender.



### Green Onions

Cut off the roots, wash, and then you're ready to eat or cook!

### Hot Pepper Jelly or Medium Salsa *(Your choice)*

We wanted to give you a taste of summer - try our



tomatoes, peppers, and onions in our delicious salsa, or our mild and hot peppers in our addictive hot pepper jelly. The jelly is wonderful on crackers with a little cream cheese.

Thanks for joining us this year.

Sincerely,

### Charles, Cheryl, & Anna DeBerry

DeBerry Farm Fresh Produce

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