

From: Constant Contact ()
To: farmer@deberryfarm.com
Date: Wed, June 17, 2009 8:08:49 AM
Subject: Your email This week's fresh produce has been sent



Email Confirmation

Dear Charles & Cheryl DeBerry,

Your email, named Week 2 - June 17, 2009, was sent on 06/17/2009 around 8:08 AM 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 2, June 17



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Anna's Corner

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

Anna loves to
watch the

Dear Charles & Cheryl,

How'd it work last week?

We're hoping our new "farmers market" format allows you more flexibility and choice when you come pick up your veggies. Let us know how you like it! It seems our "extras" table was a hit last week - hope you were able to use all the "extras"! We'll see you Wednesday between 3:30 pm and 6:00 pm at the farm.

- **Be sure to bring your DeBerry Farm bag to carry your 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.
- **To contact us on Wednesdays:** We often don't have quick access to our home phone or email on Wednesdays. If you need to contact us on Wednesdays, please call Charles' cell phone at 301-616-0854 or Cheryl's cell phone at 301-616-1074.

What's fresh this week?

Mixed Leaf Lettuce

horses on the farm. Tuesday evening when Cheryl arrived at the farm after work, Anna was singing "happy birthday" to the horses. Apparently it was all four horses' birthdays! She had even taken some mowed grass and made a large "grass pie" for the horses to enjoy. What an imagination!

What's Happening at the Farm?

Here comes more rain...

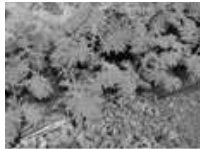
The rain this time of year can really hinder our progress! This is the time of year when we are still planting out seeds and plants, while picking for our two farmers markets and our subscriptions, and trying to keep weeds and bugs under control. It's a lot to keep up with, and if we have lots of rain, it makes it impossible! It takes at least two or more days

Some different types of lettuce to make a beautiful salad this week!



Spinach

Some more nutritious spinach for you this week. Though it's great raw, we also like it lightly steamed or sauteed with garlic.



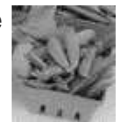
Kale

Kale is a nutrient-dense food that when prepared correctly, is delicious! This is a mixed bag of several varieties of kale. It will need to be cooked (steamed, or our favorite, sauteed with garlic and olive oil). See the recipe section

below for some other ideas.

Sugar Snap Peas

These are edible pod peas. We hope you enjoyed these last week. They are so good raw, we haven't even cooked any this year yet!



Green Onions

Delicious in salad, cooked in dishes, used as garnish, the possibilities are endless!

Garlic Scapes

These curly critters are the immature seed stalks of the garlic. (The entire garlic plant is edible, even the roots!) Chop them up and saute with kale or mince and use as regular garlic in your favorite dishes. Store in a plastic bag in the fridge.



Kale Recipes

Easy Greens Bake ([click link](#))

http://rs6.net/tn.jsp?et=1102613272621&s=0&e=001hg4yyt3uFLGlrQgRixEjwPMzNVAwIIFH89FFIFx-ZIY9-rQbxBNDj2kSvzGwuBeLj_0LeLXN1ynTkXN35-BBdnCS0brGgbSze4HVpQ7U3oaDjfUcNmTKj7SNSIC9BTgoO2CymNcVTm5YxQ64KFPzuRgu82OZIaX7SsNQS7_U=

Sauteed Kale

- 1 1/2 lbs kale, stems and leaves separated (chop stems into 1/4 inch pieces, leaves into 2 inch pieces.)
- 2 tablespoons olive oil
- crushed red pepper flakes, to taste (optional)
- 2 garlic scapes, finely sliced
- 1/2 cup vegetable stock or water
- salt and pepper
- 2 tablespoons balsamic vinegar

Heat olive oil in a large saucepan over medium-high heat.

Add crushed red pepper flakes, if using, and let them sizzle a bit in the oil.

Add the garlic and cook until soft, but not colored.

Add the stock and kale stems and toss to combine.

Cover and cook for 5 minutes. Add kale leaves, cook another 5 minutes.

of dry weather to allow the fields to dry enough to do much in them. (Otherwise we have erosion problems, and we need to keep all the soil we can!)

Spinach Delight Salad

Salad

2 lbs fresh spinach, washed and torn

1 (16 ounce) can bean sprouts, drained

4 hard-boiled eggs, chopped

2 (8 ounce) cans water chestnuts, sliced

1/2 lb bacon, cooked and crumbled

Dressing

1 cup salad oil

3/4 cup sugar

1/3 cup ketchup

1/4 cup vinegar

2 teaspoons salt

1 tablespoon worcestershire sauce

1/2 cup onion, chopped

Mix dressing ingredients together in jar (be sure to mix very thoroughly and if making ahead, mix

Remove cover and continue to cook, stirring until all (most) the liquid has evaporated. I like the kale to still remain bright-ish green.

Season with salt and pepper to taste and add vinegar.

Sugar Snap Pea & Carrot Saute

2 cups sugar snap peas
1 cup diagonally cut carrot
1 tablespoon low sodium soy sauce
1 teaspoon rice vinegar
1/2 teaspoon dark sesame oil

Heat a large nonstick skillet over medium-high heat.

Coat pan with cooking spray.

Add sugar snap peas and carrot, saute 3 minutes or until crisp-tender.

Remove from heat, stir in remaining ingredients.

Thanks for joining us this year.

Sincerely,

Charles, Cheryl, & Anna DeBerry

DeBerry Farm Fresh Produce

301-533-1026 home (don't use this number on Wednesdays)

301-616-0854 Charles cell (use this number on Wednesdays)

301-616-1074 Cheryl cell

farmer@DeBerryFarm.com

www.DeBerryFarm.com

www.DeBerryFarm.Blogspot.com

thoroughly again before serving).

Place all salad ingredients in a large salad bowl and toss together.

Toss in salad dressing just before serving.

Note The spinach tends to wilt quickly in the dressing so it is very important not to add the dressing until you are ready to serve.

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