

From: Constant Contact ()
To: farmer@deberryfarm.com
Date: Wed, June 24, 2009 9:21:41 AM
Subject: Your email This week's fresh produce has been sent



Email Confirmation

Dear Charles & Cheryl DeBerry,

Your email, named Week 3 - June 24, 2009, was sent on 06/24/2009 around 9:21 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 3, June 24



In This Issue

[Anna's Corner](#)

[What's Happening at the Farm?](#)

[Recipe: Swiss Chard with Raisins & Pine Nuts](#)

[What's fresh this week?](#)

[Recipe: Wilted Lettuce](#)

[Recipe: Braised Kohlrabi](#)

Quick Links

[Our Website](#)

[Other Local Farms](#)

[Our Farm Blog](#)

Dear Charles & Cheryl,

Finally some sun!

Hope everything was ok last week!

- **Pea Boxes**, if they aren't too dirty or damaged, can be brought back to the farm each week so we can reuse them. Thanks!
- **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?

Anna's Corner

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

Anna has big news this week - she was excited to find out that she will have a little sister this fall! That's right, **It's a girl!**

She's been calling the baby a "she" all along!

We're thrilled to have another little girl on the farm!

What's Happening at the Farm?

The sun brings hay...

The pretty weather has created a great opportunity for our neighbors to cut their hay. However, this causes the bugs that were in the hay field to find a new home - usually right in our gardens! Thank goodness we have some organic controls for the little buggers.

Otherwise, our corn is starting to put up a few tassels. That means we'll have corn within a month!

We have golf ball-sized tomatoes setting on now too.

Swiss Chard with Raisins &



Leaf Lettuce

Try the wilted lettuce recipe this week!

Romaine Lettuce

The Romaine Lettuce is substantial enough to make lettuce wraps - just wrap up your favorite sandwich fixin's in a lettuce leaf and secure with a toothpick.

Swiss chard

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



Kohlrabi

Though it looks like an alien vegetable, kohlrabi is a delicious addition to your dinner table. Wash, remove stems and leaves.

Then peel the purple off. You can eat it raw (we love kohlrabi sticks), sauteed, or steamed.

Sugar Snap Peas

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



Radishes

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

Beets

The tops of the beets are delicious when used as greens - saute with your Swiss chard for added "red". To cook beets, leave about 1 inch of stems on, wash and scrub off all the dirt. Cook in a pot of boiling water, or you can roast them in the oven. (smaller beets take less cooking time, and vice versa). When they are tender (test with a knife inserted) you can slip the outer peel off and cut off the root and stem ends.



Pine Nuts

1 1/2 lbs Swiss chard

1/2 cup pine nuts

3 tablespoons olive oil

1 medium onion, finely chopped

1/4 cup golden raisin, chopped

1 cup water

Tear chard leaves from stems, then coarsely chop stems and leaves separately.

Toast pine nuts in a heavy pot over moderate heat, stirring constantly until golden, about 1.5 to 2 minutes.

Saute onion in oil for about 1 minute, then add chard stems and cook, stirring occasionally for 2 minutes.

Add raisins and 1/2 cup of water and simmer, covered, until stems are softened, about 3 minutes.

Add chard leaves and remaining 1/2 cup of water and simmer, partially covered until leaves are tender, about 3 minutes. Serve immediately.

Wilted Lettuce Recipe

1 gallon leaf lettuce, washed & torn into pieces

1 bunch green onion, chopped (optional)

6 slices bacon

1/4 cup cider vinegar

1/4 cup water

Clean and rip up lettuce into larger serving bowl.

Chop onions and add to bowl with lettuce.

Fry bacon until crisp in frying pan and drain on paper towels.

Crumble bacon when cool.

Add vinegar and water to bacon fat in frying pan and bring to boil.

Pour boiling bacon grease and vinegar mixture over salad greens, stirring constantly while lettuce wilts.

Mix well.

Garnish with bacon bits before serving.

Braised Kohlrabi

2 kohlrabi

1 tablespoon butter

1/8 cup vegetable stock or chicken stock

1/2 teaspoon fresh tarragon, finely chopped

salt

black pepper

chopped fresh parsley

Trim and peel kohlrabi.

Cut kohlrabi either into 1/4 inch disks or strips.

Place butter in skillet and melt.

Over medium heat add the kohlrabi, adjust heat if necessary so that butter does not brown.

Toss to coat kohlrabi with butter.

Sprinkle in tarragon and add the stock.

Cover and continue to cook approximately 10-15 minutes, until slightly tender.

Uncover and turn the heat up a bit.

Cook until the kohlrabi is slightly colored.

Add freshly ground pepper and salt.

Remove to serving dish.

Sprinkle with fresh parsley to taste.

Thanks for joining us this year.

Sincerely,

Charles, Cheryl, & Anna DeBerry

DeBerry Farm Fresh Produce

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