

From: Constant Contact ()
To: farmer@deberryfarm.com
Date: Wed, July 1, 2009 12:38:34 PM
Subject: Your email This week's fresh produce has been sent



Email Confirmation

Dear Charles & Cheryl DeBerry,

Your email, named Week 4 - July 1, 2009, was sent on 07/01/2009 around 12:38 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 4, July 1



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Dear Charles & Cheryl,

More variety!

A few reminders:

- 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?

Our Farm Blog

Anna's Corner

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

Anna's been learning about slugs this spring. Being so wet, we've had tons of specimens for her to examine.

She asked our Extension office horticulturalist, Sherry Frick, how bugs hear. Sherry told her that some hear through their legs, and others through their antennas.

A few days later, Anna was talking to a slug. Cheryl told her it couldn't understand her. She informed Cheryl that slugs hear through their antennas (apparently because they don't have legs).

Cheryl told Anna that slugs speak, well, "slug," while we speak "English." So the slug probably doesn't understand.

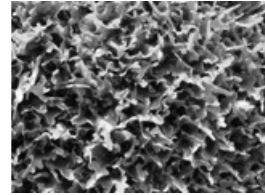
"Mommy, how do slugs speak 'slug'?"

"I don't know, you'll have to ask Sherry that one!"

What's Happening at the Farm?

Green Leaf Lettuce

This variety is called Black Seeded Simpson - it's a nice, tender leafed lettuce that works great for wilted lettuce or in salads.



Red Romaine Lettuce

Swiss chard

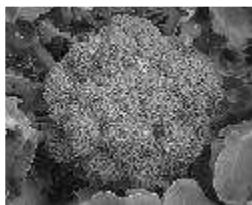
Some more nutritious Swiss chard for you this week. Though it's great raw, we also like it lightly steamed or sauteed with garlic.

**New Red Potatoes**

Gently wash these - the skins will peel off easily. Leave the skins on for added flavor and nutrition. We like them boiled, but broiled and grilled are excellent too!

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!

**Broccoli**

Our first week of broccoli! Great raw, steamed, sauteed, boiled, grilled, etc. Wash well.

Green Onions

Great when cooked with our new red potatoes!



Some things are looking up!

We are hoping to be able to include strawberries soon in your subscription. We just haven't had enough at a time yet, but they are starting to produce more. Finally. It's been a rough spring on the strawberries, with the freezes and the wet weather.

We're receiving our new young plants this week to put out in the fields for fall broccoli, cauliflower, and others. It did really well for us last year.

Low Fat Broccoli Salad

1 head broccoli (florets)

1/2 cup sunflower seed (kernels)

1/4 cup finely chopped celery

1/4 lb turkey bacon, cooked and crumbled

1/4 cup golden raisins

1/4 cup chopped green onions

FOR SAUCE:
1/2 cup fat-free mayonnaise

1/2 cup fat free sour cream

1/2 cup sugar

2 teaspoons red wine vinegar

Put all of the ingredients from broccoli to chopped red onions in a bowl and

Roasted New Red Potatoes with Onions Recipe

2 lbs small red potatoes, unpeeled
2 tablespoons olive oil
1 teaspoon salt
1/4 teaspoon pepper
3 green onions, coarsely chopped
3/4 cup chicken stock
2 tablespoons fresh parsley, chopped

Preheat oven to 425°F.

Gently scrub the potatoes under cold running water and pat dry. (very important to get them dry)

In a roasting pan, combine potatoes, olive oil, salt and pepper.

Using a large spoon or by shaking the pan from side to side, coat the potatoes evenly.

Roast the potatoes for 20 minutes.

Sprinkle evenly with onion; drizzle evenly with chicken stock.

Continue roasting 1 1/4 hours longer, shaking the pan every 10 to 15 minutes to rotate the potatoes, until they are brown and crusty, the centers are done, and onions are caramelized.

Transfer to a serving bowl and garnish with parsley. Serve immediately.

Potato & Sugar Snap Pea Salad

1 1/2 lbs small red potatoes, scrubbed and cut in 1-inch chunks
1/4 cup vegetable broth (or chicken)
1/2 lb sugar snap peas, ends snipped and strings removed
1 cup frozen tiny peas

Mustard dressing:

1/4 cup red wine vinegar (or try 1/2 balsamic!)
1 tablespoon Dijon mustard
1/2 tablespoon sugar
1 teaspoon salt
1/2 teaspoon fresh ground pepper
1/4 cup extra-virgin olive oil
1/2 cup green onion, chopped
1/2 cup thinly sliced red radish
1/4 cup chopped flat-leaf Italian parsley

Cook the potatoes in water to cover 12-15 minutes, until tender. Drain, then toss in a bowl with vegetable broth. Cover and refrigerate at least 2 hours or until chilled.

Meanwhile bring 2 quarts of water to a boil and prepare a bowl of ice water. Add snap peas and green peas to boiling water, return to a boil and cook 1 minute or until snap peas turn bright green. Drain, then submerge in ice

mix them up.

In another bowl mix sauce ingredients.
Pour over vegetable mixture and mix well.

water to stop cooking and cool. Drain and refrigerate.

Dressing:

Whisk ingredients except oil in a small bowl until blended. Gradually add oil, whisking constantly until thickened. Cover and refrigerate.

To serve:

Put potatoes (with broth), snap peas, green peas, onion, radishes and parsley in a serving bowl. Whisk Mustard Dressing to recombine, add to bowl, and toss to mix and coat.

Thanks for joining us this year.

Sincerely,

Charles, Cheryl, & Anna DeBerry

DeBerry Farm Fresh Produce

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