

From: Constant Contact ()
To: farmer@deberryfarm.com
Date: Wed, July 8, 2009 8:10:38 AM
Subject: Your email This week's fresh produce has been sent



Email Confirmation

Dear Charles & Cheryl DeBerry,

Your email, named Week 5 - July 8, 2009, was sent on 07/08/2009 around 8:10 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 5, July 8



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Dear Charles & Cheryl,

Finally, a few strawberries!

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!
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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.

Our Farm Blog

Anna's Corner

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

Anna's becoming quite the expert "tater-picker-upper" (the technical job title on the farm for the person who gathers potatoes after they are dug out of the ground.)

From the first to the last potato, she gets excited about finding them (along with the worms, of course!)

It sure makes a boring job like potato-picking go quicker to have an excited kid helping!

What's Happening at the Farm?

Irrigation Set Up

We had to hook up irrigation this week - with no rain for so many days! Especially since we planted our fall broccoli, cauliflower, cabbage, kale, collards, lettuce, and more over the weekend. The tender little plants were wilting down in the hot sun each day.

With no well on the main part of the farm, we have to pump our water from the spring by the farm house all the way down to the main part of the farm (which is almost 1/2 mile). Luckily we

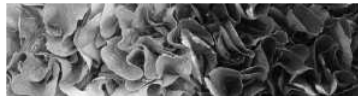
What's fresh this week?

Red/Purple Cabbage

This cabbage is called "red", but we think it looks more like "purple"! Looks great shredded in salads, you can also fry it in a little butter and olive oil, boil it (though the bright color dulls with cooking), or even grill it.



Green Romaine Lettuce



Ever grilled lettuce? Cut the head in half lengthwise, spray with olive oil, then grill for a few minutes on each side until it starts getting wilted and dark on the outer leaves. You can then slice it into wedges and top with your favorite vinaigrette dressing.

Red Leaf Lettuce

A bit more tender red leaf lettuce this week.



Broccoli

Raab/Rabe/Rapini

Although it has broccoli's name, broccoli raab is not related to broccoli. It is, however, closely related to turnips which is probably why the leaves look like turnip greens. Cook as you would any greens. Wash, then cut the bottom portion of the stem off if it looks tough. Cut stalks crosswise into 2-inch pieces and drop them into salted (optional), boiling water. Cook for 1 to 2 minutes and remove with slotted spoon. Saute the blanched broccoli raab/rapini in a little olive oil and as much garlic as you like for 3 to 5 minutes until tender. Optional - Add a few dried red pepper flakes.

Strawberries

Finally enough strawberries to give each of you a pint! We hope you enjoy them. Eat them quickly - most are very ripe.



found a large tank to pump the water into to hold it until we need it.

Broccoli Raab With Sun Dried Tomatoes

1 bunch fresh rapini
4 sun-dried tomatoes, sliced
1/4 cup olive oil
4-6 garlic cloves, minced
water or chicken stock, for moisture
salt and pepper
crushed red pepper flakes

Clean the raab in lots of water, removing any loose dirt & the bottom portion of the stems which appear tough. Cut into 4-inch lengths.

Drop the raab into boiling water for 2 minutes, drain well.

Heat the oil in a large saute pan over medium-high heat. Add the garlic and saute until slightly softened, about 1 minute. Add the raab, just enough water or stock to add moisture to the bottom for cooking, sun-dried tomatoes, salt and pepper. Cover and simmer until desired tenderness, about 15-30 minutes adding extra water or stock if needed.

Remove the lid and allow the water to evaporate.

Garnish with Crushed pepper flakes.

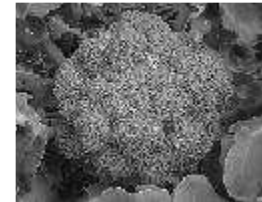


New Red Potatoes

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!

Broccoli

Some more broccoli! Great raw, steamed, sauteed, boiled, grilled, etc. Wash well.



Red Cabbage Coleslaw Recipe

8 cups red cabbage, thinly sliced (about 1 medium cabbage)
4 green onions, thinly sliced
1 medium carrot, grated
1-2 tablespoon olive oil
1/4 cup balsamic vinegar (if you don't have balsamic, red or white wine vinegar will do)
2 tablespoons Splenda or sugar
salt and pepper, to taste

Combine vegetables in a large mixing bowl.

In a microwavable bowl combine oil, vinegar, and sugar; Microwave uncovered for about 45 seconds to dissolve sugar - NOTE if you are using splenda omit this step.

Pour hot dressing over vegetables; mix well.

Refrigerate to blend flavors.

Leftovers will keep a couple days in the fridge.

Mashed Red Potatoes with Garlic & Parmesan

1 1/4 lbs red potatoes, unpeeled, quartered
2 cloves garlic, peeled
1 tablespoons butter
1/4 cup milk
1/2 teaspoon salt
1/4 cup grated parmesan cheese

Put potatoes and garlic in lg pan. Cover with water. Bring to a boil.

Reduce heat and simmer for 25 minutes, until potatoes are

tender.
Drain well.
Mash with the butter, milk, and salt.
Stir in the Parmesan cheese.

Thanks for joining us this year.

Sincerely,

Charles, Cheryl, & Anna DeBerry

DeBerry Farm Fresh Produce

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