

From: Constant Contact ()
To: farmer@deberryfarm.com
Date: Wed, July 15, 2009 10:03:55 AM
Subject: Your email This week's fresh produce has been sent



Email Confirmation

Dear Charles & Cheryl DeBerry,

Your email, named Week 6 - July 15, 2009, was sent on 07/15/2009 around 10:03 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 6, July 15



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Dear Charles & Cheryl,

A few reminders:

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?

Cucumbers

Cukes are finally here! We love them straight out of the field, but some like to dip them in dressing or put a dressing over them. Store



Anna's Corner

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

Thanks to a benevolent coworker of Cheryl's, Anna is the proud owner of a small pool! She helped clean and set it up, and told mom when to stop filling it (about 6 inches deep). Hopefully she'll get used to that and want it a little deeper as the summer wears on.

She has been enjoying playing with her cousins at the farm - she loves playing soccer. Well, she loves kicking the ball to others, but when it comes toward her, she tackles the ball. Not quite how soccer works...

What's Happening at the Farm?

Where's the rain?

The one good thing about no rain for 2 weeks is the weeds didn't grow much!

But we have some very thirsty plants. We keep hooking up more irrigation lines to get the water to where it is needed. (We try to avoid hooking it up as long as we can, so we save a little money). But it looks like everything is going to need a little extra

them in the fridge until you're ready to slice them.

Lettuce

This may be the end of the lettuce for a while until the next patch is ready.



Kale

This is our favorite kale - Toscano. It's a nice flavored, "meaty" kale that has especially sweet flavor after frost in the fall.

Fresh Garlic

This is the first garlic we've dug. It's not "cured" yet, so use it up within a week.

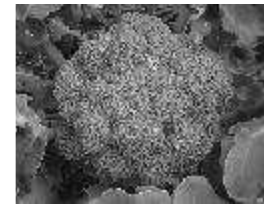


New Red Potatoes

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.



Beets

Some beets for you to try. We love them roasted in the oven! Store them in the fridge and use soon, as the sugar in the beets starts converting to starch as soon as they are pulled from the ground.

Garlic Beets

- 1 bunch medium beets
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 2 cloves garlic, crushed

water soon.

Potato Kale Soup

4 teaspoons olive oil

1 medium onion, chopped

3 cloves garlic, minced

3 potatoes, peeled and sliced

4 cups water

1/2 lb kale, trimmed and shredded

1/4 teaspoon black pepper (to taste)

In a large pan, cook onion in oil until tender.

Mix in garlic, potatoes, and water; bring to a boil, boil 4 minutes; reduce heat and cook 20 minutes or so or until potatoes are tender.

Mash potatoes into the liquid; mix in the kale and pepper; simmer 15 minutes more or so, till kale is done, then serve.

salt

Wash the beets, cut tops and leave two inches of stems. Boil until tender, about 30-40 minutes (or 20 minutes in a pressure cooker).

Cut off stems. Remove the skins by running cold water over the boiled beets, and then slipping of their skins.

Slice the beets and toss with the olive oil, vinegar, garlic, and salt.

Broccoli Salad

1-2 head fresh broccoli (do not use frozen!)

1/2 cup red onion, chopped

1/2 lb bacon

2 1/2 tablespoons vinegar

1 cup Hellmann's mayonnaise

1/3 cup sugar

1 1/2 cups grated mozzarella cheese

Cook bacon and crumble into pieces.

Chop up top of broccoli into bite size pieces. \

Mix broccoli, onions, bacon and mozzarella in large bowl.

In separate bowl combine vinegar, sugar and mayo. Pour over broccoli mixture and toss to coat.

Best if made a day ahead.

Thanks for joining us this year.

Sincerely,

Charles, Cheryl, & Anna DeBerry

DeBerry Farm Fresh Produce

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