

From: Constant Contact ()
To: farmer@deberryfarm.com
Date: Wed, July 22, 2009 8:50:53 AM
Subject: Your email This week's fresh produce has been sent



Email Confirmation

Dear Charles & Cheryl DeBerry,

Your email, named Week 7 - July 22, 2009, was sent on 07/22/2009 around 8:50 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 7, July 22



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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

Some more cukes for you this week!



Our Farm Blog

Anna's Corner

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

How did our 4-year old learn what Saturn is??? Last evening she was playing with a tennis ball. She put a bracelet around it, and said, "Mommy, look, I made Saturn!" (Um, that's the planet with the rings, right?)

After playing with some cousins the other night, I told her that their family also had a baby on the way. They have three children under the age of 5 already. She thought a moment, then said, "Wow, that's a lot to take care of!" (My thoughts exactly!)

What's Happening at the Farm?

A Scary Thing is Coming

We've been monitoring our veggies closely for late blight - that's the fungus that caused the great Potato Famine in Ireland. It can wipe out tomatoes and potatoes (and their many relatives in the veggie world) within two weeks.

Usually the blight spores are carried on the wind from out west, past the



Leaf Broccoli / Raab

We got good reviews for this last time. It's not as bitter as some varieties of broccoli raab. Use like you would any of our greens.

Fresh Garlic

It's still not "cured" yet, so use it up within a week.

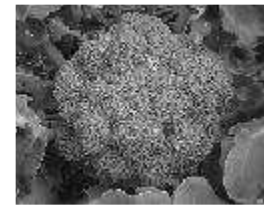


Swiss Chard

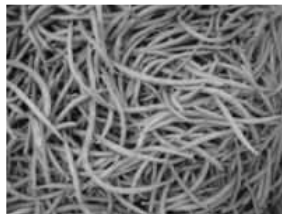
Still delicious raw in salads, steamed, or sauteed!

Broccoli

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



Green Beans



The first beans of the season! These are stringless, so all you have to do is remove the stem end. Then wash and eat! You can also steam them, saute them, or boil them. We love them sauteed, then added to

omelets!

Purple Cabbage

These small guys are going great right now! Of course, they thrive in cool weather. We love it fried in a little butter (add a lid for the first five minutes of cooking to speed things up).



time of year that it really matters here. However, this year a careless supplier sent thousands of infected plants all over the mid atlantic to a large retailer. So, a lot of back yard gardens got infected, and the blight is spreading rapidly and is terrible this year. If we can keep it at bay, we'll hopefully still have potatoes and tomatoes throughout the season. If not, we'll be out of luck.

Purple Cabbage Salad

1/2 cup vegetable oil

1/2 cup red wine vinegar, plus 2 tablespoons red wine vinegar

3 tablespoons sugar

salt

1 teaspoon seasoning salt, such as Lawry's

1/4 teaspoon black pepper

1/4 teaspoon onion powder

1 small head red cabbage, very thinly sliced

Combine oil, vinegar, sugar, salt, seasoned salt, pepper and onion powder in a bowl.

Pour over cabbage; chill for at least 2 hours or overnight.

Sauteed Green Beans

2 lbs fresh green beans, trimmed
 2 garlic cloves, minced
 4 tablespoons unsalted butter
 4 tablespoons extra-virgin olive oil
 1/4 cup parmesan cheese
 kosher salt
 freshly cracked black pepper

Heat a large saute pan and add the oil and butter.

When hot, add the green beans and garlic and season generously with salt and pepper.

Toss occasionally and cook until almost tender but still a bit crisp, over medium heat.

Place in a warm dish and grate the cheese over the beans just before serving.

Creamy Swiss Chard Pasta

1 bunch swiss chard
 1 tablespoon olive oil
 2 garlic cloves, smashed
 1/4 cup onion, chopped
 2 large tomatoes, chopped
 1/2 cup fat free sour cream or plain yogurt
 1/2 cup 2% low-fat milk
 1/4 cup parmesan cheese
 8 ounces fettuccine pasta, cooked according to package
 salt and pepper

Wash swiss chard, cut into small pieces.

Heat oil in large 2 quart saucepan over medium high heat, 1 to 2 minutes.

Add swiss chard, garlic and onion; cooking 1 to 2 minutes, stirring occasionally.

Add tomatoes, sour cream, milk, parmesan cheese, cooked fettuccine, salt and pepper to taste; stir well.
 Serve warm.

Thanks for joining us this year.

Sincerely,

Charles, Cheryl, & Anna DeBerry

DeBerry Farm Fresh Produce

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