

From: Constant Contact ()
To: farmer@deberryfarm.com
Date: Wed, July 29, 2009 9:09:32 AM
Subject: Your email This week's fresh produce has been sent



Email Confirmation

Dear Charles & Cheryl DeBerry,

Your email, named Week 8 - July 29, 2009, was sent on 07/29/2009 around 9:09 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 8, July 29



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Dear Charles & Cheryl,

We're officially over half way through subscriptions for the summer! We can't believe this Saturday starts August. Time flies when you're too busy to look up!

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?

Lettuce

Anna's Corner

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

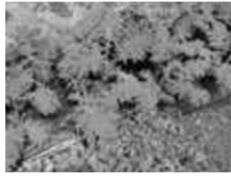
Anna's been struggling with three canker sores in her mouth this last week. Most of us have had them, but hers are worse than any I've seen. They get to be almost the size of dimes and they last at least two weeks. So she's been in pain and hasn't been able to eat as much as normal. Needless to say, she's not acting like our normal Anna. Keep her in your prayers as we find what causes these awful things this time of year. In the meantime we have every medicine listed for canker sores from stores within a 50 mile radius!

What's Happening at the Farm?

Picking Problems

With Cheryl not feeling much like bending over, all the picking duties have fallen on Charles. He works all day Tuesdays and Fridays to pick, wash, and pack the fresh produce needed for our subscriptions and our farmers markets. It's too much for one guy to try to do! Especially now that beans are ready - they take a while to pick.

A surprise! Some of our lettuce is making a comeback!



Kale

Onion

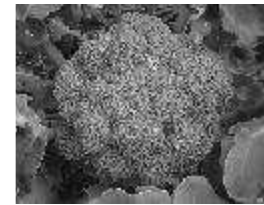
Our onions are finally getting big enough to harvest.



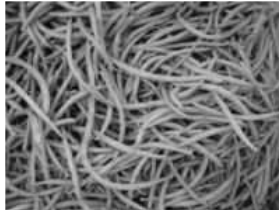
Beets

We roasted some beets this week - what a treat!

Broccoli



Green Beans



Sweet Corn

Yay! The sweet corn is finally here! This variety is extra sweet - we hope you like it. To prepare, cut off the stalk end (feel where the last row of kernels are). Take off the husk and remove silk. Wash, then eat raw, cook, steam, roast, or grill!



Cream of Broccoli Soup

2 tablespoons butter
 1 onion, chopped
 1 garlic clove, chopped
 1 stalk celery, chopped
 2 (14 1/2 ounce) cans chicken broth
 4 cups broccoli

We're lucky to have some help washing and packing on Fridays (Cheryl's parents). Charles has done a great job this year working on weed control and we got more fall plants in the ground than normal. But you just can't pick too far in advance. So, we're looking for someone to help pick on Tuesdays and Fridays through this busy season. Any ideas?

Dijon Beets

4 medium beets

1 tablespoon Dijon mustard

2 tablespoons lemon juice

1 tablespoon apple cider vinegar

1 teaspoon sugar

Wash beets. Cut off tops. Put beets in a pot with water to cover them. Bring beets to a boil, covered. Cook until tender when pierced with a fork. Drain and cool.

Slice beets into 1/4 inch slices.

Combine remaining ingredients.

Pour over beets. Stir to combine.

Serve warm or let marinate in the fridge for a couple hours.

3 tablespoons butter
3 tablespoons flour
2 cups milk
pepper
1/2 cup Velveeta cheese (or more)

Melt 2 tablespoons butter in medium sized stock pot, and sauté onion, garlic and celery until tender.

Add broccoli and broth; cover and simmer for 10 minutes.

Purée soup or mash with potato masher.

Return to heat.

In small saucepan, over medium heat melt 3 tablespoons butter, stir in flour and add milk.

Stir until thick and bubbly, add to soup.

Add cheese; stir until melted.

Season with pepper and serve.

Kale 'Chips'

1 tablespoon apple cider vinegar
1 tablespoon salt
2 tablespoons olive oil
1 bunch kale, rinsed with stems removed

Cut kale into 2 to 3 inch pieces.

Mix vinegar, oil, and salt in a large bowl then add kale and mix by hand. Try to get all the leaves covered.

Place on baking sheets and bake at 350 F until they are crispy.

After about 20 minutes, if it looks like they are not sizzling a bit or getting a little crispy, turn up the heat to 400°F.

Time for baking varies depending on the size of your chips and desired crispness.

The outer edges cook quicker than the pieces from near the stem.

Thanks for joining us this year.

Sincerely,

Charles, Cheryl, & Anna DeBerry

DeBerry Farm Fresh Produce

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