

**From:** Constant Contact ()  
**To:** farmer@deberryfarm.com  
**Date:** Wed, August 5, 2009 8:32:31 AM  
**Subject:** Your email This week's fresh produce has been sent



## Email Confirmation

Dear Charles & Cheryl DeBerry,

Your email, named Week 9 - August 5, 2009, was sent on 08/05/2009 around 8:32 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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#### Quick Links

- Our Website
- Other Local Farms
- Our Farm Blog

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?

#### Carrots

Thanks to Evans Knob Farm near Bruceton Mills for the carrots this week. We "traded" some peppers for her CSA for carrots for ours! We hope you like them!

## Anna's Corner

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

Anna's canker sores are finally gone! Now her allergies are taking over. Poor girl has a runny nose, is coughing, and has a sore throat. We're trying some allergy meds, hoping they help alleviate the symptoms.

Unfortunately, there are lots of allergies in both our families so she's likely to suffer from them for a while!

She got to play with her cousins the other day - had a grand old time! They taught her that she can jump off the back of our trailer (about 1.5 feet high). She's always been a cautious child, and it never occurred to her to try before, I'm sure! But her male cousins will climb up on and jump off of just about anything!

## What's Happening at the Farm?

### Peppers are going like gangbusters!

We've, in years past, used a lot of plastic mulch to help keep weeds at bay. Well, thanks to a new planter, Charles is

### Lettuce

More variety in the mixed lettuce bag this week!



### Kale

First come, first choice between the curly red kale and the toscano kale.



### Potatoes

These will need to be eaten soon. They were dug Friday.

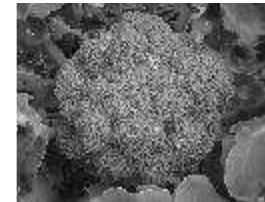


### Cauliflower

The cauliflower is doing well - hope you like it!

### Broccoli

A nice, large head for you to use this week.



### Purple Cabbage

A cute little cabbage this week!

### Bell Peppers

A couple bell peppers.



### Yellow Squash (one) Cucumber (one)

### Berries

First come, first choice. We have a few raspberries and strawberries.

### Sweet Corn

More sweet corn this week!



experimenting this year with not using as much plastic. (It's a pain to take up in the fall, and it adds to our costs!)

So far, so good!

The broccoli and cauliflower this week were grown without it with great results. Our biggest surprise is the peppers. They are doing exceptionally well! We do have some on plastic, but the ones not on plastic are only about 1 week behind the ones on plastic (which in theory should be way ahead due to increase in soil temps under the plastic!)

We have a little more cultivating and hoeing to do this year, but we think it's worth it so far!

## Cauliflower 'Popcorn'

1 head cauliflower

4 tablespoons olive oil

1 teaspoon salt, to taste

Preheat oven to 425 degrees.

Trim the head of cauliflower, discarding the core and thick stems; cut florets into pieces about the size of ping-pong balls.

In a large bowl, combine the olive oil and salt, whisk, then add the cauliflower pieces and toss thoroughly.

Line a baking sheet with parchment for easy

## Fontina & Bell Pepper Baked Potato Topping

1 tablespoon olive oil  
2 tablespoons minced green pepper  
1 clove garlic, minced  
salt  
freshly-ground pepper  
1 ounce Fontina cheese, diced

Microwave oil, peppers, and garlic in a microwave-safe dish on high 1 minute.

Season with salt and pepper.

Sprinkle cheese over hot split baked potato and microwave 30 seconds.

Spoon pepper mixture over cheese.

## Kale & Potato Soup

4 medium potatoes  
2 tablespoons vegetable oil  
8 cups water  
1 teaspoon salt  
1/2 teaspoon pepper  
2 lbs kale, fresh  
1/2 lb garlic sausage, cooked and sliced (the smoked kind)

Chop potatoes into 1/2 inch pieces.

Combine with vegetable oil and water.

Cook for 15 to 20 minutes or until potatoes are tender.

Remove potatoes and reserve liquid.

Mash potatoes and return to potato liquid.

Add salt and pepper and simmer for 20 minutes.

Wash kale, discarding stems, and cut into shreds.

Add to potatoes and cook for 25 minutes.

Add sausage.

Simmer gently for 5 minutes.

cleanup (you can skip that, if you don't have any) then spread the cauliflower pieces on the sheet and roast for 1 hour, turning 3 or 4 times, until most of each piece has turned golden brown.

(The browner the cauliflower pieces turn, the more caramelization occurs and the sweeter they'll taste).

Thanks for joining us this year.

**Sincerely,**

**Charles, Cheryl, & Anna DeBerry**

DeBerry Farm Fresh Produce

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