

From: Constant Contact ()
To: farmer@deberryfarm.com
Date: Wed, August 12, 2009 9:00:09 AM
Subject: Your email This week's fresh produce has been sent



Email Confirmation

Dear Charles & Cheryl DeBerry,

Your email, named Copy of Week 10 - August 12, 2009, was sent on 08/12/2009 around 9:00 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 10, August 12



In This Issue

- Anna's Corner
- What's Happening at the Farm?
- Recipe: Tomato Grilled Cheese Sandwich
- What's fresh this week?
- Recipe: Basil Pesto
- Recipe: Mexican Salad

Quick Links

- Our Website
- Other Local Farms
- Our Farm Blog

Dear Charles & Cheryl,

We're 2/3 the way through the season!

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

Anna's Corner

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

As you pick up this week, you may notice that Anna's got a new swingset! Cheryl's Dad made the frame for it as a surprise for Anna. Cheryl's family came over Monday to help Charles finish setting it up. Anna was so excited! She loves the "regular" swing - she also has a "horse" (tire) swing that she still has a hard time getting onto. Eventually, we know she'll get the hang of it and be a real swinger!

What's Happening at the Farm?

Ragweed - Ick!!!!

This time of year (ragweed season) Charles struggles to keep his allergies in check. They really wear him down. It's impossible to get rid of all the ragweed around the fields and in the horse pastures. So he tries to mitigate with allergy meds and extra naps to rejuvenate.

We're going to have a couple weeks without sweet corn - we're in between patches right now. Hopefully in a couple weeks we'll have some more for you!

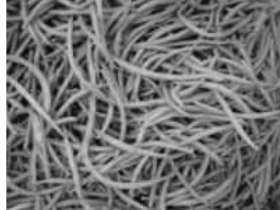
Thanks to Evans Knob Farm near Bruceton Mills for the carrots this week. We "traded" some more peppers for her CSA for carrots for ours! We hope you like them!

Mixed Lettuce

More variety in the mixed lettuce bag this week!



Romaine Lettuce



Green Beans

Tiny, tender, and stringless! Pop off the stem end, then steam, saute, or boil until just crisp-tender. Yum!

Tomatoes

Our first ripe tomatoes - thank goodness we've avoided the late blight that is rampant in the county!



Sweet Italian Peppers

These are delicious - so sweet and none of the bitterness of green bell peppers. Try them fried or roasted for a treat!

Broccoli

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



Basil

A nice bunch of basil - use in soups, marinara sauces, or make the pesto recipe (below).

Bell Peppers

A bell pepper.



Tomato Grilled Cheese Sandwich

2 slices bread

2 slices tomatoes

2 slices swiss cheese (or your favorite kind)

2 teaspoons mayonnaise (or mayo to your taste)

1 pinch salt

1 pinch pepper

1 pinch italian seasoning

1 pinch garlic powder or minced garlic

2 tablespoons butter

Spread both slices of bread with a light layer of mayo.

Put slice of cheese on one piece of bread.

Add tomato slices. Sprinkle with salt, pepper & Italian Seasoning.

Cover tomato slices with other slice of cheese, then cover with other piece of bread.

In the meantime, heat griddle or pan with butter and garlic powder or minced garlic.

Also spread butter on top of each side of bread.

Grill until sandwich is brown on both sides and cheese is melted.

Basil Pesto

This is great over pasta, on pizza, or however you like pesto!

2 cups basil leaves (firmly packed 2 cups)

3/4 cup parmesan cheese (grated)

3/4 cup olive oil

3 garlic cloves

1/4 cup pine nuts

Combine all ingredients in blender or food processor & cover.

Blend on medium speed about 3 minutes, stopping occasionally to scrape sides, until smooth.

Mexican Salad

1/2 bag mixed lettuce

1/2 cup grated sharp cheddar cheese (2 ounces)

1/2 cup chopped green onion

1/2 cup sliced ripe olives

2 small tomatoes, sliced

1 cup crushed tortilla chips

Avocado Dressing

1 avocado, mashed

1 tablespoon lemon juice

1/2 cup sour cream (4 ounces)

1/2 cup vegetable oil

1/2 teaspoon sugar

1/2 teaspoon garlic salt

1/2 teaspoon chili powder

Tear lettuce into bite size pieces.

Combine lettuce, cheese, onions, olives and tomatoes in a salad bowl.

To make dressing, combine avocado, lemon juice, sour cream, oil, sugar, garlic salt and chili powder and mix until smooth. This may be done in a blender.

Toss salad and dressing and add crushed chips last.

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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