

From: Constant Contact ()
To: farmer@deberryfarm.com
Date: Wed, August 19, 2009 8:40:09 AM
Subject: Your email This week's fresh produce has been sent



Email Confirmation

Dear Charles & Cheryl DeBerry,

Your email, named Week 11 - August 19, 2009, was sent on 08/19/2009 around 8:40 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 11, August 19



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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?

Cauliflower

Some more cauliflower for you this week.



Anna's Corner

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

Anna had a blast at the fair last week - we were able to take her two evenings. She loved looking at the farm animals (especially the horses). Her favorite, of course, was riding the kiddie rides!

This week we finally purchased a vehicle with a back seat - until now we've only had single-cab pick up trucks. (We knew when the baby comes this fall, we'd need to do something so we could all ride together!) Anna is thrilled to have a shorter vehicle to be able to climb up into. It's a Hyundai Santa Fe and we really like it so far!

What's Happening at the Farm?

Looking forward

Though we only have four more weeks of the CSA, we go to farmers markets until November 8. So we have a long way to go still. This time of year we start losing momentum a bit. Charles' allergies are wearing him down, the weeds are getting ahead of us, etc. Charles mentioned the other day that it would be nice to

Leaf Lettuce



Hot Banana Peppers

Mildly hot! Remove the inner seeds and veins to remove most of the heat.



Tomatoes

Some more tomatoes for you!

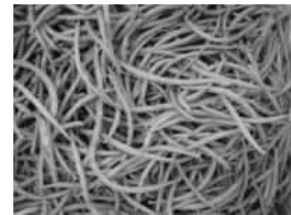


Sweet Italian Peppers

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

Green Beans

The beans are still doing well.



Zucchini

Finally the zucchini have started producing more!

Bell Peppers

A bell pepper.



Beets

Our next batch of beets is coming on now.

"take a week off."

Impossible for us this time of year, but it's a nice daydream!

One thing that has helped this summer is that Charles purchased a new seed planter he's been wanting. It will plant the really small seeds - like lettuce, radishes, beets, carrots, onions, etc. If we can get more of those types of veggies seeded directly into the soil instead of starting them in the greenhouse and transplanting, a lot of time/energy can be saved! It's been fun for Charles to test it out with some old seed in the last two weeks.

Grilled Cauliflower

1 head cauliflower

1/4-1/2 cup
butter (softened)

1 1/2 teaspoons
seasoning salt

1/4 cup grated parmesan
cheese

Remove stem & leaves from cauliflower. Wash & pat dry.

Spread the butter over the cauliflower.
Sprinkle with seasoned salt & cheese.

Wrap head of cauliflower in heavy duty aluminum foil.

Grill over medium heat about 40 minutes or until desired tenderness (test with toothpick).

Fresh Tomato Pepper Salad

1 cup sugar
1 cup oil
1/2 cup vinegar
1 teaspoon salt
1 teaspoon dry mustard
1/2 teaspoon celery seed
1 dash garlic salt or powder
2 tomatoes
1 sweet onion
1 green pepper

Mix all dressing ingredients, down to the garlic in a medium bowl.

Thinly slice tomatoes, onions and peppers.

Add veggies to dressing and toss.

Let it sit in the fridge for at least an hour or so.

The flavors get better the longer it sits.

Serve as a side dish or use the veggies on your favorite summertime sandwich.

Pickled Beets

1 bunch beets
1 cup sugar
1/2 cup vinegar
1 cinnamon stick
1 sliced onion (optional)

Scrub beets. Cut tops off, leaving 2 inches of stems. Boil beets in water just to cover until tender. Drain and reserve 1 cup liquid.

Under running cool water, cut off tops, peel, then slice beets.

In a saucepan combine 1 cup beet liquid, sugar, vinegar and cinnamon stick.

Heat to boiling.

Pour over beets (and onions if using).

Cover and refrigerate at least twelve (12) hours.

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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