

From: Constant Contact ()
To: farmer@deberryfarm.com
Date: Wed, August 26, 2009 8:35:26 AM
Subject: Your email This week's fresh produce has been sent



Email Confirmation

Dear Charles & Cheryl DeBerry,

Your email, named Week 12 - August 26, 2009, was sent on 08/26/2009 around 8:35 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 12, August 26



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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?

Kale



Anna's Corner

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

Anna got a 'new' stack of books from Cheryl's aunt over the weekend (she hit a fabulous yard sale and got a 4-inch-high stack of little golden books!) Anna has been driving us crazy asking us to read her new books to her at every opportunity. As soon as we walk into the farm house, we hear, "Mommy, read me a book!" While Charles is in the field working, she asks, "Daddy, can we go to the farm house and read a book?" She 'suckered' her uncle Wade into reading some the other night, and Tuesday her grandma DeBerry came to watch her and had to read them too. We're glad she loves books so much!

Speaking of, she's been a part of the Landon's Library/Dolly Parton's Imagination Library program since it started and it is terrific! Anna gets a new, hard back book each month in the mail until she turns 5 this fall. For more information, visit the website for: Landon's Library

or

[Imagination Library](#)

We're living proof that the program is a terrific success! I'm sure they could use donations to help other kids in Garrett County get books for their home libraries.

Leaf Lettuce



Hot or Sweet Banana Peppers

(Your choice).



Savoy Cabbage

Courtesy of Evans Knob Farm! We love the crinkly, curly texture of savoy cabbage.

Tomatoes

A variety of tomatoes for you!



Basil

More basil for you to use or freeze! Remember to keep it fresh, keep it out of the fridge. Snip the bottom stems a little, then keep in a jar of water on the counter out of direct sunlight.

Garlic



Zucchini & Yellow Squash



What's Happening at the Farm?

Corn Again!

Thank goodness the heat last week produced something other than buckets of sweat! The next patch of corn really came along and is here again.

Bulk Tomatoes or peppers, Anyone?

Our tomatoes and peppers are going strong. If you'd like bulk quantities of these, let us know. We have some orders for them this week, but after that we should have some extra. We give a "CSA discount" to you for bushel orders. Just let us know.

Mozzarella, Tomato, Basil Salad

2 large tomatoes

1 cup mozzarella cheese

4-5 leaves fresh basil, chopped into strips

2 tablespoons extra-virgin olive oil

salt and pepper

balsamic vinegar (optional)

Slice tomatoes and mozzarella cheese same thickness.

Arrange the tomatoes,

Sweet Corn

Our next batch of sweet corn is coming on now.



Bell Pepper



Sweet Corn Salsa

1/4 cup corn, cooked, cooled, and cut from the cob
 1 cup salsa (whatever "heat" level you want)
 1/4 cup black beans
 2 tablespoons sugar
 1 tablespoon white corn syrup
 1/2 teaspoon Worcestershire sauce
 1/2 teaspoon apple cider vinegar

Mix all ingredients well.

Refrigerate for 2-3 hours.

Ginger Garlic Savoy Cabbage

1 head savoy cabbage, cored, shredded across in approx 3/4-inch slices (about 1 1/2 lbs)
 2 tablespoons olive oil
 1 tablespoon minced garlic
 salt & pepper
 1 1/4 tablespoons ginger, minced
 Juice of one lime

Heat wok or large skillet medium high heat, wait until oil is hot.

Add cabbage and stir fry until cabbage just starts to wilt (do not overcook).

Add garlic, salt and pepper. Cook 1 minute.

Add ginger; cook 1 minute.

Drizzle with lime juice and serve.

mozzarella, and basil alternating in a circle around a decorative serving dish.

Drizzle with olive oil (and balsamic vinegar if desired).

Serve with salt and pepper to individual taste.

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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