

**From:** Constant Contact ()  
**To:** farmer@deberryfarm.com  
**Date:** Wed, September 2, 2009 8:00:11 AM  
**Subject:** Your email This week's fresh produce has been sent



## Email Confirmation

Dear Charles & Cheryl DeBerry,

Your email, named Week 13 - September 2, 2009, was sent on 09/02/2009 around 8:00 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 13, September 2



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Dear Charles & Cheryl,

**After this week, we only have two more weeks!**

**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?

**Collards**



## Our Farm Blog

**Anna's Corner**

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

Anna got to go to the circus in Oakland Friday night with Cheryl's parents. I think grandma and grandpa enjoyed the show more than Anna did! It was their first time. Anna has seen the last two other circuses that came to town. They're all pretty much the same. We'll have to take her to a bigger one sometime - she keeps hoping for an elephant siting but the best the local ones have done is horses and dogs in the show!

**What's Happening at the Farm?****Dry Weather, Cold at Night!**

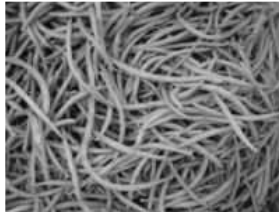
Interesting weather we're having. September came and we had night time temperatures in the 40's! Gotta love Garrett County weather. Thank goodness it's hot enough during the day to keep it from frosting at night. That would be a major bummer.

Although, the fall broccoli plants are looking quite lovely, and they can take frost. (The ones in the spring did, anyway!) Plus

Ever made cabbage rolls? Try using collard leaves instead of cabbage! They hold up well and add a different, subtle flavor to the rolls.

**Lettuce****Hot & Sweet Banana Peppers**

(If you don't want hot ones, that's fine.)

**Green Beans**

Lovely beans for you!

**Tomatoes**

A variety of tomatoes for you!

**Italian Bull Horn Peppers (Sweet Diablo)**

These sweet peppers are delicious when roasted, fried, or grilled! Though some are starting to turn red, yours will probably be green for a few more weeks.

**Strawberries**

the kale, collards, cauliflower, and a few other cold-hardy items would survive.

## Green Beans with Goat Cheese & Warm Dressing

1 1/2 lbs thin green beans

1/4 lb bacon, sliced into thin strips

1/4 cup chopped shallot

1 clove garlic, chopped

1/8 cup sherry wine vinegar

1 1/2 tablespoons Dijon mustard

1/2 teaspoon dry mustard

1/4 cup olive oil

salt, pepper

1/2 cup crumbled goat cheese

1/4 cup dried cranberries

Cook beans in a pot of boiling water until crisp tender, about 5 minutes.

Drain, rinse with cold water, pat dry.

Cook bacon in a skillet until crispy, transfer to paper towels to drain.

Add shallots and garlic to drippings in skillet, saute until softened, 3-5 minutes.

Add vinegar, mustard and dry mustard.

## Green and Red Bell Pepper



It's easy to freeze peppers. Just chop them into pieces, place on a cookie sheet and freeze. When frozen, remove from cookie sheet to freezer bags. You can use as many as you want this way (they don't stick together).

## Roasted Red Bell Pepper and Tomato Soup

1 sweet red pepper  
3 cups tomatoes, chopped  
1 tablespoon stock (veggie or chicken)  
1 tablespoon sugar  
salt  
white pepper  
1/8 cup cream  
2 tablespoons butter

Grill the pepper, turning frequently, until blackened all over. Peel off the skin. Gently wipe or scrape off any remaining black stuff from the outside. Cut open and discard seeds and white insides. Do not wash as this will flush away much of the flavor.

Puree peppers and tomatoes in a blender or food processor.

Strain out seeds.

Place pepper/tomato mixture in a saucepan.

Bring to a boil, then simmer uncovered for about 25 minutes.

Add remaining ingredients except butter.

Simmer uncovered for 15 - 20 minutes.

Remove from heat. Set pan in ice water and gradually whisk in butter.

Cool, cover and refrigerate overnight. Next day, heat gently, garnish with basil and serve. Note: This soup is quite mild. You can spice it up by adding a splash of tabasco sauce.

## Collards Recipe

1 medium tomato, chopped  
2 tablespoons red onions  
2 tablespoons garlic  
3 tablespoons vegetable oil  
2 cups collard greens, de-stemmed and chopped  
1 tablespoon honey  
1/2 teaspoon Tabasco sauce

Whisk in oil, season with salt & pepper.

Toss beans with dressing, sprinkle with cheese, bacon, dried cranberries.

1/2 teaspoon red pepper flakes  
3/4 cup chicken stock

Sautee tomato, red onion, and garlic in vegetable oil on med-high heat Add collards.

As the collards sweat, add honey, Tabasco, red pepper flake, and chicken stock. After everything is in the pan, reduce heat to just over low and cook about 45 minutes to 1 hr.

Thanks for joining us this year.

**Sincerely,**

**Charles, Cheryl, & Anna DeBerry**

DeBerry Farm Fresh Produce

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