

From: Constant Contact ()
To: farmer@deberryfarm.com
Date: Wed, September 9, 2009 8:50:07 AM
Subject: Your email This week's fresh produce has been sent



Email Confirmation

Dear Charles & Cheryl DeBerry,

Your email, named Week 14 - September 9, 2009, was sent on 09/09/2009 around 8:50 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 14, September 9



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Dear Charles & Cheryl,

After this week, we only have one more week!

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?



Shell Out Beans

Anna's Corner

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

The folks in Cheryl's office threw a "Tea Party" baby shower on Tuesday. Anna was able to attend, and had a ball! She sipped tea out of a beautiful real tea cup (complete with saucer). Tiny cucumber sandwiches, ham & cheese tarts, salad, and a cake shaped like a tea pot completed the meal.

Of course, Anna got four presents of her own, in addition to the baby gifts! So she was thrilled and played with them the rest of the day!

What's Happening at the Farm?

Fall Crops are Coming In!

The fall broccoli is starting to produce some nice heads now. We hope the cauliflower, brussels sprouts, and other crops we planted mid-season will soon start producing soon too!

Some of the items Charles direct-seeded into the ground with his new planter are looking good too - specifically the radishes you got this week! There are some young beets coming along too. (Though the deer have found them).

These beautiful beans can be made into bean soup, pork 'n beans, etc. Shell them out (the pods are not edible). These beans are not dried - they are fresh, so store them in the fridge. Cook within 5 days or so. It'll take about 45-55 minutes (sometimes longer) to cook them (test them to see if they are soft). Uncooked or undercooked (slightly hard in the center) can cause gastric distress.

Radishes

A bunch of red radishes for you!



Zucchini

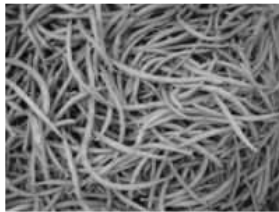
Broccoli

Kale

Beets

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

Radish Spread

8 ounces cream cheese (softened)

1/2 cup butter or margarine (softened)

1/2 teaspoon celery salt

1/8 teaspoon paprika

1/8 teaspoon red cayenne pepper

1/2 teaspoon Worcestershire sauce

1 cup finely chopped red radish

1/4 cup finely chopped green onion

Mix all ingredients together.

Chill.

Serve on rye rounds or crackers.

(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



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).

Bean & Kale Soup

1 tablespoon olive oil
 4 garlic cloves, minced
 1/2 medium yellow onion, chopped
 2 cups raw kale, chopped (be sure to remove the spiny sections)
 2 cups chicken broth or vegetable broth, divided
 1 quart shell out horticulture beans, shelled and washed
 1 tomato, peeled and diced
 1 teaspoon Italian herb seasoning
 salt and pepper
 1/2 cup chopped parsley
 shredded parmesan cheese

Cook beans until tender.

In a large pot, heat olive oil.

Add garlic and onion; saute until soft and the onion is transparent.

Wash the kale, leaving small droplets of water. Saute, stirring, until wilted and a lovely emerald green, about 15 minutes.

Add 1 1/2 cups of the broth, reserving 1/2 cup, 1/2 of the beans, reserving 1/2, all of the tomatoes, herbs, salt and pepper.

Simmer 5 minutes.

In a blender or food processor, mix the reserved beans and broth until smooth.

Stir into the soup to thicken it nicely.

Simmer 15 more minutes.

Ladle into bowls; sprinkle with chopped parsley and shredded parmesan.

Serve with a nice loaf of crusty bread to soak up all the yummy broth!

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Pepper Medley

1 green pepper
1 Sw. Diablo pepper
2 Sweet banana peppers
1/2 Hot banana pepper (optional)
1 large carrot
1 onion, coarsely chopped
2 cloves garlic, finely sliced
1/2 cup brown sugar
1/2 cup sesame seed
salt, black and red pepper to taste

Cut the peppers into strips.

Peel the carrot and cut into very thin strips.

Stir-fry peppers and carrots in oil with the onion until the onion becomes translucent.

Add the garlic and fry 1 minute longer.

Add the brown sugar, sesame seeds and seasonings.

Stir-fry for one minute longer.

Remove from heat and serve.

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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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