

DeBerry Farm Fresh Produce



Crate Full O' News

DeBerry Farm Vegetable Subscriptions

Week 8, August 5, 2008



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'Mater Samiches' Recipe

A tomato, sliced
Bread of your choice
Butter or mayo

Assemble in a sandwich-fashion.

Enjoy!

Broccoli & Sweet Pepper Recipe

6 ounces fresh broccoli

nonstick cooking spray (or cooking oil)

1 clove garlic, minced or

Dear C. Benson,

Thank you for joining the 2008 DeBerry Farm CSA Vegetable Subscription Service!

Whew, we're half-way through! We're half way through our market season (first of May through first of November) and our vegetable subscriptions as well. In some ways time flies, in other ways it is slow as molasses in January (especially when we're picking green beans or strawberries - backbreaking!)

So far the consensus on the sweet corn is, despite the small ears and occasional worm, it's delicious and sweet! Thanks for your feedback!

What's in your bag this week?

Tomatoes (Heirloom and Hybrid Red)



Heirloom: The big, sometimes misshapen pink tomatoes we grow are called "Brandywine." They have superior flavor. The darker pink they get, the riper they are, and the softer they will get. Use before they get too soft.

Hybrid Red: The red tomatoes that look

more like a store tomato are called "Mountain Spring." They have great flavor, and last longer than the heirlooms.

To store: store stem-side down on a countertop or window sill. **Do not place in the fridge** - it will remove the flavor from the tomato!

To use: rinse (don't immerse) in tepid water. Let air dry or dry with a paper towel. cut out the stem portion and the tiny blossom end black spot. Then chop, slice, or eat whole like an apple!



Broccoli Florets

A bit more broccoli this week.

To store: store in the fridge

1/4 teaspoon garlic powder

1/2 medium green sweet pepper, cut into 3/4 inch pieces

1-2 tablespoons water

1/4 teaspoon dried marjoram, crushed (oregano)

Pinch of salt

pinch of pepper

Wash broccoli; remove flowerets from stems.

Thinly slice the stems into rounds (you should have about 3/4 cups).

Cut the flowerets into smaller flowerets, if needed (you should have about 1 cup).

Set stems and flowerets aside.

Spray a large skillet with non-stick cooking spray (or, you can use cooking oil).

Heat over medium heat.

Add garlic; cook and stir for 15 seconds.

Add broccoli stems and flowerets, sweet pepper, water, marjoram (oregano), salt, and pepper.

Cover and cook for approximately 5 minutes or until the vegetables are crisp-tender.

Garlic Green Beans with Olives

1 tablespoon olive oil

To prepare: wash, chop into desired-sized pieces. Eat raw, steam, boil, bake, etc.

Kale

The kale is starting a comeback! These cool nights have helped it grow again.

To store: wash by swishing in a large bowl of cold water. Lift out of the water. If dirt remains in the water, repeat with fresh water. Spin dry, or pat dry with



paper towels. Place in a plastic bag with a dry paper towel in the bottom. Seal, then place in the fridge.

To use: strip the leaves from the stems. Chop stems, then add to the pan/pot first. When they are almost tender, add chopped leaves and cook until tender.

Sweet Corn

The type: This is a bi-color corn, meaning both white and yellow kernels are on the ears.

A Warning: We used an organic spray to try to reduce our worm damage, but you will still have to watch out for worms. They are usually in the end where the silk comes out. Just cut off the part where they've eaten. And try not to think about it.

To prepare: Cut the stem end (opposite the silk) just at the last row of kernels (feel where they are by squeezing gently.) Peel the husks and silk off the ear. Wash the ear.

To store: store in the fridge with husks in place until ready to eat (try to eat within a day or two for best flavor).



Summer Squash: Yellow Squash and/or Zucchini

To Store: Place in crisper drawer of refrigerator.

To prepare: wash in cold water, drain. Trim off stem and blossom ends. Baby squash can be eaten raw in salads. Larger squash can be sliced and fried/broiled, roasted, steamed or grilled.



Hot Banana Pepper

Only one this week - more to come!

Store unwashed in the refrigerator **To use:** wash in cold water. Cut out the stem end. For more "heat," leave the veins and seeds inside. For less "heat," remove seeds and veins.

Green Bell Pepper

Only one this week - more to come!

Store unwashed in the refrigerator



6 cloves garlic, minced
 1 tablespoon butter
 1 small yellow onion, chopped finely
 1 1/2 teaspoons oregano
 1/2 cup black olives, chopped
 1 1/2 lbs fresh green beans, trimmed
 1 cup chicken broth salt and pepper

Warm oil in a large skillet.

Add garlic and let cook for 1 minute, then add the butter and let melt.

Add onion and oregano and cook until onion is soft.

Then add olives, green beans, and broth.

Cook until beans are crispy-tender and sprinkle with salt and pepper according to your taste.

Charles' Cucumber Salad

2 cucumbers, sliced
 1/2 cup Miracle Whip
 2-3 Tbs flavored vinegar (white Balsamic is good, red wine, cider are ok)

To use: wash in cold water. Cut out the stem end, and remove seeds and veins from the inside.



Green Beans

Store unwashed in the refrigerator in a plastic bag.

To prepare: Wash in cold water. Remove the stem ends. No need to remove the blossom end (the pointy one) unless you want to.

To use: Can be eaten raw in salads, sauteed, steamed, boiled, grilled, etc.

Cucumber

Only one or two this week - more to come!

Store unwashed in the refrigerator

To use: wash in cold water. Cut off each end, then peel if desired.



New Red Potatoes

To store: store unwashed in a paper bag in a cool, dark place

To use: wash with a veggie brush, gently to keep skins intact. Then cook whole, or slice/dice first.

What's Happening at the Farm?

What's up with the strawberries? Rain is not our friend when there are ripe strawberries in the field. The rain helps promote fungus growth, rotting of fruit, and makes an all-around mess of the strawberry field. We're working on cleaning out the rotten berries (so they don't attract bugs). It'll take a while to get the job done, so until then, our berries will be lacking. Hopefully we'll be able to include them again soon.

We Hope more Peppers are Coming! We're almost out of our hot pepper jelly this year - it's the first year we've run out before we could make more! The jelly is made mostly from red bell peppers. It takes green peppers a long time to turn red, so we'll be waiting a while to make more pepper jelly.

As always, check out our [farm blog](#) for more about what's happening at the farm.

Recipe: Kale Slaw

This recipe gives a workout to your spice cabinet, but it worth it!

4 cups kale (de-stemmed and shredded)
 1/4 cup carrot (peeled, shredded)
 1/2 cup walnuts (chopped, toasted)

1-2 Tbs sugar

1/4 tsp salt

Mix all but cucumbers until sugar is dissolved. Pour over cukes and mix well.

Best if sits in fridge a few hours.

Some folks add sliced onions.

Anna's Corner

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

Anna has taken to playing in the mud this summer. (We wonder where in the world we'd get mud in the middle of THIS summer...)

She has been making mud pies, mud ice cream cones, and just mud.

The other day, she came up to Cheryl with something in her hands - it was pretty large, and was completely caked in mud. Of course, her shoes, her hands/arms, her bottom, etc. were also caked in mud.

Cheryl asked, "What's that you have?"

Anna answered, "it was in the mud." Cheryl thought maybe it was a rock or a stick. Then Anna finished, "It's my SHOE! It got stuck in the mud and came off!"

Needless to say, Cheryl found a bag to put her

1/2 cup mayonnaise
1 tablespoon cider vinegar
2 tablespoons sugar
1/2 teaspoon ground allspice
1/2 teaspoon dried oregano
1/2 teaspoon dried thyme
1/2 teaspoon paprika
1/4 teaspoon cayenne (less or more to taste)
1/3 teaspoon curry powder (or less to taste)
1/3 teaspoon sugar
1/4 teaspoon salt
1/4 teaspoon fresh cracked pepper
1/8 teaspoon ground nutmeg
1/8 teaspoon ground cinnamon
1/8 teaspoon clove

Combine the kale, carrots and walnuts.

Whisk together the mayonnaise, vinegar, sugar and spices.

Toss with mix.

Cover. Chill 1 hour.

Recipe: New Red Potato Salad

9 small new red potatoes
1/2 cup minced onion
1 cup mayonnaise (or salad dressing)
1/4 cup sour cream
2 Tbs sugar (or less to taste)
2 Tbs cider vinegar
1 teaspoon prepared mustard
1/2 teaspoon salt
1/2 teaspoon celery seed
4 hard-cooked eggs, peeled and chopped (optional)

Bring a large pot of water to a boil.

Drop in the new potatoes and reduce to low.

Cover and cook for 20 min, or until potatoes are done. Cool potatoes until able to handle them.

Dice potatoes into a lg bowl (I don't peel them).

Add onion.

Mix all remaining ingredients in sm bowl.

Pour over the potatoes and mix well.

Best if refrigerated for 1-2 hours. .

Recipe: Stir Fried Summer Squash with Corn &

shoe in and her sock, and her other shoe. And all her clothes.

Charles opened an irrigation water valve to wash the muck from her hands. She rode naked in the truck up to the farm house, and went straight into the shower.

Peppers

1 medium onion, chopped
 2 tablespoons olive oil
 2 cloves garlic, minced
 1 medium bell pepper, cut into 1/2 inch squares
 1 teaspoon ground cumin
 1/8 to 1/4 cup chopped hot banana pepper
 3 medium summer squash, cut into 1/2 inch dice
 1/2 teaspoon salt
 1 1/2 cups corn kernels cut from the cob
 1 tablespoon fresh lime juice or lemon juice

In a large skillet, cook the onion in the olive oil over moderate heat until it is softened and just beginning to color around the edges, about 3 minutes.

Add the garlic and bell pepper.

Cook, stirring until the pepper begins to soften, 2 to 3 minutes.

Add the cumin and hot pepper and cook, stirring, for 1 minute.

Add the zucchini and season with the salt.

Cook stirring occasionally, until the zucchini is tender but still firm, 3 to 5 minutes.

Add the corn and cook, stirring frequently, until hot, about 2 minutes.

Sprinkle on the lime juice and serve hot or at room temperature.

Thanks again for joining us this year! If you ever have any questions about the produce, our service, or anything farm-related, just contact us! No question is a "dumb" question when it comes to produce. (and we've probably heard the question before!)

Sincerely,

Charles, Cheryl, & Anna DeBerry

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