

## DeBerry Farm Fresh Produce



## Crate Full O' News

### DeBerry Farm Vegetable Subscriptions

Week 10, August 19, 2008



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#### Strawberry Lemonade

1 1/2 cups water, cold

2 cups fresh strawberries

3/8 cup sugar

3/8 cup lemon juice

1 cup club soda, cold

lemon slice (optional)

Place water, strawberries & sugar in a blender; cover & blend until smooth.

#### Dear C. Benson,

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

**1/3 the way through!** This is week 10 of 15 - only 5 weeks to go for this season. We have to tell you - we're getting pretty exhausted and disheartened this time of year. It's been difficult keeping up the pace and the weather has only cooperated a few times. We're hoping we get our "second wind" soon to pull us through to the end of the season!

#### What's in your bag this week?

##### Tomatoes

**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!



##### Onion

These sweet onions are pretty tasty!  
**Store** on the counter for up to a week, or if you won't be using it soon, seal it in a plastic bag and place it in the fridge.

**To use:** Cut the top and bottom off, then slice, chop, or eat like an apple!

##### Carrots

Courtesy of [Backbone Farm](#), Max & Katharine Dubansky. We traded tomatoes to Max & Katharine to provide for their CSA, and we got these beautiful and tasty carrots for our CSA customers! Let us know how you like them and we'll



Stir in lemon juice.

Blend in soda; serve immediately, garnished with lemon if desired.

## Red Potato Soup

1 qt. red potatoes, cut into cubes

2 celery ribs, cut into small pieces

1/2 medium onion, diced

2 1/2 slices bacon, torn into pieces

2 tablespoons chopped fresh parsley

1/4 teaspoon minced garlic

1 cups half-and-half

1/2 teaspoon black pepper

1/2 teaspoon salt

8 cups water

Start by frying the bacon in a 2 gallon stockpot over medium heat. When the bacon is about half cooked, add in the onions, parsley, garlic and celery. Cook until the onions and celery are softened.

Add 4 quarts of water to the stockpot. Bring to a boil, then add potatoes. Cook for 40

pass it along to them.

**To store:** store in the fridge

**To prepare:** cut off green tops and skinny root at bottom. Scrub with a veggie brush. Scrape any discolored areas off. Then eat, chop, slice, julienne, or whatever you like!

## Sweet Corn

**The lowdown:** This is the second and sometimes third and fourth picking from the corn patch, so some of the ears have kernels that are pretty big. But they still seem pretty sweet and aren't getting "chalky" yet. We picked everything out of the patch. We have another patch that will be ready in a few weeks.

**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).



## Strawberries

A few more strawberries are starting to get ready!



## Green Bell Pepper



**Store** unwashed in the refrigerator

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

## Red Potatoes

A few more potatoes for you to enjoy!



## What's Happening at the Farm?

### Did you know you have been eating award-winning tomatoes??

Our Mountain Spring tomatoes won 3rd place at the Marion County (WV) Master Gardeners' Tomato Tasting event on Sunday! The first and 2nd place winners were both cherry tomatoes, so Charles' Mountain Springs were the only "real" tomatoes that won a prize! There were over 50 entries in the contest. So we had some tough competition!

However, each person likes different types of tomatoes - we think the Mountain Springs are so-so, and love the heirlooms for their flavor. Oh well, to each his own!

minutes, covered. Stir occasionally.

After 40 minutes, spoon about 1/2 of the potatoes with liquid into a blender. Puree till smooth, add the pureed potatoes back into the pot along with the salt, pepper and half-and-half, stirring constantly.

Cook for an additional 20 minutes, covered.

Stir frequently.

Serve garnished with grated cheddar cheese and serve with warm French bread.

Season to taste.

### **Bell Pepper, Kidney Bean, & Mushroom Side Dish**

1 tablespoon olive oil

1 clove garlic, finely chopped

1 bell pepper, seeded and sliced lengthwise

8 ounces mushrooms, sliced

1 (15 ounce) can red kidney beans (undrained)

1/8 teaspoon salt

In a 12" pan, saute garlic in oil for 1

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

### **Recipe: Sweet Onion Custard "Bread"**

2 tablespoons butter  
 1 large onion, halved and sliced  
 1 1/2 cups all-purpose flour  
 4 teaspoons baking powder  
 1/2 teaspoon salt  
 1 1/2 cups milk  
 1 large egg, lightly beaten  
 1/2 cup shredded sharp cheddar cheese

#### *Topping*

1/4 cup shredded sharp cheddar cheese  
 1 tablespoon poppy seed  
 1 tablespoon butter, melted

In large frying pan, melt butter over medium-high heat.

Saute onions 10 to 15 minutes or until light golden brown.

Set aside 2 tbsp of this mixture for the topping.

In large bowl, combine flour, baking powder and salt.

Stir in milk, egg and 1/2 cup cheese.

Add remaining onions.

Pour into a greased 9 inch pie plate.

Sprinkle 1/4 cup cheese, reserved 2 tbsp onion and poppy seeds over top of bread.

Drizzle with melted butter.

Bake at 400F for about 25 to 35 minutes or until golden brown.

Cool slightly, cut into wedges.

### **Recipe: Tomato Bake**

1 (8 ounce) can refrigerated biscuits (not buttermilk)  
 3-4 large tomatoes, peeled and sliced  
 2 tablespoons chopped fresh basil or 2 teaspoon chopped dried basil  
 salt and pepper

minute.

Add mushrooms and saute until golden brown.

Remove mushrooms from pan, add bell pepper and saute until cooked but still firm.

Combine mushrooms, salt, and kidney beans with bell pepper in pan.

Bring mixture to a boil, simmer briefly, then serve.

### Anna's Corner

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

Anna went to stay with her Grandma and Pops (Cheryl's mom and dad) last weekend. She had a ball! (And never once cried or missed Mommy and Daddy...)

She got to entertain her great-grandma a bit with some singing (great-grandma did a lot of clapping!)

She got to ride the 4-wheeler with Pops which is always an adventure - especially when they spot deer and other critters.

She went fishing at the pond, and when Grandma hooked a fish, Anna got to reel him in. Of course, he was too small so Pops threw him back in the water. That was the only fish they caught!

1/8 cup minced onion  
1 cup mayonnaise  
1 1/2 cups shredded monterey jack cheese (6 ounces)

Remove Biscuits from package and separate.

Line the bottom (not the sides) of a very lightly greased casserole dish with biscuit dough; press dough together with your fingers and pat it thin and smooth.

Arrange tomatoes on top of dough.

Sprinkle basil, salt and pepper on tomatoes; top with onions.

Combine the mayo and cheese; spread over the tomatoes and onions; put in oven.

Bake in a preheated 425 degree oven 12 to 15 minutes, or until crust is done.

Let stand 10 minutes before cutting to serve.

### Recipe: Corn Potato Chowder

2 1/2 cups corn, cut from the cob  
2 cups diced potatoes  
1 tablespoon butter  
1/4 cup onion, diced  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1 1/2 cups boiling water  
2 cups hot milk  
1 tablespoon flour, mixed with 1 tablespoon water  
Combine, in a large pot, all ingredients except milk and flour/water.

Cook until potatoes are fork tender.

Slowly add milk and flour/water while stirring constantly. Stir well.

Bring to a boil and allow to cook for 10 minutes, stirring frequently.

Serve with chopped green onion and shredded cheese as a garnish.

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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