

DeBerry Farm Fresh Produce



Crate Full O' News

DeBerry Farm Vegetable Subscriptions

Week 11, August 26, 2008



In This Issue

Anna's Corner

What's in your bag?

What's Happening at the Farm?

Ratatouille Recipe

Stuffed Bell Pepper Soup Recipe

More-or-Less Kale Bake Recipe

Quick Links

Our Website

Other Local Farms

Our Farm Blog

Freezing Peppers

Wash peppers. Cut out stem end, remove seeds and inner white veins. Slice into pieces.

Place pieces on a cookie sheet, so they aren't touching each other. Place pan in freezer.

Once frozen, place peppers in freezer bags.

Then you can remove what you need from the bag, and toss the bag back in the freezer.

Dear C. Benson,

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

Where'd the Rain Go? The weather just can't seem to give farmers a break this year. Too rainy for most of the season, now it's getting awfully dry!

Since ours isn't going to be ready for a couple weeks, we got some sweet corn from Paul Petersheim for you. Paul has Mountain Valley Produce south of Oakland in Pleasant Valley. The variety he grows is an older variety, and probably won't be quite as sweet as ours, but it is a good corn.

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: Peel the outer papery skins off. Cut the top and bottom off, wash, then slice, chop, or eat like an apple!

Cucumbers and/or Summer Squash

This may be the last of the cukes and summer squash. You'll have to peel the cukes - most have some bug damage on them. But inside they should be just fine!

Homemade Tomato Ketchup

1/4 cup white vinegar

3/8 cinnamon stick,
broken

3/8 teaspoon whole cloves

1/4 teaspoon celery seed

2 cups ounces tomatoes

1/4 cup onion, chopped

1/16 teaspoon cayenne
pepper

1/4 cup sugar

1/16 teaspoon salt

Mix the first 4 ingredients in
a saucepan.
Cover and bring to boil.

Remove from heat and let
stand.

Wash, core, and quarter
tomatoes. Drain in a
colander, discarding liquid.
Place tomatoes in a large
pot.

Add onion and cayenne.
Bring to boiling.

Cook for 15 minutes,
stirring often.

Put mixture through a food
mill; discard seeds and
skins.

Add sugar to the tomato
juice.

Bring to boil and simmer for
1 1/2 to 2 hours or until
reduced by half.
(measure depth with a ruler
from start to finish)

Strain vinegar mixture into
tomatoes, discarding spices.

Add salt.
simmer for about 30
minutes or until it reaches
desired consistency, stirring
often.

Gazpacho

(use whatever veggies you

To store: store in the fridge

To prepare: Wash well. Cut off each end.

Sweet Corn

The lowdown: This corn is from Paul Petersheim in Pleasant Valley - since our next batch of corn won't be ready for 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.

Sweet Banana Peppers and Jalapeno Peppers

Some sweet and spicy peppers for you to enjoy!

Kale

The cool nights last week helped the kale start growing again.

What's Happening at the Farm?

Ragweed - a.k.a., the Scurge!!

Poor Charles

! He's allergic to ragweed when it is in bloom. This week has been rough on him! Some sections of the garden have quite a bit of ragweed. So when he goes in those sections to pick, he gets overcome with sneezing, running eyes and nose, and an all around feeling of ick. It's truly bad enough that he can hardly see to walk or drive up to the farm house. Out comes the Benedryl, which makes him drowsy.

The remedy?

A respirator mask! He bought one this week, and it works great! He can be right in among the ragweed and it doesn't bother him. But if he takes it off, then shakes out his shirt, the nose starts running again!

Of course, Charles says he looks pretty ominous out in the field with this huge gas mask on - said if anyone came by they would think he was spraying something terrible. But no, it's just protection against the scourge of the earth - that bloomin' RAGWEED!

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

have - adjust recipe to taste)

4 cups tomato juice (can also use V8, Clamato, or a mix of these)

2 tablespoons olive oil

2 tablespoons vinegar

2 tablespoons lemon juice

1 dash worcestershire sauce (optional)

salt (to taste)

pepper (to taste)

1-2 garlic cloves, minced fine (to taste)

3-4 tomatoes, peeled, seeded and chopped fine

1 cucumber, peeled, seeded and chopped fine

1/4 onion, chopped fine

6 radishes, chopped fine

1 avocado, cut into small cubes (optional)

Mix all ingredients in a large, non-reactive container.
Store in the refrigerator.

Serve icy cold.

at the farm.

Recipe: "Ratatouille"

This goes great with a crusty bread! Adjust veggies to suit what you have - mushrooms, yellow squash, etc. are great in it! Some folks add hot peppers to give it more of a kick.

3 tablespoons olive oil
1 onion, thinly sliced
4 garlic cloves, peeled and sliced
1 small bay leaf
1 small eggplant, cut into 1/2-inch, pieces
1 small zucchini, halved length wise and cut into slices
1 bell pepper, cut into slivers
3 medium tomatoes, chopped
1 teaspoon salt
1/4 cup shredded fresh basil leaf
fresh ground black pepper

Over medium-low heat, add the oil to a large pan with the onion, garlic and bay leaf.

Stir occasionally till the onion begins to soften (about 2 minutes).

Add the eggplant and cook for 8 minutes stirring occasionally.

Stir in the zucchini, bell pepper, tomatoes, and salt.

Cook over medium heat for 6 minutes or until the vegetables are tender.

Stir in the basil and a few grinds of black pepper.

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Recipe: Stuffed Bell Pepper Soup

1 lb ground beef
1 1/2 cups tomato juice
1 12 oz. jar salsa
2 cups chopped green pepper
1 cup chopped onion
1 cup cooked rice

Brown ground beef and cook rice.

Mix together all ingredients and cook as soup.

Anna's Corner

Here's what Anna is up to at the

farm.

Now that the mud is gone from the farm, Anna has discovered the joys of playing in dry dirt!! She loves to pick up a handfull of sandy dry soil and throw it up in the air and watch the wind take it away. (Makes us think of the dustbowl out west!)

Needless to say, she gets pretty dirty this way too. She was playing this week, then walked away from us toward the truck. With every step, a puff of dust drifted from her little bottom. She shakes her head and dirt just flies out of her hair.

The only good thing is that to clean her up all we have to do is pat her down a bit.

Recipe: More-or-Less Kale Bake

(It's called more-or-less because you can use a little more or less of all the ingredients - it'll still turn out! Works well with spinach, Swiss Chard, Collards, etc. instead of kale. Good with Swiss cheese, but any will do.)

1 gallon bag of kale
 7 eggs
 1/2 cup milk
 1 1/2 cups shredded cheese
 1 onion, chopped
 2 cloves garlic, minced
 1 Tbs olive oil
 1/2 tsp salt

Grease a 10x13 inch casserole dish. Heat oven to 300 degrees.

Heat a large pot of salted water to boiling. In the meantime, Strip leaves from stems of kale. Chop stems into 1/4 inch pieces. Put into pot to start cooking. When stems are soft, add chopped leaves of kale and cook until tender.

In the meantime, heat oil in a large skillet on medium-low. Add onion, cook until translucent. Add garlic, cook for 2 additional minutes.

Drain kale, press with fork to remove as much water as possible.

Beat eggs in a large mixing bowl with milk. Add salt, cooked onions and garlic. Mix in cheese and drained kale. (break it apart - a whisk works pretty good for this).

Pour into casserole dish (it will seem there isn't enough liquid. Just press it in the dish).

Bake until center is set, about 25-35 minutes.

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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