

DeBerry Farm Fresh Produce



Crate Full O' News

DeBerry Farm Vegetable Subscriptions

Week 3, July 1, 2008



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Broccoli & Cauliflower Salad

1 head cauliflower

1 bunch broccoli

2 green onions, diced

1/2 cup mayonnaise

1/3 cup vegetable oil

1/3 cup vinegar

1/4 cup sugar

1/2 teaspoon salt

1/4 teaspoon pepper

2 slices bacon, cooked and crumbled

Wash and trim broccoli and cauliflower. Break cauliflower and broccoli into

Dear C. Benson,

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

A minor setback or two

With all the rain, Charles has decided this would have been the year to be a rice grower.

The weeds are still growing in full force. Unfortunately, we think someone swiped our weedeater out of the back of Charles' truck on one of our trips to town last week. There goes our last line of defense for the weeds! (If you can't kill them, trim them into a nice lawn-like area between our veggie rows!)

So let us know if a shadowy figure comes up to you in a dark alley, opens his trenchcoat, and tries to sell you a heavily used Husky weedeater. 1/2 full of gas. :)

What's In Your Bag This Week?

Lettuce (Romaine & Leaf)

To prepare: For the head, cut the bottom inch of the stem off and discard. For all: Place loose leaves in a bowl of cold water. Swish around, then lift out of the water. If sand/dirt remains in the water, repeat with a new bowl of water. Spin dry, or dry with paper towels. (See article below left)

To store: place washed and dried lettuce in a plastic bag with a dry paper towel. Seal it up (squish most of the air out of it first). Place in the fridge for up to a week.



Broccoli

To prepare: wash in cold water, drain. If desired, cut into smaller florets. The larger stem is good, but best if peeled first.

florets.

Combine remaining ingredients except bacon.

Toss gently and chill several hours or overnight. Garnish with bacon.

Note: Raisins and sunflower seeds could be added to this salad for a little additional crunch and sweetness.

Easy Cheesy Broccoli

1 cup broccoli spears

6 ounces shredded cheese

1/3 cup milk

1/4 teaspoon onion powder

dash ground cayenne or hot pepper sauce, if desired

salt and pepper, to taste

Heat a pan of water to boiling. Add broccoli, cover, and cook until tender.

In a saucepan over medium heat, combine remaining ingredients. Heat, stirring frequently, until cheese is melted and mixture is smooth, about 5-7 minutes.

Taste and add salt and pepper as desired. Pour sauce over broccoli arranged on a serving platter or in a bowl, or serve sauce separately.

Creamy Kohlrabi Slaw

3 med. kohlrabi, peeled & shredded

1/2 c. shredded carrots

1/4 c. sliced celery

1/4 c. sour cream

1/8 c. French dressing

To store: store unwashed in a plastic bag in the fridge.

Cauliflower

To prepare: wash in cold water, drain.

If desired, cut into smaller florets.

To store: store unwashed in a plastic bag in the fridge.



Kohlrabi

To store:

place in the refrigerator crisper drawer.

To prepare: Cut off the leaves and stems. Wash in cool water, then peel. Slice and eat raw, or steam until crisp-tender, or add to stir fries! Whatever you can do with a

potato or cabbage, you can do with a kohlrabi. (Yes, the greens are edible, but not very tasty!)

Green Onions (Scallions)

To store: place in a sealed plastic bag in the refrigerator crisper drawer.

To prepare: Wash in cool water, cut the roots from the bottom. Peel off any discolored/slimy lower leaves. Eat raw, chop for dishes, or place whole onions upright in a cup of water for a quick snack.



What's Happening at the Farm?

Things are really picking up at the farm now! Charles got most of the cantaloupes and cucumbers transplanted out this week.

The next batch of strawberries has lots of blooms and little green berries - we hope in a few weeks we can add those to your bags again. So sweet!!

The negative vibes we sent to the critters must have worked - less damage from deer, squirrels, and groundhogs this week. (quick, knock on wood!)

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

Recipe: Roasted Kohlrabi

1/2 pound fresh kohlrabi, ends trimmed, thick skin sliced off with a knife, diced

1 tsp olive oil

1 tsp garlic (optional, to taste)

Salt

Good vinegar

Set oven to 450F. Toss the diced kohlrabi with olive oil, garlic and salt in a bowl. (This can be done on the pan but you'll likely use more oil.)

1 tsp. sugar
1 tbsp. sliced green onions
1/4 tsp. salt

In large bowl, stir together all ingredients.

Cover - refrigerate 2 hours or until ready to serve.

Spread evenly on a rimmed baking sheet and put into oven (it needn't be fully preheated) and roast for 30 - 34 minutes, stirring every five minutes starting after about 20 minutes.

Sprinkle with a good vinegar (balsamic, cider, wine, etc.) at the table.

Anna's Corner

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

Anna will turn 4 in October. She'll tell you that, too.

This week, she was riding her pedal 3-wheeler around in the farm house. Suddenly Cheryl heard some major banging going on in the living room.

Upon investigation, she found the 3-wheeler's front tire up on the ottoman, with Anna banging ferociously on it with a paddle-ball paddle (without the ball).

When asked, Anna said she ran over a "mice" and broke the wheel. (Some mice, huh? We grow 'em big on the farm)

She said, "the lady is fixing it, and I am helping." Guess she found a good mechanic quicker than I ever have...

Recipe: Wilted Lettuce

1/2 bag leaf lettuce, torn into bite size pieces
Salt
1/4 pound bacon, chopped
1/4 cup vinegar (cider is our favorite)
2 Tbs sugar
1/4 cup water

Place leaf lettuce in large bowl. Sprinkle salt over.

In frying pan, fry bacon - just crisp. Remove bacon, leaving drippings. Add vinegar, sugar and water. Bring to a roaring boil.

Quickly pour hot mixture over lettuce, stir quickly and cover until wilted. Garnish with sliced green onions.

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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