

## DeBerry Farm Fresh Produce



# Crate Full O' News

## DeBerry Farm Vegetable Subscriptions

Week 4, July 8, 2008



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## Strawberry Italian Ice

1 pint fresh strawberries, trimmed

1/4 cup sugar

2 teaspoons fresh lemon juice

2 cups ice cubes (about 11)

Put a 9- or 10-inch metal cake pan in the freezer.

In a blender blend the strawberries, the sugar, and the lemon juice until

### Dear C. Benson,

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

### Trying to Stay Positive

You know how it's been difficult to find dry days to get your grass mowed this summer? We're having a hard time finding dry days to do anything! We need to get plants and seeds planted, we need to get rid of weeds (which grow faster than grass!) and we need to get veggies picked for our markets.

Oh, and we need to get rid of critters that keep finding their way to our fields.

Speaking of, here's a public service announcement:

**Please wash all your produce thoroughly!!!** Better safe than sorry.

## What's In Your Bag This Week?

### Lettuce (Small Green 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.

**To store:** store unwashed in a plastic

the mixture is smooth and the sugar is dissolved.

Add the ice cubes, blend the mixture until it is smooth, and pour it into the cold pan.

Freeze the mixture for 30 to 40 minutes, or until it is frozen around the edge but still soft in the center, stir the strawberry ice, mashing the frozen parts with a fork, and spoon it into 2 bowls.

### Sweet & Sour Red Cabbage

2 tablespoons vegetable oil

1/2 onion, sliced

1/2 apple, peeled, cored, chopped

4 cups thinly sliced red cabbage (about

3/4 pound)

1/4 cup apple cider vinegar

1/4 cup sugar

1/4 teaspoon celery seed

1/4 cup diced Canadian bacon

Heat oil in heavy large saucepan over medium-high heat. Add onion and apple and saute until golden, about 7 minutes.

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.



### Strawberries

**Store** unwashed in the refrigerator. Use in a couple days. Wash thoroughly in cold water, remove caps, and eat!

### Purple Cabbage

**Store** in the refrigerator.

**To use:** wash in cold water. Remove outer leaves if they are wilted.

**Remove the "core":** Cut the cabbage in half, cutting through the core. Cut each piece in half again, again cutting through the core. Take each quarter of cabbage and cut the core out of the corner. Then you can chop, shred, slice, etc.



### What's Happening at the Farm?

Remember last week when we said we had less critter damage? A new critter arrived yesterday afternoon - the neighbor's cattle! They knocked over and ate some corn, poked holes in our plastic mulch with their hooves, and basically wreaked havoc across the farm. We're still doing damage assessment, so we're hoping our veggies will recover nicely.

We will stay positive...we will stay positive...we will stay positive...

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

### Recipe: Asian Broccoli

1 bunch broccoli  
1 tsp. minced garlic  
1/3 c. chicken broth  
2 tbl. soy sauce  
1/4 tsp. sesame oil

Peel the stems on the broccoli. Slice into "coins." Cut the

Add cabbage, vinegar, sugar and celery seed and cook until cabbage is crisp-tender and liquid is reduced to glaze, about 10 minutes.

Mix in bacon. Season with salt and pepper.

## Carmelized Cauliflower

1 head of cauliflower

Olive oil  
Fine sea salt

Preheat oven to 400 degrees Fahrenheit.

Place the head of cauliflower on a cutting board, and slice it top-down into ¼-inch slices, some of which will crumble.

Toss cauliflower in a large bowl with plenty of olive oil and a bit of salt, spread it in a single layer on a heavy sheet pan (or two, if one looks crowded), and roast until golden brown and caramelized, turning bits and slices once or twice, about 25 minutes.

Devour.

## Anna's Corner

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

Anna is very cautious around people - for

tops into flowerettes.

Heat a wok until very hot. Add the oil and immediately add the garlic. Let sizzle for 15-20 seconds. Add the remaining ingredients and give everything a quick stir.

Without turning the heat down, cover the wok and let steam for 4-6 min., until the broccoli is done.

## Recipe: French Hungarian Salad

The dressing is enough for more than one salad.

1/2 cup olive oil  
1/2 cup vegetable oil  
1/2 cup red wine vinegar  
2 tablespoons water  
1 1/2 tablespoons Dijon mustard  
1 tablespoon paprika  
2 teaspoons salt  
1 small garlic clove  
1 teaspoon pepper  
1 head romaine lettuce, torn into bite-size pieces  
2 cups shredded red cabbage  
1 cup (about 4 ounces) crumbled feta cheese

Combine first 9 ingredients in blender. Blend until smooth. (Can be prepared 1 week ahead. Refrigerate.) Combine romaine, cabbage and feta in large bowl. Add enough dressing to season to taste. Toss well. Serves 6.

## Recipe: Low Fat Blue Cheese Salad Dressing

1/2 cup low-fat plain yogurt  
1/4 cup reduced fat mayo  
1/4 cup crumbled blue cheese  
2 Tablespoons water  
1 clove garlic, grated (try a microplane!)  
1/4 teaspoon salt  
1/8 teaspoon pepper

Whisk all ingredients in a medium bowl until smooth.

Thanks again for joining us this year! If you ever have any questions about the produce, our service, or anything farm-

about 5 minutes. Then she loosens up.

If she visits Mommy at the office, at first she is very quiet. After a few minutes, she is running around, making noise and getting into mischief (finding all the chocolate stashes, etc.)

She especially likes visiting her "Pap Pap" who works at Southern States in Oakland. She never knows what will be there (rabbits for Easter, baby chickens for laying hens, and other fun stuff!)

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**

DeBerry Farm Fresh Produce

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