

DeBerry Farm Fresh Produce



Crate Full O' News

DeBerry Farm Vegetable Subscriptions

Week 5, July 15, 2008



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Strawberry Vinaigrette Salad Dressing

1 cup olive oil

1/2 pint fresh strawberries, halved

2 tablespoons balsamic vinegar

1/2 teaspoon salt

1/4 teaspoon ground black pepper

1/4 teaspoon dried tarragon (optional) OR use a teaspoon of minced green onion

Dear C. Benson,

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

Yay! Here Comes the SUN!

We're so excited to have more than two pretty days in a row! We're hoping to get so much done this week.

However, Charles is a little slower right now. He had a bit of an accident on Friday morning while picking broccoli for the Morgantown farmers market. He cut the back of his hand over his index and middle finger knuckles. He had to get 5 stitches! It's a bad place - easy to make a fist and rip the wound open again. He's been doing well, and keeping it clean, so we're hoping it heals fast! Can you tell his broccoli cutting knife is sharp?

It is hard to believe we're 1/3 of the way through our subscriptions already! 10 weeks to go.

Note to Folks Picking Up at the Farm:

Cheryl has a meeting Tuesday evening, and Charles will be picking for the Oakland market. Your veggie bags will be in coolers at the normal pick up point. Just leave your empty bag, mark your name off the list, and pick up a bag from the cooler. If you're late, the cooler will be on the enclosed porch of the red brick house. Just walk up the ramp and get your bag.

What's In Your Bag This Week?

Lettuce

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.



1/4 teaspoon white sugar

In a blender or food processor, mix strawberries, balsamic vinegar, salt, pepper, tarragon and sugar. Slowly add the oil, blending continuously. Blend until smooth.

You can add some more oil if you like it a little thinner.

ROASTED RED POTATOES

2 lbs. sm. red potatoes, halved

3 tbsp. olive oil
1/2 tsp. salt
1/2 tsp. pepper
1/2 tsp. paprika

In a small roasting pan, toss the potatoes with the oil.

Arrange potatoes in pan, cut side down. Sprinkle the salt, pepper and paprika on top.

Bake in a preheated 425 degree oven for 25 minutes until potatoes are tender inside and undersides are crusty brown.

Serve immediately.
Serves 4.

Fried Green Tomatoes

Green Tomatoes,

(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 OR Cauliflower

Why? We didn't have enough of either to give one to everyone, so you'll get either broccoli or cauliflower this week!

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 bag in the fridge.



Strawberries

Store unwashed in the refrigerator.

Use in a couple days. Wash thoroughly in cold water, remove caps, and eat!

New Red Potatoes

Store in a cool, dark place (inside a paper bag in a basement or other cool environment).

To use: wash in cold water. Be careful not to scrub off the delicate and nutritious red skins.



Pea Shoots

Wash in cold water, spin or pat dry.

Store in the refrigerator in a plastic bag with a dry paper towel.

To use: these are great in salads, or lightly sauteed with garlic in olive oil.

Green Onions (Scallions)

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

To prepare: wash in cool water, cut any 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.



Kale

To prepare: wash the same as lettuce, above.

To store: store the same as leaf lettuce, above.

To use: remove ribs, chop ribs into small pieces and add to the cooking pan/pot first. Chop the leaves

sliced thin

2 eggs, beaten

2 Tbs flour

2 Tbs cracker meal (or you can use seasoned/italian cracker crumbs)

1 tsp salt (or less to taste)

1/4 tsp pepper

1/2 tsp sugar (or more to taste)

Mix all except tomatoes and egg. Beat egg in separate bowl.

Heat 1/8 inch oil in a frying pan until shimmering over medium heat.

Dip tomato slices first into flour mixture, then in egg, then in flour mixture again, coating completely each time.

Fry on each side until crispy and the tomato is soft.

Enjoy!

Pea Shoot Stir Fry

Pea Shoots

Garlic to taste - minced

Ginger to taste - minced or sliced thin (optional)

into bite-sized pieces and cook until just tender. You can saute, steam, boil, or even bake kale!

Green Tomatoes

To store: store on countertop or in a paper bag on the counter. Do not refrigerate.

To use: cut out the core and the small dot on the other end (as well as any blemishes). Then slice, dice, puree, or whatever is needed for your recipe.



What's Happening at the Farm?

There's a very disturbing looking problem with the tomatoes. It looks like late blight is coming early. We're hoping it's actually just a bad case of early blight. We can take care of early blight. But late blight, whew! It's what caused the great potato famine in Ireland. It can wipe out a crop in about two weeks. Pray it's early blight.

We had late blight early the year Anna was born. We basically got no tomato crop that year, and we took a tremendous financial hit. We spent the next two years paying off our debts from that year. Again, pray for early blight.

In other news, since the plants so far have had so much water, they haven't had to grow their roots very far into the soil. So we'll be irrigating like crazy this week to keep things from wilting. You may have to do the same with your flower beds.

Some of the corn's silk is starting to turn brown. That's a good sign, meaning sweet corn will be ready in a few weeks. We can't wait!

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

Recipe: New Red Potato Salad

1 1/2 pounds unpeeled red potatoes

2 eggs

3/4 cup mayonnaise

1 tablespoon milk

1 tablespoon distilled white vinegar

1/4 cup sliced green onions

1/4 teaspoon salt

1/8 teaspoon ground black pepper

1/2 cup sliced celery

Soy Sauce

Heat a wok or pan up nice and hot. Add a little oil. Toss in a bunch of garlic and ginger (optional) and then a whole mess of Pea Shoots. Stir fry vigorously for a minute or two and add some soy sauce.

You can serve over rice but as is is swell.

Bring a large pot of salted water to a boil. Add red potatoes, and cook until tender but still firm, about 15 minutes. Drain, cool and chop into 1 inch cubes. Place in a medium bowl.

Place eggs in a medium saucepan, and cover with cold water. Bring water almost to a boil, turn heat to low and cover, and let eggs stand in hot water barely simmering for 10 to 12 minutes. Remove from hot water. Cool with ice water, peel and dice.

In a small bowl, whisk together mayonnaise, milk, distilled white vinegar, green onions, salt and pepper. Pour the mixture over the potatoes, and mix together with the eggs and celery. Cover, and chill in the refrigerator approximately 2 hours before serving.

Anna's Corner

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

Anna is normally a "Tom boy". She loves dirt, she loves splashing mud puddles, and she loves being outside.

That is, EXCEPT when she's with one of her grandmas. For some reason, Anna turns into a princess: a dress-loving, shoe-changing, prissy little miss.

Friday, Grandma (Cheryl's Mom) brought some new shirts she found at the thrift store. Anna was in heaven. Every time we saw her, she had a different shirt on.

When Grandma (Charles' mom) comes, Anna has to show her all her dolls and toys.

We guess grandmas

Recipe: Ultimate Pasta Salad

1 (16 ounce) package uncooked tri-colored spiral pasta
 1 head fresh broccoli or cauliflower, cut into bite size pieces
 1 green onion, chopped
 2 teaspoons minced garlic
 8 ounces pepperoni slices, cut into quarters (optional)
 1 (8 ounce) package mozzarella cheese, cut into cubes
 1 (6 ounce) can large pitted black olives, drained and sliced
 1/2 cup olive oil, or to taste
 1/2 cup red wine vinegar, or to taste
 salt and pepper to taste
 Italian seasoning to taste

Bring a large pot of lightly salted water to a boil. Place pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain. Transfer to a bowl, cover, and chill 1 hour in the refrigerator.

Toss chilled pasta with the broccoli or cauliflower, onion, garlic, pepperoni, mozzarella cheese, olives, olive oil, and red wine vinegar. Season with salt, pepper, and Italian seasoning. Chill in the refrigerator until serving.

Recipe: Green Onion Teasers

1/2 lb. bacon, cooked and crumbled
 1 bunch green onions, sliced
 Dash of pepper
 1/3 c. mayonnaise
 1/2 (1 lb.) loaf sandwich bread, crusts removed

Combine first four ingredients. Cut each slice of bread into 4 triangles; toast on both sides.

Spread 1 teaspoon green onion mixture on each triangle.

must just bring out a different side in kids. But we're wondering where our little Tom boy is some days!

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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