

DeBerry Farm Fresh Produce



Crate Full O' News

DeBerry Farm Vegetable Subscriptions

Week 6, July 22, 2008



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Parsley Red Potatoes

1 1/2 lbs small red potatoes

1 medium onion

1 garlic clove, minced

1 tablespoon canola oil

1 1/2 cups chicken broth

1 cup fresh parsley, minced, divided

1/2 teaspoon salt (optional)

Dear C. Benson,

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

Time for some feedback!

Thanks to those who have been talking to us or sending emails. For the rest of you: How are we doing so far? Has there been enough information in this newsletter? Too much? How about the amount and quality of produce? We love to hear feedback (positive and not so...)

Washing Questions

We had a subscriber ask, 'Why do you sometimes recommend washing items as soon as possible, and others not until we're ready to use them?' Good question!

Some items, like strawberries, should not be washed until you are ready to use them. That's because washing introduces moisture (surprise!) Strawberries are very, VERY susceptible to fungus. Fungus grows best in moist environments. So washing them, even if you dry them as best you can, introduces a climate that makes the fungus thrive. Keeping them cool and unwashed prolongs their life.

Other items, like lettuce, will lose too much moisture if kept in the fridge dry on the shelf. So if you wash it, you give it enough moisture to remain crispy. Just be sure to spin or pat dry the excess moisture. Leaving lettuce sit in a dripping wet bag will make it rot prematurely! It's a delicate balance.

And some things, it just doesn't make much difference. Like summer squash (yellow squash and zucchini are included this week). Wash now, wash later, there's no real difference in shelf life.

If this is all making your head spin, or if you'd like to learn more, just do an internet search for "post harvest fresh produce handling". Lots of research on the subject!

What's in your bag this week?

1/2 teaspoon pepper

Cut a strip of peel around the middle of each potato if desired, set aside.

In large skillet, saute onion and garlic in oil until tender.

Stir in broth and 3/4 cup parsley, bring to a boil.

Add potatoes.

Reduce heat and simmer for 20 minutes or until potatoes are tender.

Sprinkle with salt, pepper and remaining parsley.

Fried Zucchini

3 medium zucchini

1 tablespoon salad oil

1/4 cup water

1/2 teaspoon salt or soy sauce

1/2 teaspoon sugar

Cut zucchini into 1/4-inch slices.

In 5-quart Dutch oven over high heat, in very hot salad oil, cook zucchini, stirring quickly and frequently (stir-frying) until well coated.

Add water, salt and sugar.

Garlic

To prepare: When ready to use, peel papery skins off the bulb. Separate cloves. Either use a garlic press or peel each clove. You may wash the clove before use.

To store: keep in a dry, moderately cool area (NOT the refrigerator - it will signal the garlic to start growing!) Sitting on a shelf in the kitchen will suffice.



Summer Squash: Baby Yellow Squash and Small/Medium Zucchini

To Store: Place in crisper drawer of refrigerator.

To prepare: wash in cold water, drain. Trim off stem and blossom ends.

Baby squash can be eaten raw in salads. Larger squash can be sliced and fried/broiled, roasted, steamed or grilled.



Strawberries

Store unwashed in the refrigerator.

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

NOTE: Sorry the strawberries have more blemishes and dirt this week. The rain Sunday evening really splashed mud up on them, and the dampness caused more blemishes.

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.



Green Beans

Store unwashed in the refrigerator in a plastic bag.

To prepare: Wash in cold water. Remove the stem ends. No need to remove the blossom end (the pointy one) unless you want to.

To use: Can be eaten raw in salads, sauteed, steamed, boiled, grilled, etc.

What's Happening at the Farm?

Reduce heat to medium-high; continue sit-frying 7 to 8 minutes until tender-crisp.

Green Bean Salad

1 lb green beans

2 tablespoons lemon juice

2 tsp olive oil

1 garlic clove, smashed

1/2 teaspoon dried basil

1/4 teaspoon salt

pepper

2 cups cherry tomatoes, cut in half

2 tablespoons pine nuts

Cook cut green beans in boiling water, 5 minutes till tender crisp. Drain beans and rinse in cold water.

Combine fresh lemon juice, olive oil, garlic, basil, salt and pepper in a small bowl; stir well with a whisk.

Combine green beans with the tomatoes and toss with the vinaigrette.

Add pine nuts just

So far, so good on the tomatoes - the dry weather this week kept any nasty fungi from spreading!

The sweet corn is sooooo close! Next week for sure (barring any catastrophies!)

A few tomatoes are turning reddish - soon on those too!

We were finally forced to hook up our irrigation lines this week. It had been wet enough without it so far! Now the plants, who are used to having continuous water, have very shallow roots. So we'll have to watch them for a while and irrigate regularly.

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

Recipe: Garlic Green Beans

1 lb fresh green beans

2 teaspoons butter or olive oil

1 small onion, thinly sliced

2 cloves garlic, chopped

1 tablespoon fresh thyme or oregano (or 1/2 tsp dried) salt to taste

cayenne pepper to taste (optional)

Wash & trim beans, boil for 4 or 5 minutes until tender crisp. Drain.

In a cast iron fry pan or saucepan, melt butter. Add onion and garlic and cook over medium low heat. Stir occasionally until onion is just tender. Stir in beans, thyme, salt and cayenne. Heat through.

Note: you can add your favorite type of nuts at the end of cooking for added crunch!

Recipe: Broiled Summer Squash

Summer squash

olive oil

salt

pepper

parmesan cheese

Preheat broiler. Slice squash thinly. Coat with oil. Place in baking sheet.

Sprinkle with salt, pepper, and cheese. Broil until tender

before serving

and golden.

Anna's Corner

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

Anna was at the McHenry farmers market Monday with Daddy. A customer came up, and noticed that Cheryl was turning into the visitor's center parking lot.

The customer asked Anna, "Do you see Mommy? Do you recognize that red truck? Do you see Mommy over there?"

Anna looked over at the truck then at the customer. She proceeded to tell her quite emphatically (with eyebrows pursed), "That is **Cheryl.**"

Like only Anna is allowed to call her 'Mommy!'

Recipe: Strawberry Butter (Great on bread)

1/2 pint strawberries
1/2 cup butter, softened
1/2 cup powdered sugar, sifted

Blend ingredients until smooth. Stores well in the freezer.

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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