

## DeBerry Farm Fresh Produce



## Crate Full O' News

### DeBerry Farm Vegetable Subscriptions

Week 7, July 29, 2008



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#### Strawberry Cordial

3 1/2 ounces (about 5 large or 8 medium) strawberries, ripe, washed and hulled, with any damaged sections removed

2/3 cup sugar

2 1/4 cups water

In a large pan over a low heat, dissolve the sugar in the water.

Increase the heat and bring the liquid to a boil, then plunge in the strawberries, put a close-fitting lid on the pot and

#### Dear C. Benson,

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

It's late July, and we have sweet corn! We're so proud! Usually it's mid August before we get sweet corn in Garrett County. You can read more about our corn below in the "What's happening at the farm?" section.

Thanks again for those who have given us feedback. As you can see this week, we have a little fuller bag for you!

#### What's in your bag this week?

##### Sweet Corn

**The type:** This is a bi-color corn, meaning both white and yellow kernels are on the ears.

**A Warning:** The sweet corn has not been sprayed, so you will have to watch out for worms. They are usually in the end where the silk comes out. Just cut off the part where they've eaten. And try not to think about it.

**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).



##### Summer Squash: Yellow Squash and 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.

turn off the heat.

Leave the pan undisturbed for at least an hour to infuse.

Dampen a piece of cheesecloth (or a jelly bag), and strain off the liquid into a large bowl or jug. Leave the pulp to drip until all the liquid has been collected - do not press the strawberry pulp, or the liquid will turn cloudy.

The drained pulp is very popular with passing children, despite its rather anemic appearance!

Chill the ruby-red strawberry water, then serve over ice. You may need to dilute it with water, to taste.

Alternative serving suggestion - pour a little of the chilled strawberry water into a wine glass, then top up with chilled sparkling wine.

### Tangy Summer Squash

4 medium yellow squash or zucchini, thinly sliced

1/2 cup green onion, chopped

1/2 cup green pepper, chopped

1/2 cup celery, chopped

#### Marinade:

2 tablespoons wine vinegar

3/4 cup sugar

1 teaspoon salt

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.

### Green Bell Pepper

*Only one this week - more to come!*

**Store** unwashed in the refrigerator

**To use:** wash in cold water. Cut out the stem end, and remove seeds and veins from the inside.



### 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.

### Cucumber

*Only one or two this week - more to come!*

**Store** unwashed in the refrigerator

**To use:** wash in cold water. Cut off each end, then peel if desired.



## What's Happening at the Farm?

**Ah, sweet corn!** The variety we are growing is a super-sweet variety, meaning it was developed to have superior corn flavor as well as sweetness.

It's a 72 day corn, so it normally (under near perfect growing conditions) will grow from seed to harvest in 72 days. However, as you know, we have not had near perfect growing conditions this year! So our corn took about 90 days to get to maturity from when we seeded it into trays in our greenhouse.

As the weather warms (and dries out) the corn will take closer to 72 days to mature.

**The tomatoes are progressing!** Some of them are starting to turn a little blush-colored. It always seems to take FOREVER for them to ripen on the vine. Then one day we'll go out and, BOOM! There will be a beautiful, red ripe tomato waiting to be plucked. Then another, then another.

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

1 teaspoon pepper

1/3 cup oil

2/3 cup cider vinegar

1 clove garlic, crushed

Toss ingredients together.

Mix the marinade and pour over squash mixture. Refrigerate for at least 12 hours.

### Anna's Corner

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

Anna got a treat on Sunday. To commemorate the middle of the farmers market season (and to reward her for being a great farm kid) we took Anna to the zoo near Nemaquin Woodlands Resort in PA.

She had a blast! She loved going from cage to pen to cage showing Mommy and Daddy all the animals. There were lots of birds, bears, donkeys, goats, and a few other more exotic things like tigers, leopards, water buffalo, zebra, etc.

The only downside of the day: she wasn't real excited to hear a donkey bray at her - it was really, REALLY loud!

### Recipe: Summer Saute

2 tablespoons extra-virgin olive oil  
 2 medium zucchini, sliced  
 1 vidalia onion, sliced  
 2 garlic cloves, minced  
 8 ounces mushrooms, sliced  
 1 green pepper, sliced  
 salt and pepper, to taste  
 1 sprig fresh rosemary  
 3 sprigs fresh thyme  
 2 ounces parsley

Heat a non stick skillet over medium high heat. Add olive oil.

Add onions and garlic and saute until onions are translucent, about 3-5 minutes.

Add zucchini, saute 5 minutes.

Add mushrooms and pepper, saute until browned and liquid is gone.

Add herbs, salt and pepper, mix well, serve.

### Recipe: Cooked Sweet Corn

Sweet corn, husked and de-silked  
 water  
 salt (optional)  
 butter (optional)

Get a large pot and fill it 3/4 full of water, add a little salt, and heat to a rolling boil over high heat.

Gently add the corn ears with tongs so you don't get splashed.

Cover, reduce heat to medium, and boil 3-4 minutes.

Lift ears out of the boiling water, or drain water from ears. Rinse in cold water if desired (to cool the corn so you can eat it faster).

Add butter and salt if desired.

### Recipe: Fresh Green Bean Bundles

1 lb fresh green beans, trimmed  
 1/4 lb bacon, cut in half crosswise  
 1/2 cup firmly packed brown sugar  
 1/2 tablespoon chili powder  
 1/4 cup butter, melted

Preheat oven to 350 degrees; line a rimmed baking sheet with heavy-duty aluminum foil.

In large saucepan, combine beans and water to cover.

Bring to a boil over medium-high heat; reduce heat, and simmer 3 minutes; drain; plunge beans into ice water to stop the cooking process and drain again.

Wrap about 5 beans in 1 slice bacon.

Place seam side down on prepared baking sheet. Repeat process with remaining beans and bacon.

In small bowl, combine brown sugar, chili powder and butter. Spoon mixture over green bean bundles.

Bake 30-40 minutes, or until bacon is crisp. Serve immediately.

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**

DeBerry Farm Fresh Produce

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