

## DeBerry Farm Fresh Produce



# Crate Full O' News

## DeBerry Farm Vegetable Subscriptions

Week 1, June 17, 2008



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### Dear C. Benson,

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

## Veggies Are Here!

Thank goodness! We were wondering if the weather would ever break and make enough veggies grow for our subscribers!

We hope you enjoy the bounty this week. We love feedback, so let us know what you think!

Of course, as the season progresses we'll have more variety and a fuller bag.

Actually, if it had not been for some hungry deer this week, we would have had some Swiss Chard for you. Oh well...

## Loss of a Good Farm Friend

You may know by now, but Ellen Kesselring, a long time subscriber and friend of DeBerry Farm, passed away over the weekend.

We will truly miss her kind words of encouragement and her gentle admonitions when something wasn't right.

Our deepest condolences to her

## What's In Your Bag This Week?

### Lettuce (loose leaf & Romaine head)

**To prepare:** For Romaine, cut the bottom inch of the stem off and discard. 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.



### Spinach

**To prepare:** wash the same as leaf lettuce, above.

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

**To use:** use raw in salads or steam it lightly.

family.

## What if I don't have a salad spinner??

We don't have one either!

### **Cheap Salad**

**Spinner Idea:** Get a clean lingerie laundry bag - or other soft mesh bag - and place cleaned, wet lettuce inside.

Now, here's the fun part: Take it out onto your porch, and spin it as fast as you can to remove the water.

Makes the neighbors wonder what you're doing, but you can spin all your lettuce and spinach at once!

## Pepper Jelly Ideas

Try it as a dip for sausage.

Try it on hot dogs.

Brush it on grilling shrimp during the last minute of cooking time.

Add it to meatloaf recipes.

Try it on ribs or rack of lamb.

Use different crackers

## Sugar Snap Peas

**To store:** place the unwashed peas in a plastic bag in the refrigerator.

**To prepare:** wash peas. Remove the ends and strings. (break or cut the end off toward a "seam" and pull to remove one string, then break the other end off toward the opposite "seam" to remove the other string.)



**To use:** sugar snaps are great raw! You can also steam them, throw them in stir fry dishes, or boil them until crisp-tender.



## Strawberries

**To store:** place in the refrigerator right away. Use within a day or two.

**To prepare:** wash in cool water, then cut the caps off. Slice or eat whole. Great dipped in chocolate!

## Hot Pepper Jelly

We don't have peppers yet, so we thought we'd give you a taste of what will be coming later this summer! Our hot pepper jelly is mostly made from red bell peppers, with a few jalapenos for a little "kick", so it's sweet, with a little hot. Try our hot pepper jelly on crackers with cream cheese, add to meat dishes, add to home fries to give them a little kick, the uses are endless! Of course we have more if you ever need it.



## What's Happening at the Farm?

We are trying to catch up! The wet and cold weather we've had this spring really put us behind. For instance, because the first two plantings rotted in the ground, our green beans are going to be about 3 weeks behind normal.

Charles got most of the pumpkin seeds planted this week, and continued our sweet corn plantings. We are starting to feel the pressure from weeds because we weren't able to cultivate when they were small.

We still have lots of plants to transplant and seeds to plant out into the fields, but picking starts to take priority now. It becomes difficult to prioritize from now on.

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

for different flavors along with the cream cheese.

Try it with crackers and goat cheese from Firefly Farms in Bittinger.

Pipe it onto the crackers for fun appetizers.

Add it to stir fry.

And on, and on!

Send us your favorite!

## Recipes: Homemade Salad Dressings

**Creamy:** Mix 1/2 cup mayonnaise (can be low/no fat) with 2 Tbs cider or wine vinegar and 1 Tbs sugar or sugar substitute. Add a pinch of salt and mix well. Add skim milk to thin the dressing if needed.

**Viniagrette:** Mix 1/4 cup olive oil with 1/2 cup balsamic or other flavored vinegar. Add whatever fresh or dried spices you wish (rosemary, thyme, basil, etc.) You may want to sweeten it a bit with some honey or maple syrup.

## Recipe: Oriental Sugar Snaps

This is an easy and tasty veggie side dish.

1 tsp. Olive oil  
2 cups Whole sugar snap peas, washed and dried  
1 tsp. Sesame seeds  
1 tsp. Lite soy sauce

Add oil to a medium nonstick skillet over medium-high heat. Add peas and stir-fry for 2 minutes. Sprinkle with sesame seeds and stir-fry for 2 more minutes. Drizzle peas with soy sauce and stir-fry for 1 more minute.

## Recipe: Strawberry Spinach Salad

1/2 Shallot, minced (about 1 tablespoon)  
2 tablespoons Raspberry vinegar  
1/4 cup Olive oil  
6 ounces spinach leaves  
5 Fresh strawberries  
1/3 cup Sliced almonds  
2 ounces Goat cheese (or equivalent)

Combine the minced shallot & raspberry vinegar in a small bowl. Slowly add the olive oil to the mixture while continuously whisking. Place the vinaigrette in the refrigerator until ready to serve.

Roughly chop (or tear) the spinach into large julienne strips. Add to a large bowl. Prep the remaining components of the salad, but keep separated. Slice the strawberries into thin round slices. Toast the almonds by spreading on a cookie sheet and placing in a 375°F degree oven for approximately 5 minutes. Crumble the goat cheese into medium-size chunks.

When you are ready to serve the salad, add the strawberries, almonds and goat cheese and lightly mix together. Add the dressing slowly (you may not want to add

all the dressing to the salad). Gently mix together and 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

301-533-1026 home

301-616-1074 Cheryl cell

301-616-0854 Charles cell

[farmer@DeBerryFarm.com](mailto:farmer@DeBerryFarm.com)

[www.DeBerryFarm.com](http://www.DeBerryFarm.com)

[www.DeBerryFarm.Blogspot.com](http://www.DeBerryFarm.Blogspot.com)

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DeBerry Farm Fresh Produce | 4288 Broadford Road | Oakland | MD | 21550