

## DeBerry Farm Fresh Produce



# Crate Full O' News

## DeBerry Farm Vegetable Subscriptions

Week 2, June 24, 2008



### In This Issue

[Anna's Corner](#)

[What's in your bag?](#)

[What's Happening at the Farm?](#)

[Omelette With Greens Recipe](#)

[Lime Shrimp Lettuce Wraps Recipe](#)

### Quick Links

[Our Website](#)

[Other Local Farms](#)

[Our Farm Blog](#)

## More Info About: Kohlrabi

Kohlrabi is part of the cabbage family (*Brassica oleracea*).

It has many good attributes:

Low in calories, only 19 for a half cup raw, sliced.

High in dietary fiber, 2.5 grams for one-half cup.

Potassium content peaks at 245 grams for one-half cup.

Vitamin content for

### Dear C. Benson,

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

## Argh!

Remember last week when we said the deer ate the Swiss Chard? Well, this week they were pulling it up from the roots! How frustrating.

The wet weather wreaked havoc on our strawberries. They are basically rotting in the field. Again, frustrating.

We're in between patches of sugar snap peas, so none of those this week. Can you guess? Frustrating!

This is the time of year when we're trying to pick for markets, we're still planting lots of plants and seeds, and we're getting behind on weed control. Frustrating.

Cheryl's mono has returned (hopefully temporarily) so she's struggling again. Frustrating!

But we know things will get better! Farmers are the eternal optimists of the world. You will have more variety in your bags in a few weeks. We promise!

## What's In Your Bag This Week?

### Lettuce (loose leaf & Red head)

**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.



### Swiss Chard OR Kale

that same one-half cup includes 25 I.U. vitamin A, 43.4 mg vitamin C, 11.3 mcg folic acid, and 16.8 mg calcium.

And it tastes great!

## Braised Kohlrabi

2 Kohlrabi  
1 small onion  
2 Tbs butter  
Salt  
Pepper

Heat butter in a heavy skillet. Chop onion and sauté in butter over medium heat until fragrant.

Peel kohlrabis to remove fibrous skin. Slice thinly, or grate coarsely. Add to skillet, stir to coat with butter, and cover. Reduce heat to medium-low and cook until kohlrabi is tender, about 15 minutes for slices, less if grated.

Add salt and pepper to taste. Serve hot.

## Garlic Scape Pesto

*This quick and easy pesto, equally good on pasta or vegetables, is an ideal way to take advantage of garlic scapes during their very short window of availability!*

**Why?** We didn't have enough of either Swiss Chard (right) or Kale (left), so we picked it all and divided it up.  
**What's The Difference?** Swiss Chard has red ribs, and is about the same consistency as spinach. Kale is a little more substantial and needs to be cooked to make it more tender.

**To prepare:** wash the same as leaf lettuce, above.  
**To store:** store the same as leaf lettuce, above.  
**For Both:** the stems are a little tougher than the rest of the leaf. Strip the leaf off the stem. Chop the stems into 1/4 inch pieces. Add the stems to the pot or pan first, to get them tender. Then add the leaves and cook until tender.  
**To use Swiss Chard:** use raw in salads (except the stems), steam it lightly, or saute with garlic scapes in olive oil.  
**To use Kale:** You'll need to cook it until it gets tender. You can boil it, steam it, or (our favorite) saute it with garlic scapes and olive oil. You can add a little water to the pan and cover it to help shorten the cooking time.



### Garlic Scapes

**What are these?** The entire garlic plant is edible. The scape is the curly immature seed pod. We remove them so the bulbs will grow bigger.

**To prepare:** Wash in cool water. Chop into small pieces or dice.  
**To store:** store unwashed in a plastic bag in the refrigerator.  
**To use:** use as you would regular garlic. Add to salads, saute with olive oil, add to soups, etc.

### Kohlrabi

**To store:** place in the refrigerator crisper drawer.  
**To prepare:** Cut off the leaves and stems. Wash in cool water, then peel. Slice and eat raw, or steam until crisp-tender, or add to stir fries! Whatever you can do with a potato or cabbage, you can do with a kohlrabi. (Yes, the greens are edible, but not very tasty!)



### Mild Salsa

We wanted to share our mild salsa with you this week. It has two kinds of our peppers in it, (hence the name), as well as lots of herbs and our vine-ripened tomatoes. Let us know how you like it!

## What's Happening at the Farm?

The sweet corn is looking great! We saw our first "tossles"

1/2 cup coarsely chopped garlic scapes (about 5 scapes)

1/4 cup olive oil

1/4 cup walnuts, pine nuts or sunflower seeds

1 tablespoon lemon juice , more if preferred

1/8 teaspoon salt, more if preferred

water, as needed

Place all ingredients into food processor and puree (smooth or coarse, as desired).

Add water, 1 teaspoon at a time, to desired consistency. Taste for seasoning; add more salt or lemon juice as needed.

Will keep, covered and refrigerated, for approximately one week.

### Anna's Corner

Back by popular demand, here's what Anna is up to at the farm.

Daddy lets Anna sit & ride in front of the tank on the wagon when he is hauling water down to the plants. Normally, Daddy remembers to put the lid on the tanks. Monday, Daddy forgot.

Half way down the road, Daddy heard a blood-curtling scream

this week - that means the first corn will be here in about a month or so. We planted a very sweet variety - we can't wait to try it!

We tried a new way to pick strawberries last week - we rode our transplanter! We took off the planting wheels, and rode the seats down close to the ground behind the tractor. Cheryl's dad drove the tractor slowly, and Charles and Cheryl rode along and picked strawberries, pulled weeds, and threw out bad berries. Their backs were doing much better than if they had bent over to pick that many berries!

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

### **Recipe:** Omelette with Greens (and other veggies)

2 eggs or equivalent egg substitute  
3-5 leaves of kale or Swiss Chard, cooked until tender  
Other vegetables you like (mushrooms, broccoli, etc.)  
1/4 cup cooked ham or other breakfast meat  
1 pinch salt

To make the filling, dice any or all of the following for a total of about one cup: onion, bell pepper, celery, carrot, fresh or frozen corn, greens such as spinach, chard or kale, diced cooked meat.

Film a 10 inch non-stick skillet or sauté pan with 1 teaspoon butter or vegetable oil, add the chopped filling ingredients and cook over medium heat for about 5 minutes, or until the vegetables reach the desired degree of doneness.

While the filling cooks, break 2 eggs into a small bowl, add 1 teaspoon water, a pinch of salt and beat well with a fork.

Empty the cooked filling into a small bowl and wipe the pan clean. Add a teaspoon of butter or oil over medium-high heat and when the pan is hot (a drop of water sizzles and evaporates almost instantly), pour in the beaten eggs.

Using a spatula gently push the cooked outer edges toward the center, tipping the pan a bit so the uncooked egg runs to the outside.

When the egg mixture is set but still moist, add the prepared filling in a strip across the center of the eggs. Fold the sides up over the filling. Put a plate face down over the folded omelette. Holding your hand under the plate to support it, turn the skillet and plate over; the omelette will then be browned side up on the plate.

from Anna. He looked back to see that as he drove over the bumps in the road, large quantities of water were dumping down on his little girl. Of course he stopped and got her down. After the initial shock, Anna did find it funny and was a lot cooler after her ride.

She prefers the water hose, though!

Serve immediately.

To do more than one omelette, prepare all the fillings at once. Use a separate bowl of 2 eggs each, for each omelette.

From [www.recipetips.com](http://www.recipetips.com)

### **Recipe:** Lime Shrimp Lettuce Wraps

This is an easy and tasty veggie side dish.

3 tablespoons lime juice  
 3 tablespoons olive oil - divided  
 2 tablespoons teriyaki sauce - divided  
 1 tablespoon fresh ginger - grated  
 1 clove garlic - minced  
 1 pound shrimp - med/large, peeled, deveined, chopped  
 1 red bell pepper - diced  
 4 green onions - diced

1 teaspoon Thai red curry paste  
 5 ounces can water chestnuts, drained, chopped  
 6 leaves red leaf lettuce, keeping leaves whole  
 toothpicks to hold lettuce leaves together  
 In medium bowl, combine lime juice, 2 tablespoons olive oil, 1 tablespoon teriyaki sauce, ginger and garlic.  
 Add shrimp. Let marinate in refrigerator for 30 minutes.

In skillet, heat 1 tablespoon olive oil over medium heat. Add pepper, green onions, and chestnuts.  
 Cook, stirring occasionally, for 3-5 minutes.

Add shrimp plus marinade and cook until shrimp are pink, about 3 minutes.

Stir in 1 tablespoon teriyaki sauce.

Take each whole lettuce leaf and spoon about 1/4 cup mixture down center of leaf. Fold up bottom edge, then sides over bottom and filling. Secure with toothpick.

For heartier meal - wrap each leaf with a warmed 6-inch tortilla.

From [www.recipetips.com](http://www.recipetips.com)

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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