

## DeBerry Farm Fresh Produce



## Crate Full O' News

### DeBerry Farm Vegetable Subscriptions

Week 12, September 2, 2008



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#### Peppers & Sausage

1 lb sweet Italian sausage (8 links)

1 green bell pepper, cut in strips

2 sweet banana peppers, cut in strips

2 frying Italian peppers, cut in strips

2 medium onions, cut in strips

olive oil

2 tablespoons dry red wine

In a large skillet, put in peppers and onions and coat them with olive oil.

#### Dear C. Benson,

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

**September Already?** Holy moly, it's September! From time to time we get to thinking that we just can't make it to the end of the season this year - too much work and our backs are too tired. But then we look at the calendar, and it shows us we're 2/3 the way through the farmers market season (May 3 - November 1), and there's no more planting of veggies (a few cover crops, but no veggies) so we keep muddling through. Our light at the end of the tunnel is starting to show itself.

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

##### Tomatoes

**To store:** store stem-side down on a countertop or window sill. **Do not place in the fridge** - it will remove the flavor from the tomato!

**To use:** rinse (don't immerse) in tepid water. Let air dry or dry with a paper towel. cut out the stem portion and the tiny blossom end black spot. Then chop, slice, or eat whole like an apple!



##### Beets

These beets are from Max & Katharine Dubansky. We traded some bell peppers for their subscriptions!

**To prepare:** Cut tops off, leaving about 1 inch of stems above the round beets. (The leaves/stems are edible - just cook like you do kale!) Wash well, scrubbing with a brush. Be careful, the beets will stain your hands and clothing!

**To cook:** Our favorite way to eat them is to roast them in the oven until they are tender. You can also boil them and steam them.

**To peel:** After they are cooked, cool slightly and then slip the outer skins off.

Make sure they are LIGHTLY coated.

Start to cook the veggies on med-high heat until they soften a bit. Add the wine and continue to cook the veggies on medium heat.

Cook the veggies until they cook down and become tender, 10 minutes or so.

In a separate skillet, pan fry your sausage. When they are cooked through, add your peppers and onions and mix.

Serve on hoagie rolls or italian bread. If you are going to serve these on sandwiches, cut the sausage into bite sized pieces before pan frying them.

### Collards Recipe

1/4 cup chopped tomatoes

2 tablespoons red onions, chopped

2 tablespoons minced garlic

3 tablespoons vegetable oil

2 cups collard leaves, chopped

1 teaspoon honey

1/4 teaspoon Tabasco sauce, optional

1/4 teaspoon red pepper flakes, optional

3/4 cup chicken stock

### Collards

A few of you (farm pick up folks) got collards last week - they are similar to kale, but have a little different flavor and take a bit longer to cook. We like to cook them just like kale, either boiled or sauteed.



**To prepare:** wash by swishing in a large bowl of cold water. Lift leaves out of water. If sand/dirt remains, repeat. Strip the leaves from the stems. If desired, chop stems into 1/4 inch pieces, add to the pan/pot first and cook until tender, then add the chopped leaves. Cook just until leaves are tender.

**Note:** do not follow any recipe that calls for boiling collards for 3 hours. What a waste of energy and good collards! The collards will be a mushy, dingy-green pile of ick.

### Sweet Corn

**Our corn is back (a little, anyway!):** Finally our next batch of corn is starting to come on. Not a lot this week - sorry!

**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).



### Green Bell Pepper



**Store** unwashed in the refrigerator

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

### Sweet Banana Peppers and Jalapeno Peppers

Some sweet and spicy peppers for you to enjoy!



**Italian Roasting Peppers (sweet, not hot)**

These are green and long. They have a distinct lighter flavor compared to the bell peppers. We tried them sauteed with garlic and grilled with a light coating of olive oil. Both ways, the peppers held up and were delicious!

### Potatoes

Some red potatoes for you to enjoy.

Sautee tomato, red onion, and garlic in oil on med-high heat

Add collards. As the collards sweat, add honey, tobasco, red pepper flakes, and chicken stock. After everything is in the pan, reduce heat to just over low heat and cook about 45 minutes to 1 hr.

## What's Happening at the Farm?

### We love our market neighbors!!!

We like to trade, barter, or just buy from our neighbors at the farmers markets. Last week we got some good beef sticks from the folks selling Scotch Highland beef. We got some good nectarines and apples from an orchard. We sometimes get some good goat cheese from Firefly farms. Yum! With a little bit of extra time over the long Labor Day weekend, Cheryl was able to make a couple apple pies. We took one to Cheryl's mom's place - had a picnic on Sunday afternoon. Yum!

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

### Roasted Balsamic Beets

4 medium red beets

2 tablespoons balsamic vinegar

1 tablespoon olive oil

salt & pepper

Preheat the oven to 350 degrees. Wash and peel the beets. Slice each beet in quarters lengthwise, and then slice each quarter into three chunks.

Line a baking sheet with foil, and place the beets on top. Drizzle with the olive oil and vinegar, and then add salt and pepper. Gently stir to coat the beets.

Cover with more foil and roll the edges of the two layers to create a pouch for the beets. Cook for 40 minutes. Remove the beets

### Recipe: Mushrooms & Peppers

1/4 cup red wine

4 cloves garlic, minced

1 teaspoon oregano

1 medium onion, diced

1 sweet green pepper, diced

1 jalapeno pepper, diced (if you don't like hot, remove seeds & membranes)

1 medium tomato, diced

1/2 lb button mushrooms, cleaned

Simmer the garlic, onion & oregano in the wine for 5 minutes.

Add peppers (green & jalapeno) simmer 2 minutes, stir.

Add tomatoes and cook 2 minutes.

Add mushrooms and simmer until the sauce has thickened and the mushrooms are cooked.

### Recipe: Swiss Tomatoes

4 good sized ripe tomatoes

1/4 cup butter

1/8 onion, grated

1/4 cup flour

1/2 teaspoon salt

1/4 teaspoon white pepper

1/8 teaspoon paprika

1/4 teaspoon dried mustard

1 1/4 cups milk

1/8 teaspoon worcestershire sauce

1 egg yolk

from the oven, and raise the temperature to 400 degrees.

Take off the top layer of foil (watch out for steam!), and stir to mix the juices. Return to the oven and continue to cook for 35 minutes, stirring occasionally.

Serve warm or cold, or add to a salad.

### Anna's Corner

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

Anna is now the proud owner of a kid-sized wheelbarrow. She was so excited to get it! She helped put it together - she is getting good at putting nuts on bolts and using a screwdriver.

So far, she brings it into the farm house living room each evening (for protection?), after hauling rocks, grass, or other things she finds in the yard.

We're hoping she gets good with it and can help haul veggies out of the garden!

1/2 cup grated swiss cheese

Preheat oven to 425°F. Butter a baking dish with 2 inch sides.

Cut the tomatoes in half and gently squeeze out the seeds. Lightly salt them.

Melt the butter in a medium saucepan. Add onion and saute for 2 minutes. Add flour, salt pepper, paprika and mustard-whisk well and bring to a bubbling simmer.

Add milk and Worcestershire sauce and whisk again.

Turn up the heat to medium and slowly whisk in the egg yolk. Add the cheese and stir until melted.

Place tomatoes, cut side up in the casserole dish and pour sauce over top.

Bake about 25 minutes until browned.

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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