

DeBerry Farm Fresh Produce



Crate Full O' News

DeBerry Farm Vegetable Subscriptions

Week 13, September 9, 2008



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Dear C. Benson,

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

Two more weeks of veggies! Holy moly, there are only two more weeks to go with our subscriptions!

Miss a week that you haven't made up?

If you missed a week and would like to double up - let us know ASAP so we can plan our picking for the next two weeks.

If you can't double up, you can stop by the Oakland Mountain Fresh Farmers Market on Wednesdays from 10 to noon, or the Morgantown Spruce Street Farmers Market from 8:30 to 11:30 to pick up some veggies.

If that doesn't work for you, contact us to get some canning tomatoes, peppers, etc.

Tomato Pepper Dish

2 ripe tomatoes, peeled and chopped coarsely

1 bell pepper, diced

1 1/2 cups cooked rice

1 cup ground beef, cooked and drained

1/2 cup cooked sweet corn, cut from cob

1 tsp. Italian seasoning

2 cloves garlic

2 Tbs olive oil

1 Tbs maple syrup, optional

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!



Pea Shoots

Pea Shoots are great raw in salads or as a salad themselves! We also like to saute them with garlic in olive oil.

To store: store in fridge unwashed.

To wash: swish in a pan of cold water, lift out. If dirt remains in the water, repeat with fresh water.

Saute bell pepper in olive oil with garlic until pepper is crisp-tender. Add other ingredients, stirring occasionally.

Bring to a boil, reduce heat, and simmer at least 10 minutes, stirring occasionally. If it gets too thick, stir in a little water.

Sauteed Pea Shoots

1 bag of pea shoots
1 Tbs olive oil
2 cloves garlic, sliced
salt to taste

Prepare pea shoots by cutting or tearing into bite-size pieces.

Heat oil in a skillet over medium heat. Add garlic, saute one minute or until garlic becomes fragrant.

Add pea shoots and 1/8 cup water, immediately cover and cook for three minutes.

Stir, add a few tablespoons of water if needed, cover, and cook an additional 2-3 minutes, or until pea shoots are tender.

Place on plates and sprinkle with salt if desired.

Tomato Salad

To use: cut or tear into shorter pieces, if desired.

Swiss Chard

From Max & Katharine Dubansky, some beautiful and colorful Swiss Chard

To prepare: wash, then strip leaves from stems, chop stems into 1/4 or 1/2 inch pieces. Add stems to cooking dish first, then when they are tender, add the chopped leaves.



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.



Potatoes

Some red potatoes for you to enjoy.

What's Happening at the Farm?

Experimental Broccoli and Cauliflower

We normally plant our broccoli and cauliflower on plastic mulch, which helps warm the soil, improve drainage, retain moisture, etc. However, at the end of the season, we have to lift the plastic mulch out of the fields, a big job at a time when we're tired of being in the field!

The solution?

An experiment planting our fall broccoli and cauliflower on bare soil, and using cultivation with a tractor and hoeing to keep weeds at bay. So far, they look gorgeous! The plants are big and healthy and we're hoping they are ready in a few weeks.

Some of our experiments turn out well, others, not so well!

4 tomatoes, chopped

1 cup corn kernels

2 green onions,
chopped

2 tablespoons fresh
basil, chopped

1 tablespoon parsley

2 tablespoons
balsamic vinegar

salt and pepper

1/2 teaspoon honey
mustard

Mix all ingredients
together and let
marinate 20 minutes
at room temperature.

Anna's Corner

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

Anna gets sore spots in her mouth when she has too much of some foods, such as tomatoes, strawberries, or other acidic foods.

We've learned that having them once in a while is ok, but having repeated exposures makes the canker sores come again.

If you have never had them, you are lucky. They are very painful, white open sores inside your mouth that take about two weeks to get better. Some folks get them when they are stressed. (but they are not the same as cold sores)

Anna just got rid of a bad one, finally, this

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

Recipe: Potato Soup

6-8 medium potatoes
1/4 cup butter
1/2 cup flour
6 cups milk
2 teaspoons chicken bouillon
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 lb cheddar cheese

Peel, cube, boil, drain and "mush" potatoes to the consistency you like (or leave them cubed).

In separate pan, melt butter, add flour and cook while stirring with a whisk for about two minutes. Add half the milk and stir until lumps are out of flour mixture. Add remaining milk and on med-high heat, heat to a boil. Stir almost constantly or it will scorch.

After boiling, turn heat off and add potatoes and remaining ingredients and mix well.

Recipe: Creamy Swiss Chard Pasta

1 lb swiss chard
1 tablespoon olive oil
2 garlic cloves, smashed
1/4 cup onion, chopped
2 large tomatoes, chopped
1/2 cup fat free sour cream or plain yogurt
1/2 cup 2% low-fat milk
1/4 cup parmesan cheese
8 ounces fettuccine pasta, cooked according to package
salt and pepper

Wash swiss chard, cut into small pieces.

Heat oil in large 2 quart saucepan over medium high heat, 1 to 2 minutes. Add swiss chard, garlic and onion; cooking 1 to 2 minutes, stirring occasionally.

Add tomatoes, sour cream, milk, parmesan cheese, cooked fettuccine, salt and pepper to taste; stir well. Serve warm.

Thanks again for joining us this year! If you ever have any questions

weekend. She was so happy to be able to eat pain free!

Monday evening she ate about a cup and a half of cucumber salad!

No more cucumber salad this week! (too much acidity!)

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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