

DeBerry Farm Fresh Produce



Crate Full O' News

DeBerry Farm Vegetable Subscriptions

Week 14, September 16, 2008



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Tomato Green Bean Stew

1 large onion

1/4 cup olive oil

3 cloves garlic

1 lb green beans
1 tablespoon tomato paste

1 large fresh tomato or
2 small fresh tomatoes

1 teaspoon hot red
pepper powder

salt

1 bunch parsley

Saute the onion in the
olive oil. add the garlic,

Dear C. Benson,

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

One more week of veggies! The season is winding down a bit, with the cooler nights this week!

Bag Reminder: Please, please PLEASE put out or return your bag (and in some cases, BAGS - we won't name names!) for us to pick up next week. We'll be giving you a different bag you can keep next week, so you don't have to worry about returning the square bags to us after subscriptions are over.

Miss a week that you haven't made up?

Again, if you missed a week and would like to double up - let us know ASAP so we can plan our picking for next week.

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 through the end of October to pick up some veggies.

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

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!



Acorn Winter Squash

and when the onions are soft, add the green beans, tomato paste, and the fresh tomato, finely diced or crushed. Add 1/2 cup water.

Simmer until the beans have absorbed the stew and are soft. Then add the hot red pepper powder, salt and adjust the spices (parsley) to taste. Pour this stew over a bowl of hot rice or cous-cous.

Stuffed Acorn Squash

1 large acorn squash

2 tablespoons butter

2 tablespoons onions, chopped

1/2 cup broccoli floret, chopped

1/4 cup mushroom, chopped

2 tablespoons celery, chopped

2 tablespoons walnuts, chopped

1/2 teaspoon brown sugar

1/2 teaspoon soy sauce

1 tablespoon fresh basil, chopped

1/4 cup muenster cheese, grated

Heat oven to 400°F.
Cut squash in half and

These are hard - be careful when you cut them raw. The knife can slip and be a hazard! Acorn squash are either green or a combo of yellow/white/green, shaped like a heart. Inside, they are similar to a pumpkin, with stringy seeds you have to remove.

To store: store unwashed in a cool, dark place up to a couple months. (check them regularly - any blemish will eventually rot!) Great to use as fall decorations, then eat them when it's time to decorate for Christmas!

To use: wash, then poke a hole to the center with a sharp knife or ice pick and cook, **or** cut in half, remove seeds, and cook. You can boil, steam, grill, roast, bake, etc. until tender.

Kale

Our kale is from a new planting Charles did and it looks lovely!

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

Again, 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, Sweet Banana Pepper, and Jalapeno 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.

Green Beans

Finally, a few green beans are getting ready again! We were hoping they would make it!

Store unwashed in a plastic bag in the fridge.

To prepare: wash, then snip the stem end. They're ready to use!



remove the seeds. Rub the cut flesh with salt and place flesh side down in a baking dish and bake for about 35 minutes.

While the squash is baking, sauté onion in butter until clear and add chopped broccoli florets, mushrooms and celery. Sauté about 4 minutes.

Stir in walnuts and fresh basil, then sprinkle with brown sugar and soy sauce, adjust seasoning to taste. Toss to mix well.

Check baking squash with a fork to see if it glides through the flesh. Stuff with vegetable mixture, top with equal amounts of grated cheese and return to oven for about 5 minutes.

Fresh Tomato Salsa

3 cups chopped tomatoes (seed if you like)

1/2 cup chopped green pepper

3 garlic cloves, chopped fine

8 green onions, sliced small

2 tablespoons fresh cilantro

1 tablespoon

What's Happening at the Farm?

Made it past the full moon!

What's so important about the full moon? Well, the 'old-timers' say that the first frost will happen on a full moon! So the September full moon was Monday night, and temperatures didn't dip too low, so we're good to go for another month (or so the 'old-timers' say, anyway!)

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

Recipe: Sweet Corn & Chicken Soup

1 can evaporated milk
 5 ears corn, shucked and cut off cob
 1/2 red bell pepper, finely diced
 2 roasted chicken breasts, cooked, and cut into julienne strips
 1 teaspoon finely grated fresh ginger
 1 clove crushed garlic
 1 diced onion
 1/4 cup butter
 4 cups chicken stock
 4 ounces grated monterrey jack cheese
 salt and pepper

Cut corn off cob, then scrape corn cobs twice to get all the "corn milk". "Sweat" the corn and onions together with butter in soup pot, after onions are translucent, add chicken stock, bring to a boil then simmer for 20 min.

Remove from heat. Season with salt and pepper, add ginger and garlic. Puree in a blender with milk.

Pour back into pot and heat slowly until soup is warmed through, but don't boil.

When serving, place a few chicken strips on top of each bowl of soup, sprinkle with bell peppers and some cheese.

Recipe: Portuguese Kale Soup

1 bunch kale
 1/2 head green cabbage
 6-8 cups chicken stock or canned reduced-sodium chicken broth
 1 lb linguica or chorizo sausage, sliced 1/4 inch thick
 1 lb red potatoes, diced
 2 (15 1/4 ounce) cans dark red kidney beans

chopped jalapeno

2 tablespoons lime juice

1/2 teaspoon salt

Mix all ingredients in glass bowl. Cover and refrigerate for 1 hour. Serve with your favorite chip.

Anna's Corner

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

Anna was able to help on Sunday with a time-honored tradition at Cheryl's home place in West Virginia - cider making!

After a week of gathering apples, Pops and Grandma were ready to make the cider. First the apples are washed and blemishes are cut out. Then the whole apples are put in a grinder.

The pulp from the ground apples is squeezed, and the juice that comes out is that sweet, tangy, delicious fresh apple cider is ready to strain into the clean jugs.

Though her nap coincided with most of the work, Anna got to get her hands wet while cleaning the machinery. And of course she taste-tested it for us, with a thumbs-up for approval!

2 lbs diced tomatoes
1 medium onion, chopped
3 garlic cloves, minced
2 teaspoons crushed red pepper flakes
3 bay leaves
1/8 teaspoon Hungarian paprika
1-2 tablespoons olive oil
coarse salt
fresh ground black pepper

Wash kale under running water. Strip from tough stem, coarse chop and set aside.

In the food processor, using the medium shredder blade, shred cabbage, drain and rinse beans.

Heat the olive oil in a large stock pot, add sausage, chopped onion and minced garlic.

Cook, stirring occasionally until the onion is transparent. Add remaining ingredients, bring to a boil, reduce heat and simmer for about 45 minutes to 1 hour.

Adjust chicken stock as needed for desired consistency. Add salt and pepper to taste, remove bay leaf and serve hot with a coarse bread.

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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