

DeBerry Farm Fresh Produce



Crate Full O' News

DeBerry Farm Vegetable Subscriptions

Week 15, September 23, 2008



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Anna's Corner

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

Anna is so ready to turn 4 next month! She tells folks that she's going to have a party with cake and ice cream and presents.

Dear C. Benson,

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

Your last week of veggies! Sorry this newsletter is a little short. For recipes, my favorite website is www.recipezaar.com - just type in your ingredients and you'll get lots of recipes.

Bag Reminder: If you forgot to return your bags, please drop them off at the farmers markets listed below or at the red brick farm house at the bottom of the driveway at the farm.

The DeBerry Farm market bag with your veggies this week is yours to keep! Please reuse it at the farmers market, grocery store, etc.

Miss a week that you haven't made up?

Again, if you missed a week, 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 on **Fridays**

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



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.

Collards

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.



Green Bell Pepper, Sweet Banana 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!



What's Happening at the Farm?

Still doing markets, but things are starting to slow down.

Our markets go until November 1, and we have a lot of end-of-season work to do. Our fields need to be cleared of plant debris and plastic mulch, along with the irrigation lines. We need to plant our cover crops, garlic and strawberries for next year. Gee, maybe things aren't really starting to slow down after all!

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

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,

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