



# The Nibbler

Your source of CSA News 2011

Week 8/16



## Katie's Question?

### What do you for the plants when it's this hot out?

When the sun turns up the heat we start to irrigate the rows. We can run water through drip hose to the peppers, cabbage, watermelons, tomatoes and eggplants. We can't water the corn, pumpkins, winter squash or beans so they just have to wait till it rains. When temperatures get over 80 degrees plants naturally shut down to conserve moisture during the day. Plants do their growing during the cool of the night. We don't have anything growing in our greenhouses this time of year because of the heat. It can get 20 degrees hotter under the plastic covering.

## The Halfway Point

We are half way through the CSA season this week. We hope you are noticing that the bags are getting fuller. We appreciate your patience as this growing season came around. There are still lots more coming, like peppers, tomatoes, winter squash and Brussels sprouts. This week we started picking watermelons and cabbage. Tonight Mick and I took a Sunday drive over the farm and through the fields. Here are some photos of the progress. We scared up a flock of turkeys feasting on some spilled wheat berries, but I couldn't get a photo quick enough.



## Farm Visit August 14

You are invited to jump in the car and join Katie (from Katie's Question) and her family as they visit the farm this Sunday. Mick and I have a market that day so we will start the walking tour of the farm at 3:30. Please come along and hear some of Katie's questions and add your own as we walk the fields and see how the crops are growing. We will dig some potatoes and pick some raspberries and other things along the way. We might even see some wild life. Of course there are tractors too.

Bring some water bottles and dress for a walk in the fields. Dogs are welcome. Friends and relatives are welcome also. You might want to pick up your share that day right from the farm. Let us know if you are coming, but last minute guests are welcome. Stay as long as you like.

Left Above: Peppers & Cabbage, Right Above: Sweet Corn, Right: Looking back at the barn from the wheat field with straw bales. Below: green pumpkin.



### Winter packs are still available.

It may seem a little early to be thinking about the holidays but time does fly. We want to give you time to consider what those holidays would be like with ingredients from your CSA farm. This onetime delivered pack will be stuffed with some of the last of the season flavors and long storage ingredients for your winter cooking.

In the past they have been filled with potatoes, popcorn, wheat flour, cornmeal, winter squash, and pie pumpkins, locally made jams, apples, frozen summer berries, Brussels sprouts, and other late season selections. The \$50 pack is delivered just before the Thanksgiving Holiday.

You can contact us directly to order yours if you have not already.

### Covered Bridge Gardens

Mick, Kay and Steve Prochko

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### Peters Creek Farm

Mike and Diane Hiener

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## Ingredients: *You will find more tips and recipes at our website.*

The cabbage (*Brassica oleracea* var. *capitata*) is a member of the Cruciferea family. It was known as far back as ancient Roman times, and throughout its long history cabbage has been thought of as food for the poor. Fermented cabbage, a kind of sauerkraut, was known in ancient Rome. During the great age of exploration it was an essential sailor's provision, and a remedy for scurvy.

### Nutritional value:

Cabbage contains plenty of calcium, sodium, iron and phosphorus. It has a good deal of vitamin C, a little vitamin B1 and B2 and a little vitamin D. Fresh cabbage contains 20 calories per 3 ½ oz.

This week you can try our green cabbage either raw or cooked.



## Cabbage

### Classic Cole Slaw

#### Ingredients:

- ½ green cabbage (about 1 ½ pounds)
- 1 cup shredded carrots
- ½ cup light mayonnaise
- ½ cup sour cream
- ¼ cup sugar
- 2 tablespoons fresh lemon juice (1/2 lemon)
- ½ teaspoon celery seed
- ¼ teaspoon salt

Cut cabbage in quarters and cut out tough stem. Thinly slice into shreds. Combine with carrots in large bowl.

In a small bowl, whisk the mayonnaise, sour cream, sugar, lemon juice, celery seed and salt until blended. Toss with cabbage mixture in bowl. Cover bowl with plastic and refrigerate at least one hour.

From Family Circle August 2009

Makes 8 servings

### Halushka

#### Ingredients:

- 3 Tablespoon Extra Virgin Olive Oil
- 4 Tablespoon Butter
- 3 cloves chopped garlic
- ½ cup diced onion
- ½ head cabbage, coarsely chopped
- ½ bag noodles cooked
- ¾ teaspoon salt
- ¼ teaspoon pepper

Place oil and butter in skillet. Add onion and garlic and saute' until onion is transparent and garlic is lightly browned.

Add cabbage, salt and pepper and cook stirring frequently until cabbage is cooked and lightly browned. Add cooked noodles stir until well mixed. Add more salt pepper and butter to taste.

Serve hot.

From the family recipes of Cathy Lovas

### How to get our great stuff

If you are at a pick-up site without a farmers' market and would like our popcorn, cornmeal, wheat berries or pastry wheat flour, just let us know and we will deliver it. You can leave a check made out to Covered Bridge Gardens at Avon or pay us at the farm or Erie when we see you. The rest can choose from the stock at the markets. You might want to send an e-mail to make sure we have your choice.

- Popcorn 1#- \$3 (white, red, yellow, blue or our mixed Firecracker)
- Popcorn 3#- \$7 (same colors as above)
- Popcorn Cornmeal 12 oz.- \$2.25 ( red, white, yellow or blue)
- Popcorn Cornmeal 24 oz.- \$4.50( same as 12 oz.)
- Wheat Berries 1# \$2.00
- Wheat Pastry Flour .65 lbs.- \$1.75
- Wheat Pastry Four 1.25 lbs.- \$2.20

### Happy Note:

Darius has found a home on a local Christmas tree farm, Henson's Tree Farm. Garth misses him, but he's young and will adjust.