



The Nibbler

Your source of CSA News 2011

Week 5/16



This is the week I would like to introduce you to our help.

Here at Covered Bridge Gardens we pride ourselves as being one of the hardest summer jobs you will ever love to have. I tell the girls it's like a spa. We have tanning, mud baths, exfoliating sweat baths, dirt manicuring and the all important fruits and vegetables for healthy smoothies at the end of the day. They actually prefer the cold popsicles in the freezer.

We are proud of our group again this year. It's another fun group. They are made up of just graduated high school and college students. Several are returning for their second or third year with us. One worker has been with us for five years. The first year workers are catching on quick. We love having them and hate to see them go as fall semesters start to call them away. They have helped turn this awful growing season around. They have used their talents to carefully water, plant and harvest everything so far. At this time we have as many as nine people working in a week.

They are attending schools such as Kent University, Lakeland Community College, Ohio Technical College, Ohio Northern University, and Saint Francis University, Pa. Their majors vary from psychology, paralegal, mechanical engineering, auto body / collision repair, math, criminal justice, and video design.

Alex working in a 90-degree day loading and unloading plants from the green houses.



How many people does it take to turn a bolt?
Three with Mick supervising to get our greenhouse reassembled.



Lunch in the new break room. This year they have a place of their own.



Cleaning and trimming onions.



Katie's Question
Where was Mick born? He was born in Ashtabula, Ohio to Michael and Francis Prochko.
Where did he grow up? Right here on the farm. He farmed with his father and grandfather growing up. He attended Ohio State and was in the military for a while and then returned to the farm. He and Kay married in 1975 and live on the farm where they have raised their two sons Mark and Steve. Today he farms with his son Steve. You can take the boy out of the country but you can't take the country out of the boy.

Around the Farm
We have seen some much needed rain. These 90-degree days can dry out the ground fast. It is good for corn growing. This week you are getting the first corn. Early corn has a smaller ear pack with lots of flavor. As longer growing varieties mature you will see larger ears.
Broccoli is almost ready to flower and the second beans are just tiny strings this week. I feel like we have a nursery with tiny watermelon, golf ball size tomatoes and peppers full of blossoms. Believe me we are as anxious as you to see them mature. Did you know that we are 12 inches above the normal rainfall this year? Just translate that in o snowfall.



Green peppers



Green tomato



Savoy Cabbage

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

Wheat Berries



This year, by request, we are introducing wheat berries. Our wheat was harvested just this past week. In the past we have ground the wheat into the soft red wheat pastry flour. Now you will be able to try this whole grain also.

Wheat Berry and Wild Rice Salad

Ingredients:

- 1 cup wheat berries
- ¼ tsp. salt
- ½ cup brown and wild rice or long-grain and wild rice blend
- ½ cup dried cranberries
- ¼ cup thinly sliced green onions
- ¼ cup nonfat or regular Italian salad dressing
- 1 Tbsp. Snipped fresh basil or 1 tsp. dried basil, crumbles
- 1 Tbsp. Honey mustard
- ½ cup coarsely chopped pistachio nuts

Directions:

1. In a medium saucepan bring 3-4 cups of water to boiling. Stir in wheat berries and salt. Return to boiling; reduce heat. Simmer, covered for 30-45 minutes or until tender. Drain; set aside. Cook rice blend according to package directions, omitting butter, margarine, and salt.
2. In a medium bowl combine wheat berries, rice, cranberries, and green onion. In a bowl stir together dressing, basil, and mustard. Pour over salad mixture; toss to coat. Cover and chill 4 to 24 hours. Just before serving, stir in nuts. Makes 4 main-dish or 8 side-dish servings.

Source: Better Homes and Gardens, BHG.com
This recipe provided by Covered Bridge Gardens.

Wheat Berries are the whole unprocessed grain of the wheat. Wheat berry refers to the entire wheat kernel comprised of the bran, germ and endosperm. It has only been stripped of the inedible outer hull, leaving all of its many beneficial vitamins and minerals intact. They add a crunchy texture to dishes and are an excellent source of dietary fiber. With a home mill or grinder, they can be ground in to flour for baking. These soft wheat berries grind much easier and produce finer flour making it more suitable for pastries and cakes. Whole berries can be added to any whole grain breads.

Wheat berries can also be served cooked. When prepared this way they are a healthy alternative to hot breakfast cereal and can also be added to soups and salads.

Contrary to popular belief, wheat berries do not require an overnight soak before cooking. Simply boiling them for 1 hour or less will soften the kernels, which will produce their characteristically chewy texture. You can also use a rice cooker. Use 2.5 cups of wheat berries with a full bowl of water for 60 minutes. They will double in volume when cooked.

- 2 cups soft red winter-wheat berries
- 7 cups cold water
- 1 teaspoon salt

Preparation

1. Sort through wheat berries carefully, discarding any stones. Rinse well under cool running water. Place in a large heavy saucepan. Add water and salt.
2. Bring to a boil over high heat, then reduce heat, cover, and simmer gently for 1 hour, stirring occasionally. Drain and rinse. To serve hot, use immediately. Otherwise, follow the make-ahead instructions.

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 2 days or freeze for up to 1 month.
- **Substitute for Meat:** You can use wheat berries as a substitute for meat, especially in Mexican entrees where you might usually use ground beef. After the wheat is soaked and cooked with other ingredients it works great in enchiladas, burritos and casseroles. It makes you feel so good about eating it because it tastes good, has lots more fiber, and lots less fat.
- **Couscous and Wheat Berries Dish:** Try cooking couscous and wheat berries separately and then combining them for a side-dish to reduce the starch of the dish and add more fiber.
From eatingwell.com, BHG.com, and fooddoodles.com.



Just look at that cute face.

This weimaraner/lab mix wandered in to the farm this week. We were told a truck dumped him off up the road. He is laid back and just wants to be where we are all day. He stays near the farm and doesn't wander off. He and our dog Garth are getting along well. He does like to bark when any vehicle comes in the driveway. He is about ten years old and a hundred pounds. If interested let us know.