



Wet weather did not detour farm visitors

The rains of last Sunday could not keep visitors away from Covered Bridge Gardens. Eight hardy souls braved the dark clouds and mud to trek the fields and see where their CSA vegetables are grown. Mick gave everyone a riding tour around in the farm cart, allowing everyone to get a total picture of the size and variety of crops we grow. Kay, Steve and Mick answered questions and showed off how our vegetables are handled in the barn. We looked in the walk-in cooler and the potato room. We even had some volunteers to help unpack the truck just back from the Ashtabula Market. Everyone went home with some goodies and I'm sure a closer feeling to their food.

I was so caught up being tour guide that I forgot to take pictures but then you need to see it for yourself.

Katie was unable to make it due to a family illness and I'm sure will be rescheduling. I'll let you know in case anyone else can come along.

Thank you to everyone who has visited the farm this year. We welcome anyone who can come and learn more about our farm. Maybe we might even have sunshine next time.



Special Member Sunflower Offer, 4 flowers for \$3

Many took advantage of this special offer last week. I loved sharing these bright sunny flowers and will continue the offer each week. Just let me know in advance and your flowers will be ready when you pick up your bag.

Katie's Question

What is your favorite vegetable?

Mick's favorite vegetables are potatoes and beans. He never has been too crazy about sweet corn and definitely not eggplant. Last year he fell in love with a butternut soup served at Lucky's in Tremont.

Veggie Poll

Vote for your favorite vegetable?

Let us know what your favorite vegetable is. Send us an e-mail or let us know when you pick up your bag. Let's see what vegetables come out in the top ten favorites. I will publish the results in three weeks. Vote so your vegetable is heard.

More Rain

We have received over 5 inches of rain over the past weekend. That puts us nearly 18 inches above average this season. Some of the fields are under deep puddles and soft mud. Others are perking up along with more weeds. The rest of this week is predicted to be nice. I'm just glad the heat has let up. My refrigerator is filling up like yours. Don't forget to share how you are using up your share so others who are overwhelmed can learn from you. E-mail me your suggestions and I will pass them on in the newsletters.



Watch for e-mails with bulk freezing prices over the next weeks. There will be tomatoes, corn, potatoes, peppers, eggplant, and more. Be prepared to put up some of the summer's flavors.

True or False:

White vegetables offer little nutritional value; only brightly colored vegetables are nutrient powerhouses.

Answer: False. Vegetables in every hue offer nutrition benefits, even white ones. White cauliflower contains many of the same compounds that have been linked to cancer prevention found in other, more colorful cruciferous vegetables like broccoli or Brussels sprouts. The compounds that give onions and garlic their pungency have been linked to prevention of certain cancers in laboratory tests. Typical white-flesh potatoes are a good source of potassium, vitamin C, and fiber, when eaten with the skin.

Covered Bridge Gardens

Mick, Kay and Steve Prochko

1681 Netcher Rd., Jefferson, Oh 44047 (440) 862-1682 Cell

mick@coveredbridgegardens.com www.coveredbridgegardens.com

Peters Creek Farm

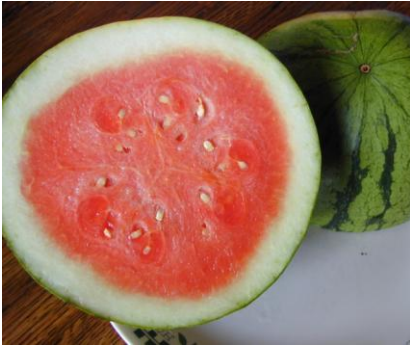
Mike and Diane Hiener

3451 S. Denmark Rd. Dorset, Oh 44032 (440) 813-4339 Cell

peterscreekfarm@suite224.net www.peterscreekfarmltd.com

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

Watermelon



Watermelon Muffin Crumbles

A layered breakfast delight.

Preparation:

- 3 small or 2 large bran muffins
- ½ teaspoon ground cinnamon
- 2 cups fat free vanilla flavored yogurt
- 2 cups chopped seedless watermelon (well drained)
- ½ cup dried cranberries
- ¼ cup honey
- ½ cup toasted sliced almonds
- 4 cups small cubes of watermelon

Ingredients:

Crumble the muffins and divide among the bottom of four 12-ounce glasses reserving about ¾ cup of the crumble. Mix the cinnamon and yogurt, and divide half of it over the crumbled muffin in the glass. Divide the watermelon and dried cranberries over the yogurt in the glasses. Divide the remaining yogurt over the watermelon and dried cranberries. Divide the remaining muffin crumble over the glasses and top with honey. Garnish with the toasted sliced almonds and top with watermelon cubes. Serves 4.

From the National Watermelon Promotion Board

The Melon Family

The gourd family members known as melons are the most cooling and refreshing fruit and are fondly equated with lazy summer days. Watermelon is botanically unrelated to melons. They do not interbreed as the cantaloupe and muskmelon. To add to the muddle, what we in the U.S. call a cantaloupe is not. Here it is a muskmelon. True cantaloupes have warty or scaly rinds (not netted). The muskmelons have a netted rind. We are growing a small smooth melon that will soon be in your bags also.

We are growing a wide variety of watermelons. Watermelons originated in Africa. The small seedless varieties were cultivated in India and quickly spread to other parts of the world. The term seedless is a little misleading as the melon may have small clear white seeds. They are soft and edible. This variety must be grown with a pollinator plant that produces seeded melons.

All melons are low in sodium. They are a good source of vitamin C and A. The melons sugar content does not increase once picked.

How do we know when to pick? Steven had developed a talent for reading the ready signs. On watermelon a small portion of the stem turns brown and the spot where they lay on the ground turns yellow. And if that doesn't work Steven usually picks a few and everyone stands around with a spoon tasting them. Melons do not have to be refrigerated until they have been cut.

Cauliflower



The cauliflower (*Brassica oleracea* var. *botrytis*) is a member of the Cruciferae family. It was cultivated in the Middle East but known in Europe by the 13th century. Its dense white heads gave the plant its Old English name- coleflower or cabbage flower. It is often divided into florets and cooked or used raw in salads or dips. The whole head may be cooked and mashed like potatoes.

Nutritional Value:

Cauliflower is not quite so rich in vitamins and minerals as some of its relatives, but it contains valuable amounts of phosphorus, calcium, and sodium, and vitamin A and C. Cauliflower contains only 13 calories per 3 ½ oz.

The Vegetable Cookbook
General Editor Carol Bowen
Exeter Books of New York, 1984

Roasted Cauliflower

Makes 4 cups

- 1 head cauliflower, cut into bite-size florets
- 2 tablespoons extra-virgin olive oil (EVOO)

Preheat oven to 425 degrees. On a baking sheet, toss the cauliflower with the EVOO; season with salt and pepper and arrange in an even layer. Roast until tender and browned, 20 to 25 minutes.

From Every Day with Rachael Ray