



# The Nibbler

Your source of CSA News 2011

Week 7 /16



## Katie's Question

**Do you eat popcorn?** Yes I do, but only Covered Bridge Gardens' popcorn. My favorite one is the red. I think it has a good crunchy, corn flavor. I like to put salt, butter and parmesan cheese on it.

Did you know that we started to grow popcorn when our son Steve graduated from college? His first crop was only the yellow variety in 2000. The next year he tried the blue and since grows red, white, blue and yellow. The stalks can grow to over 7 feet and make good cornstalks for Halloween time.

It is picked in late October and stored in specially made corn cribs. It is shelled off the cobs as needed. We also have it ground into whole grain cornmeal. Try it for you next corn bread.



Many of you may have a backyard garden. This week I want to take you to one backyard that is not only growing wonderful produce but teaching young gardeners at the same time.

At Pembroke Kids Child Development Center in Avon Lake the staff is celebrating year two of their learning garden. The summer staff and children are growing beets, tomatoes, squash, sunflowers, melons as well as other crops in raised beds. The garden must be surrounded by a high fence to keep the deer from harvesting it too.

Each week they like to get gardening tips from Mick who is always happy to stroll out to the garden and see how things are growing. I particularly like the small purses hung on the fence and planted with different herbs. What a cute and clever use of an everyday object to grow in.

Last week they were wondering when to tell when a beet was ready. Since beets are under ground, the large tops might give the impression they are ready. We suggested waiting until you see the beets pushing up out of the ground. Then you know there is a sizable bulb waiting for dinner. Small beets can be pulled to thin the row and let larger ones grow even larger. Small beets can be quickly sautéed or the tops cut raw into salads. They will never go to waste.

Students help with the harvest and parents are encouraged to take home the bounty when they come at the end of the day.



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

## White Turnips



The turnip (*Brassica rapa*) is a member of the Cruciferae family (like the radish). It has been a popular vegetable since Roman times, especially in France where it is used extensively in casseroles, slow cookers and vegetable dishes.

### White Turnips

White Turnips are first cousins to the yellow but are smaller and are usually grown for their greens. The fine leaves can be prepared like spinach. Before the spread of the potato, turnips, with their high nutritional value, were among the most important staple food for man and beast. White (May) turnips are available from May to June. It is good boiled or glazed, in vegetable stews, or served raw in salad. Store them in plastic bag in your refrigerator and they will keep for weeks.

### Preparation:

To cook turnips, remove a thin slice from the top and root end and peel thinly. Rinse and cut into chunks or leave whole. Cook in boiling salt water or stock 25-45 minutes, depending upon the size, age and type.

### Nutritional value:

Turnips more are valuable for their flavor than nutritional value. They have very high water content- up to 90% and therefore small amount of water-soluble vitamins and minerals. Reasonably low in calories, cooked turnips contain only 14 calories per 3 1/2 oz.

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

Not everyone may get turnips this week but keep this for future reference.

## Turnip and Potato Mash

### Ingredients:

½ lb turnips, peeled and cubed      1 lb potatoes, peeled and cubed  
¼ cup orange or pineapple juice      1 Tbsp. Brown sugar  
¼ tsp. ginger      1 tbsp. butter or margarine  
Black pepper to taste

### Preparation:

1. Cook turnips and potatoes in boiling water until they are tender.
2. Drain water and puree vegetables.
3. Add juice, sugar, ginger, and butter to pureed vegetables.
4. Cook over low heat, stirring often, until heated through. Add pepper to taste.

(Try simply mashing them with potatoes. Prepare as above then blend and mash in the potatoes. Serve with butter, salt and pepper to taste.)

The potato (*Solanum tuberosum*) is a member of the Solanaceae family. It comes originally from South America, more precisely from the plateau of Peru. There are many stories and claims of the way it first came to Britain. Columbus and Drake have both been credited with its introduction. However, what Drake brought back to Queen Elizabeth I from his voyages was the related sweet potato rather than the ordinary potato, as we know it today. It is now generally recognized that Spanish conquistadors introduced the potato to Europe from South America. It is said that the Great of Prussia, in search of cheap nourishing food, made the potato popular, but the first Europeans to grow it on a large scale were the Italians. The British and Russians used to be the greatest potato eaters in the world. Britain has the highest consumption per head of population.



### Nutritional value:

Potatoes still suffer from the bad reputation of being a fattening vegetable. Served plain nothing could be further from the truth at only 80 calories per 3 ½ oz. Calories aside, the potato is a very nutritious vegetable. It provides a rich source of carbohydrate, protein, calcium, phosphorus, and potassium. It also has significant amounts of vitamin A, B1, B2, and C.

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

## Lighter Potato Salad

2 pounds small new potatoes, scrubbed, with skins on and cut in half if large  
3 teaspoons salt  
2 cups plain 2% Greek yogurt  
1/3 cup sour cream  
4 scallions, trimmed, finely chopped  
¼ cup snipped fresh chives  
3 tablespoons fresh lemon juice  
1 ½ tablespoons bottled horseradish  
1 tablespoon sugar  
¼ teaspoon black pepper

Place potatoes in large pot. Add enough **cold water** to cover. Add 2 teaspoons of the salt. Boil about 12 minutes or until knife-tender. Drain. Let cool.

Whisk yogurt, sour cream, scallions, chives, lemon juice, horseradish, sugar, pepper and remaining 1 teaspoon salt in large bowl. Quarter potatoes. Add to dressing. Stir gently until all pieces are coated. Refrigerate until serving.

Makes 12 servings.  
From June 2010 Family Circle

## Fried Green Tomatoes

Source: Family Circle (11/1/02)

### Directions:

Core three large green tomatoes; slice ¼ inch thick. Drain slightly; season each with a pinch of salt. Place 1/3 cup of flour in a shallow bowl; 2 beaten eggs in a second bowl; and ¼ cup of cornmeal, 2 tablespoons Parmesan Cheese, 1/8-teaspoon cayenne, and ¾ teaspoon salt and 1/8 teaspoon black pepper in a third. Dredge slices in flour, then eggs, then cornmeal mixture; fry in vegetable oil over medium heat about 3 minutes per side or until golden brown.

**This is a wonderful dredge to try on other fried vegetables.**