



The Nibbler

Your source of CSA News 2011

Week 6 /16



On the Farm Update

Many of you may have experienced some of the severe storms happening around the area. We have missed all of them and got only a light wetting of the ground. It has helped a little to get the crops through the 90-100 degree days. We hate to say it but we could use a nice rainy day.

This week several of our vegetables have finally matured. It's always a good sign when the big truck rolls out of the barn. You will see the results in your bags. The first corn patch matured late last week with others to follow. The second mess of beans has matured and we have abundance this week. You should have received a notice about ordering some for freezing or canning. Broccoli has started to head just about a month and a half behind schedule. Cauliflower and peppers are not far behind. Melons are growing and peeking out from under the leaves.

On the Darius front, we have decided we will keep him as long as no one else can take him. I gave him a bath a new collar this week. He feels right at home.

We are taking reservations for our second summer dinner on August 15. The first one was shy the number we needed and they have rescheduled for the next. Hopefully more will sign up. Keep the word out there. Proceed will still go the help Autism Speaks at all the dinners.

Farm to Fork Dinner

Keep in mind our next Farm to Fork dinner is scheduled for Monday, August 15. We look forward to serving you a delicious dinner right from our farm. More information is at our website.



Designer bags

By now several of you have been handed one of our "Designer" CSA bags. It's my way of turning an ugly duckling into something fun. When I can't get a stain out after a few washings I could give up a throw it away or get creative.

Each has been hand painted with its own inspired design. We hope you enjoy carrying your one of a kind bag that will set your CSA bag off from the cookie cutter ones out there. Over time I will probably give all the bags a look of their own.

Remember it's what's inside that matter.



Bulk Beans for Sale:

Bushel- \$30 ½ Bushel- \$18 Peck Basket- \$8

Schedule Your Farm Visit.

Rather than pick a date and hope people can come we have decided to let you schedule the visits. There are lots to see with everything planted now. Our best times are late Saturday or Sunday afternoons or Mondays. If you come on a Friday we will probably put you to work. So take a close look at your calendar during the season and pick a date to bring the family, your friends or just come yourself with a camera and enjoy the farm. Dress for the ruff outdoors and weather. Dogs are welcome also.



Katie's Question

Do you drink milk? No, Mick has never liked drinking milk. He attributes it to having to milk cows all his childhood. Our son Steve does and likes chocolate milk the best.

To Order your Ohio Honey:

We will gladly help you enjoy the nectar of the farm by getting their honey for you. Go to their website and decide what you want. .E-mail us with your order. Give us a week notice to place your order and pick it up on a Saturday and then get it to you.



Thank you for letting us know when you are going to miss a pick-up. Your e-mails are very helpful when they have the dates and your pick-up location.

Covered Bridge Gardens

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Peters Creek Farm

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



Sweet Corn

How to Grill Corn

To prepare: Shuck the corn, removing all the husk and silk. Lay each ear of corn on a 12 inch square of aluminum foil. Rub each ear with 1 tsp. Butter and season all over with kosher salt and freshly ground pepper. Tuck a sprig or two of fresh thyme or any other herb next to the corn and wrap the corn tightly in foil.

To grill: Heat a gas grill to high. Put the foil-wrapped corn on the grate, cover and cook, turning every 5 to 6 minutes, for 15 to 20 minutes. Remove from the grill and open the foil loosely. The corn should be blackened in places. If it isn't, rewrap it and return it to the grill for another 5 minutes. Let cool and serve.

Don't Strip the Corn

Have you ever gone to buy corn only to find that others have pulled back the husks leaving you with dried up ears? If you ask most people why they do it, they do it because their mother did and they really don't know what they are looking for.

Here's a tip from your own farmer. The better method is to feel the ear. Notice any dents that tell you that the kernels may not have developed evenly. Also feel the end to notice a full mature ear. If you must look for worms carefully pull the tip open and peek to see if the silk is clean. If it's clean then there is no ear worm. Worms are a sign that the corn is sweet. They are picky too and go for the best corn first.

Balsamic Green Beans

Sautee 1 chopped garlic clove in TBSP Olive Oil.
Meantime steam 8 oz. of fresh green beans until crisp tender.
Put beans in fry pan with sautéed garlic and stir to coat. Drizzle 2 TBSP. Balsamic vinegar and 1 Tsp. honey over beans and stir until hot.

From the Pula Dean Show and shared by one of our CSA members.
This recipe provided by Covered Bridge Gardens

Corn Facts

Corn is a member of the grass family, so it isn't really a vegetable; Sweet corn (*Zea mays*) is a member of the Graminae family. It is also known as maize, corn on the cob and Indian corn. It is native to Central and Southern America. Pueblo Indians were growing maize for grain and as a vegetable about 1100 AD. Maize refers to a grain that is most closely related to flint corn used for corn meals and flours as well as cattle feed. The modern sweet corn was not developed until it was brought back to North America but farmers wanting variety for human consumption.

The sweet corn we eat as a vegetable can be white or yellow, but other types of corn form orange, red, brown, blue, purple and even black kernels. We also grow bi-color corn with white and yellow kernels. I grew up calling it bread and butter.

Did you know there is one strand of silk for each kernel on the ear? The average ear of sweet corn has 800 kernels arranged in 16 rows. Sweet corn has only been around since the mid-nineteenth century. The main producing country is the United States. Corn is a very popular vegetable. The average American eats 25 pounds of corn each year! It's the seventh most popular vegetable.

Corn takes 65-80 days to mature if the conditions are right. We plant a little at a time to have a constant supply long into October if possible. Last year we had corn up until the last CSA package on October.

We also grow other variety of corn, such as our popcorn and Indian corn.

Nutritional value:

Corn is a good source of Vitamin A. Sweet corn kernels contain 76 calories per 3 ½ oz.

Some facts from: *The Vegetable Cookbook*, General Editor Carol Bowen, Exeter Books of New York, 1984

Tip from Mick:

For those of you that have been taught that for an ear to be ready the ends must be filled out. That's an old wives tale.

An ear that is not filled is not a sign of an immature ear. The reason that the tip of the corn doesn't fill out can come from several things. Mainly the problem is pollination. Many times the pollen just doesn't reach the top, which sounds silly, but an ear fills out from the bottom up and if there isn't enough pollen the top doesn't fill out.

Lime Butter for Corn on the Cob

Ingredients:

½ cup (1 stick) unsalted butter, softened
2 Tbs. snipped chives
1 Tbs. chopped parsley
1 Tbs. chopped dill
2 tsp. grated lime zest
2 tsp. lime juice
½ tsp. salt
¼ tsp. black pepper

Directions:

Add butter, chives, parsley, dill, lime zest and juice, salt and pepper to a blender. Puree until smooth. Scrape the contents of the bowl onto a sheet of plastic wrap and shape into logs. Refrigerate until ready to use.