



The Nibbler

Your source of CSA News 2011

Week 3 /16



Meet Your Farmers



This week I would like to properly introduce ourselves and let you know a little more about who is growing your food. I guess I will go first. I am **Kay** Prochko. Many of you may already know that I recently retired from teaching. Now I farm full time with my husband and son. I do a little of everything from ride the planter, pack the share bags, pick produce and sell at the markets. I also write the newsletter, blog and reply to many of your e-mails. In my spare time I love to paint the gourds that Steve grows for me. My favorite things are the mints, sunflowers and basils to pick. That is my "me time".



Next will be my husband **Mick**.

He has lived on the farm all his life and pretty much has always been a farmer. He did attend Ohio State and served in Vietnam. Mick is the bookkeeper and sends out statements and watches the pennies. He's also the idea man and comes up with some of the new things we try. Mick took over the dairy operation from his father and has carried on the tradition of being one of the top agriculture producers in the county. This month we learned that we were named The Ashtabula County's Best in County Agricultural Operation for 2011. This is an honor he really is proud of and has certainly earned. Mick does a lot of talks throughout the state on agriculture and works very closely with the Ohio Extension Agents.

We affectionately refer to him as the bear, but I guess if you put in 60-80 hours of work a week into something you loved you would be a little tired and grumpy too.

His favorite thing is talking with kids and customers and making them laugh.

Our son **Steve** joined the operation when he graduated from Delaware Valley College in Pa. Like his father he has always wanted to be a farmer. He makes all the seed selection in January and February and decides how they will fit in the field patterns. He is in charge of the labor and plans what is going to be done each day. He also decides what's going in the bags each week. I think he does a pretty good job of the selection. Some weeks like these early weeks the choices are tough. Steve loves picking the watermelons and could live on sweet corn. A little secret is he loves growing all these vegetables but hasn't tried too many of them himself. He leaves that up to you.



The next member of our team is **Mike Hiener**. You might wonder how he factors in, but it is quite simple. When we were getting started in vegetables we were introduced to Mike. Having grown up on a vegetable farm in Marietta, Ohio he was very happy to work with us. A lawyer by day, Mike also farms Peters Creek Farm, an 85-acre farm in Dorset just six miles away. Close enough out here to share equipment. His wife raises chickens and supplies the eggs we take to market. She is one of the local veterinarians also. I will leave any other details for you to find at their website seen below and Diane's blog to daily updates on Peters Creek.

Katie's Question:

How many barns do you have?

We have four buildings that make up the farm. One building is called the tool shed. That is where we house the tractors, plows and other equipment in the winter and where you will find all the tools to fix them and anything else that breaks around here. The next building is the hay barn. When we had cows it was our hay storage. Now it also houses equipment, some hay bales, and where we built a break room for our employees to enjoy their lunch. We also have a small old calf barn that needs some new siding and roof. That will be attended to next year. Last but not least is our main barn. This is where we pack all the CSA bags, clean and weigh the produce, store our popcorn and wheat and generally do most of the work.



Inside the barn, see popcorn cribs in the back ground.



Hay barn on the right.



The tool shed.



The old calf barn is at the end of the barn.

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.*

Green Beans



Green Beans with Pesto and Pasta

4 ounces multi-grain penne pasta
4 cups green beans tipped and cut in 1 ½ inch pieces.
8 ounces fresh mozzarella, cut into one-quarter-inch dice
¼ cup basil pesto
¼ cup freshly grated Parmesan cheese

Cook pasta according to package directions until al dente. Add the green beans to the pot during the last 5 minutes of cooking time. While the pasta cooks, place mozzarella and pesto into a serving bowl. Drain the pasta and beans, saving ½ cup of the cooking water. Add pasta and beans to the serving bowl. Toss to combine adding water, if needed to loosen the sauce. Sprinkle with the Parmesan and serve immediately. Serves 4

Green beans , also called French beans (*Phaseolus vulgaris*) are a member of the Leguminosae family. It is an exotic plant native to Central and Latin America. The green bean is a dwarf variety with long slender pods.

Nutritional value:

Fresh green beans contain a good supply of calcium, phosphorus and vitamin A, a little vitamin C, carbohydrate and protein. They provide 7 calories per 3 ½ oz.

Wax Yellow Beans

Wax-pod yellow beans are part of the Leguminosae family. They include a stringless bean originating in the tropical and sub tropical countries.

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



Spring Mix Lettuce:

Our spring mix includes red oak, romaine, grand-rapids (variegated red), and green oak leaf.

Our lettuce is planted in beds in the field where weeds do grow. So please check for grass and other odd bits and always wash the leaves thoroughly.

Did you know that the iceberg head lettuce you buy at the store has no nutritional value? These young tender leaves in your bag this week are packed with more than just color.



More than knee high by the fourth of July.

This is me standing in the first sweet corn field. As one Facebook friend said: "The promise of things to come."

Tip: Plan ahead

I want to pass on this tip that a few of our long time members have shared. Take time when you first get home to prepare your vegetables for the week. Trim and wash the beans, pre-wash the lettuce and other steps that will save you time when you are rushed for dinner.

It's true we would have those beans for dinner if we didn't have to stop and snap them, right. One member says that getting all the salad fixings ready ahead, has helped her and her husband eat more salads and stay on the road to a healthier summer.

Please share any other tips you might have.

Look for page 3.





Our Farm to Fork dining experiences offer the best combination of nature and flavors directly from the farm.

What an opportunity to taste our vegetables picked at the peak of ripeness and prepared table side by the talented culinary skills of a local guest chef.

The evening begins at 7 p.m. with a tour of the farm and the first course served on the ride. The remainder of the four-course dinner will be served banquet style while watching the sun set over the farm.

Cost is \$95 per person. Reservations must be made one week in advance of the date. Seating is limited for each event to 20 guests. Prepayment will hold your reservation. Cancellations made less than 24 hours before will be charged for the evening.

Call (440) 862-1682 to make your reservations.

Farm to Fork* Dining Experiences 2011 Schedule

July 25- Farm to Fork, Autism Speaks Fund Raiser 7:00 PM with Chef Brian Doyle

July 28- Dine with the Vines*

August 15- Farm to Fork
7:00 PM with Chef Brian Doyle

August 18- Dine with the Vines*

September 18- Farm to Fork
7:00 PM with Chef Brian Doyle

September 15- Dine with the Vines*

October 13- Dine with the Vines*

October 16- Farm to Fork
7:00 PM with Chef Brian Doyle

**Farm to Fork dinners are served at Covered Bridge Gardens' farm location at 1711 Netcher Rd. Jefferson, Ohio. Reservations only please. We are limited to 20 guests. Dress is outdoor casual. We will be under roof for inclement weather.*

**Dine with the Vines partners our fresh harvest and local winery Grand River Cellars for a dinner*

Covered Bridge Gardens on Netcher Road in Jefferson will be the site of a unique dining experience on July 25.

The business is teaming up with Sow Food Catering of Cleveland to host a dinner "down on the farm" to raise money for Autism Speaks, an organization that helps raise awareness of the prevalence of autism locally and around the nation. The first 20 people to sign up for the "Farm to Fork" dinner will be treated to tasty dishes created by Brian Doyle, chef at Sow Food Catering. Guests will be seated with a view of the fields where their dinner was grown, while watching the sunset. Seating will be moved to the rustic barns if the weather is inclement.

Doyle will use produce grown at Covered Bridge Gardens and incorporate other ingredients from local producers to create a variety of dishes sure to please every palate. The menu will be based on the harvest from the fields that day. Grand River Cellars will present their Austin Red and White wines. (Proceeds from sales of this wine go to Northeast Ohio Autism Group.)

Dinner will start at 7:00 pm with a tour of the farm. Cost of the dinner is \$95 per person and reservations can be made by calling (440) 862-1682. Seating is limited to 20 people for this first dinner, but organizers hope to be able to hold more such events. Deadline for reservations is July 18.

Covered Bridge Gardens is located at 1711 Netcher Road, about a half-mile east of the Netcher Road covered bridge.

All proceeds will benefit Autism Speaks, which was created to help those touched by autism cope with the struggle, while also using funds to search for medical advances in solving the puzzle of autism.

In addition, Doyle is sponsoring a walk team known as Puzzle Peace that will participate August 21 in the Walk Now for Autism event to be held at Voinovich Park, Cleveland.

Farm to Fork Guest Chef

Each dinner is prepared by an outstanding local chef. This season our chef will be Brian Doyle, Owner of Sow Food Catering in Cleveland. Brian has been a customer of our produce for many years and a friend promoting eating local.