



# The Nibbler

Your source of CSA News 2011

Week 2 of 16



We hope you don't mind, but this week we're are going to do some housekeeping. Below you will find some important notes to keep in mind as we start the season. Don't turn off your cell phones and the bathrooms are just down the hall. (That was for all those sitting in a boring meeting this week wishing you were outside.)

### A Reminder: Bring Your Bag Back!

Please bring back your empty bag from the previous week and exchange it for a new one ready with a fresh harvest. Each week we carefully pack the bags with your next share.

We understand that sometimes you will not have your bag with you. We have heard all kinds of reasons, "It's in my other car", "I came straight from work." and others. Whatever the reason we do forgive you if you forget your bag now and then. Just bring two the next time.

### [www.coveredbridgegardens.com](http://www.coveredbridgegardens.com) is for our CSA members?

We have worked very hard to make our website a source of information and insight for our members. You will find the weekly newsletters, recipes, and news.

Most importantly you will find at the bottom of the home page a list of what is in the single/couple bag each week. Those getting family share will know they can expect additional items along with these. If you want to be surprised just don't peak.

Current news is posted on the home page. There you will also find our connections to Facebook and Blog. Both are intended to keep everyone connected to our everyday adventures.

You will find a bank of over a hundred recipes covering all the ingredients we grow. These have been collected from magazines, on-line, recipe books and friends and members. We are always open to more.

Please explore our site and learn more about what we grow.

### Check Your E-Mails

By now you should be getting messages from us either through Farmigo and/or Constant Contact. Look for the newsletter through e-mails from Constant Contact each Wednesday .

Please make sure we have an e-mail you will open each week and inform us of any changes.

### Katie's Question of the Week

One of our young members has allowed me to share her weekly question for the farmer with all of you. Katie started asking questions last year. So for this season each week you will learn more about us too. This week she shared something she learned at the Shaker Nature Center:  
The queen ant lays all the eggs.  
Mick looks forward to Katie's visits and learning from her too.

### Next week you will meet your farmers.



### Be our friend on Facebook

This past year we entered the great social network on Facebook. With our smart phones we are able to keep in touch and share photos right from the field and markets. We hope this lets people feel more connected to where their food comes from. If you are not already one of our friends please join now. *We will still send crucial information out by e-mail to members.*

### Covered Bridge Gardens

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



### Sugar Snap Peas

We are sharing with you this week a small portion of the peas. This year's pea crop has been hit hard by the wet spring. We were only able to get in a third of the normal planting. Peas that can grow knee high are ankle high at best. We are seeing other crops like broccoli and squash also later than normal. It seems everything is a month slower, but then look out. We thank you for your understanding. We hope you are enjoying what you are getting and be patient this year.

#### Quick Ideas for peas:

For a quick warm salad, briefly blanch and toss peas with a little vegetable oil, sea salt, and toasted sesame seeds. Or blanch them and toss them with good-quality butter and salt. Try a quick saute' along with torn lettuce and scallions over low heat.

The pea (*Pisum sativum*) is the best known member of the Leguminosae family. It originally came from the Near East, and was introduced into Europe in the early Middle Ages. Peas porridge soon became the winter staple for all over northern Europe and remained so until the 17<sup>th</sup> century. It was one of the few vegetables that could be dried for use during the winter months. It wasn't until new varieties were developed that people started eating peas fresh. All fresh peas are really immature seeds, and the less mature they are, the better they taste.

Sugar Snap peas are just as sweet as their name. These peas are best prepared steamed or lightly cooked in the pod. You can eat the pod and all. You can also eat them raw in a salad or as a snack in your lunch box.

To prepare, snap off the stem tip while pulling along the pod to remove the sting that comes with it. Rinse under running water and cook whole.

To freeze prepare as above, then blanch for three minutes in boiling water. Remove and place in ice water for three minutes. Drain, dry and package in an air tight freezer bag or container.

#### Nutritional value:

Peas are a very nutritious vegetable. Young green peas contain good supplies of protein, carbohydrate and vitamins B and E.

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

### Popcorn Corn Bread

#### Ingredients:

2 Cups popcorn cornmeal	½ Cup whole wheat pastry flour
1 tsp. salt (optional)	1/2 tsp. baking soda
1 tsp. baking powder	1/4 Cup honey
1-2 Tbsp. oil	2 Cups milk
1 large egg, beaten	

#### Directions:

Combine dry ingredients then oil, honey and milk, stir into a batter. Pour into ungreased 9" glass pie dish or 8x8 glass dish and place in preheated oven. Bake bread for 20-25 minutes in a 425 degree oven or until top begins to brown. Serve warm.

### Popcorn Cornmeal

Last week you got to pop some of our popcorn and enjoy a tasty snack. This week you can use it to make a moist delicious corn bread. We have our popcorn stone ground to a course meal that can be used for breading chicken and fish, baking in muffins and bread or used in pancakes. The whole grain meal needs to be kept refrigerated up to six months to assure the nutritional value of the grain. This sample is from the white popcorn. We also have red, blue and yellow.

