



The Nibbler

Covered Bridge Gardens
CSA Newsletter
Week 8 of 16

Kate's Question
Tell me about your tractor. Is it ok in this heat?
Yes Katie, tractors are made to work in the heat and the cold. One thing we have had to deal with more this summer is dust clogging the air filters. Mick has to stop and use the air compressor to blow the dirt out so the engine gets the air to run. Not a problem last summer. I thought I would also show you some of the other equipment we use with the tractors to plant and harvest your vegetables.



Above is our Ford TW20 we have had since the mid-80s. It has a 130-horse power engine. It has a cab that makes it ideal for the rainy days. Upper right is the Kaboda. Our newest tractor with 55 horses purchased about 2000 while Steve was in college. Lower right is the oldest member of the barn. With 90 horses, the Case 970 was built about 1973. We bought it used and use it to carry the water tank and wheel planter each spring.



The tractors pull a lot of different things around the fields. Of course we have the usual plows, but here are a few more. 1. I have mentioned our 100-year-old potato planter in week five. 2. This crazy looking combination of rollers and discs with a seat on top is the plastic mulch layer. One person rides backwards watching to make sure the discs are pushing dirt up over the sides and tucking the plastic tight over the beds as it goes down the rows. 3. This lightweight looking seeder has the tough job of planting the tiniest seeds. It uses a vacuum system to suck up each tiny seed and drops it the right distance apart to allow maximum growth. We use it for beets, beans, corn, sunflowers, kale, winter squash, pumpkins and peas. 4. Looking like a big red vacuum machine, the bean picker makes harvesting beans a snap. It scoops up the bean plants, runs them through a blower to remove most of the stems and leaves and deposits them in tubs for the barn. 5. And of course what would be a farm without an all-purpose wagon. Here it is backed into the barn full of buckets brimming with potatoes.



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I hope you are enjoying the colorful bags and heartfelt messages from your fellow members. I love the new designs I am seeing this year. This one says, "Tell me what you eat and I'll tell you who are." The other is a simple, colorful flower that fills the back of the bag. Please continue to surprise us with your imagination.



Ingredient Highlights: You will find more tips and recipes on our website.

Again, another week without rain. We keep hoping.

More please ...

... Beans

One of our young members is loving her first green beans inside and out. I love photos of our members enjoying their goodies. Feel free to share yours.

Bulk corn for canning ready this week. \$ 5.00 a dozen or \$4.00 a dozen if you buy five dozen or more. Watch our website and look for e-mails on future offers.



Yellow Melons

This week we are sharing our newest melon this year. It is a deep lemony yellow honeydew. Let it sit on your counter a few more days as it will continue to ripen and get even sweeter. The skin will get a little softer. Once it is ripe, refrigerate to hold the melon's sweetness. Since it is a honeydew, it will be firmer than the watermelons when you cut into it. This melon is an Asian specialty variety. The unusual oblong fruits have shallow white sutures. The flesh is white, crisp when ripe, and wonderfully sweet.



Yukon Potatoes

This week you are getting your first Yukon Gold Potatoes. What make them different from the rest? Nice of you to ask. Potatoes have the undeserved reputation for being high in calories. What makes a potato fattening is the butter and sour cream that goes on them. They are almost 78 percent water; they are high in carbohydrates and have 2 percent protein. Just below the potato skin are significant quantities of manganese, chromium, selenium, and molybdenum. Peel a potato and you lose these nutrients and fiber. You have been enjoying the red and white varieties so far.

- Red potatoes are best steamed or roasted and are a standard ingredient in potato salad.
- White potatoes are an all purpose potato for cooking, baking, steaming, mashing or frying.
- Yukons have a floury or mealy texture and are best for baking, frying, or making mashed potatoes.

Storing Potatoes:

Whether you wish to store a relatively large or only a small quantity of potatoes, you should heed the following points.

Only store completely undamaged potatoes.

- Protect from both daylight and artificial lighting, which could cause them to develop green spots, rendering them inedible.
- Store where air can circulate, preferably on wooden slats.
- Protect from temperatures below freezing. The ideal storage temperature range is 37-43 degrees.