



**Covered Bridge Gardens  
CSA Newsletter  
Week 4 of 16**

**Second Payments due July 15**

For those of you making three payments, you will receive a reminder this week with your amount due. Please contact us with any questions at any time.

**7 REASONS TO BUY LOCAL**

To see the complete article go to our blog.

**Covered Bridge Gardens**

1681 Netcher Rd.  
Jefferson, Oh. 44047

[www.coveredbridgегardens.com](http://www.coveredbridgегardens.com)

**Mick, Kay and Steve Prochko**

# The Nibbler

We got 2 inches of much-appreciated rain last Tuesday. The crops drank it in so fast we could see a difference in two days, especially in the summer squash. It was a bit muddy trying to pick for the week, but no one minded after all the dust. This should alleviate the need to irrigate for a while. That will give the pond time to recoup.

## Kate's Question

Even though Mick likes a lot of different vegetables, he has to say fruits would win out. He loves watermelon. When they are ready, he's the first with a large knife in one hand and a spoon in the other. That's why I keep a supply of plastic spoons in the barn.



...

Meet the crew that has been working in the fields in these recent high temperatures. We have 10 young workers who assist us on the farm. We were asked the other day where do we find our help? Honestly they find us.

They work Monday through Friday planting, weeding, picking and packaging your harvest. We try to treat them right and hold high expectations for the quality of their work. Several have been with us multiple years and seem not to mind the harsh working conditions. When the temperatures went to 90+ they opted to come in at 7:00am before the heat hit. Then they took the afternoons off.

The two youngest are still in high school. The others attend various area colleges with a variety of majors. Their summer earnings go toward their tuitions. One just graduated this spring with a degree in mathematics and is working here while she looks for a job. We have three students from Kent State University. They all are taking some level of justice study. Others have attended Theil College, St. Francis University and Edinboro University in Pennsylvania. Other majors are zoology, psychology, mathematics and communications. We have two sets of sisters working this summer. Even though they have graduated from several different high schools at different years they have all become good friends here. They hang out together after work and talk about movies, music and the typical topics while working. There is still some disagreement over the choice of country western music on the radio.

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

It's a good time to be thinking about freezing your beans even though it's in the 90's outside. We have beans available by the peck for \$10/peck. There are between 4 and 5 pounds of beans to a peck. Call (440) 862-1682 this week to order. Supply is limited.

For green beans, snap off tips. Rinse, then cut or break into desired sizes or freeze smaller beans whole. Blanch for 3 ½ minutes then cool for 3 ½ minutes. Allow beans to dry then store in an airtight freezer bag or container.

Refer to [SimpleOrganizedLiving.com](http://SimpleOrganizedLiving.com) for a complete printable chart of instructions for freezing other vegetables.



### Pesto

Diana Brook, Jefferson, Ohio

- 2 C. chopped basil leaves or lemon basil
- 1 C. olive oil
- 2 cloves garlic
- ½ C. grated Parmesan Cheese
- ½ C. grated Romano Cheese
- ¼ C. pine nuts or chopped pecans
- Black pepper to taste
- Fresh lemon juice to taste

Using a blender mix in order. Serve fresh or freeze in ice cube trays. This will make a serving size for sauces, dips or baked potatoes and pasta dishes.

### TIP OF THE WEEK

To clean fresh dug potatoes rub gently while wearing rough exfoliating bath gloves. This works great for beets and other root crops too.



The contents of your bag look a lot like those from last week. Just one of those times when that's what's on. The beans are bigger this week and the squash has grown. These along with potatoes are some good basics for great menu planning. Try the pesto recipe below in the green bean recipe. Add some corn bread from your cornmeal and you're all set.



### Green Beans with Pesto and Pasta

#### Ingredients:

- 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

#### Preparation:

Cook pasta according to packages 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