



## Covered Bridge Gardens

CSA Newsletter

Week 9 of 16



*This little tomato shows that we put our heart into everything we do.*

### Kate's Question

*What do you do with your tractor when it rains?*

Well Kate we let it sit out in the rain. That way it gets a bath. Like a faithful dog, it's always waiting for us to see what the next chore around the farm will be. Usually we just dry off the seat after a rain and get to work. They might even sit out in the snow, but by winter we try to have all the equipment under roof. Just remember, these are the tractors we use to push the snow off our driveways too. They are the work horses of the farm.

### **Reminder:**

Final share payments are due this month.

## Covered Bridge Gardens

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### We got Rain!

Last Friday we got a share of the storms. The rain gauge registered an inch and a tenth by the time it was over. By Sunday, as we rode around the fields, we noticed the ground was still wet and plants were beginning to perk up. It will take a week or two to see the full impact and see how much damage the dry weather did.

We want to thank all of you for hoping and praying with us that rain would come. We had gone six weeks without rain and the crops were beginning to lose the battle for moisture. I hope we don't go this long again. But for now we are relieved and thankful for what we got.

### Buy Out the Farm

Surprisingly there are a few crops that have done ok in the drought and we do have bulk quantities for canning and freezing. I am posting weekly bulk vegetables for sale on the home page of our website. I try to get this posted by Monday morning. I will also include the weekly offer here as well. We can deliver your items with your bag at all the locations. We will fill all requests on availability.

### Weekly Bulk Items August 13-19

**Sweet Corn**- \$4/doz. for 5 dozen or more

#### Tomatoes:

- Seconds in red or yellow \$1.00/lb for 10 lb or more
- Roma Tomatoes \$1.50/lb for ten pounds or more

Peck baskets= ten to twelve lbs

Half bushels= 20 lbs

Whole bushel=40 lbs.

More items will be added as ready. Watch your e-mails or Facebook for updates.

E-mail [mick@coveredbridgegardens.com](mailto:mick@coveredbridgegardens.com) or call (440) 862-1682



### Farm Visits

We invite you to come see firsthand the fields and barns and get a personal connection to your food. This is a great way to educate your children to how food grows.

Schedule a time to visit us. Rain or shine there is always something to see on the farm. We love showing you around. Mick will even drive you around on our farm cart so you see the "back forty".

*A few dates you might want to put on your calendar when looking for the best things to do in Ohio.*



August 24, 25 & 26, 2012  
Historic Ashtabula Harbor  
Bridge Street



Garlic fever returns to Shaker Square  
September 8-9, 2012.

This year will be bigger and better with continuous live music, chef contests and demos, and the finest local food featuring one of our favorite alliums...garlic!

Tickets on sale now at [www.clevelandgarlicfestival.org](http://www.clevelandgarlicfestival.org)

Ashtabula County's  
Covered Bridge  
Festival  
October 13-14, 2012

Tour the 18 bridges and join in the weekend festival while enjoying the fall beauty of the county.

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



### How to boil corn

The following is from the "Cooking for Ohio Families", published by the Agricultural Extension Service of The Ohio State University in 1942.

"Remove the husk from corn as nearly as possible to time of cooking corn. Plunge into boiling water and cook 5 to 10 minutes. Remove at once from water and keep hot by folding in cloth napkin." We usually find seven minutes works best.

### How to microwave Corn

Place the ear in its husk in the microwave and set on high for three – four minutes. Carefully remove with a hot pad or oven glove. Cut the husk about one inch from the bottom completely off. Then, holding the top of the husk shake the ear out the bottom opening.

### 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.

Now that you have enjoyed some of our delicious corn how about some corny facts.

Sweet corn (*Zea mays*) is a member of the Graminae family or grass 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. It isn't really a vegetable; it's a grain, but we consider it a vegetable. The modern sweet corn was not developed until it was brought back to North America but farmers wanting variety for human consumption. Corn takes 65-80 days to mature if the conditions are right. We plant a little at a time to have a constant supply as long as possible. The high temperatures this summer have forced the corn to mature faster than we might want. We hope to have it into early September but if you want to freeze some don't wait.

### Did you know?

- That each ear has an even number of rows going around it.
- That each silk at the top goes to an individual kernel on the cob.
- The average ear of sweet corn has 800 kernels arranged in an average 16 rows.
- Sweet corn has only been around since the mid-nineteenth century.
- The average American eats 25 pounds of corn each year!
- It's the seventh most popular vegetable.
- We also have popcorn and Indian corn growing for fall.



### Personal Honeydew Melons

This week you get to try another new melon. We are trying a new little melon called Sprite. It is like the yellow honeydew with a white coat that turns yellow as it matures. We pick it just as it is starting to turn. Give it a few more days on your counter to ripen or slow it down in the refrigerator. The ends will be a little soft and have a melon smell. A web like pattern will start on the ends. The skin is easy to peel and then cut melon into your fruit salad.

### Broccoli Note

This year the broccoli varieties have not produced the normal large heads that you see in the stores. They have been smaller with small leaves around them. The leaves can be an added green to salads or chopped in your casseroles. This could be due to the stress on the plant because of lack of rain or simply a variety trait.

