



Covered Bridge Gardens
CSA Newsletter
Week 1 of 16

The Nibbler

Welcome to the 2012 Growing Season

Hello to all our old and new members. We love seeing members coming back for a new season. It's also exciting to teach new members about how their vegetables are grown and what to do with them to get the most out of their harvest bags.

Over the past few months we have been busy getting ready. So far this season Mother Nature has been gentle with us. This is a sure change from last year's soggy start. The spring warmth and sunshine has been a welcomed change.

This season we are planting more turnips, celery, potatoes, celery root, peas and lettuce. We have a full selection of peppers, tomatoes, sweet corn, summer and winter squash planned. Throw in some watermelons, broccoli, cabbage, beans and cauliflower and you have yourself a bag full of fun. Go to our blog for a more detailed report on where the growing season is.



New Hives



The planter loaded for another round.



The crew is preparing plants for planting.

Have to miss a Pick-up?

We hope to see you each week, but we know life happens. If you need to miss you must let us know as soon as possible.

440-862-1682

Here are your options:

- Have a friend or family member pick it up.
- Call or e-mail ahead and double up the week before or after. Be specific with dates.
- You can pick it up at another location. You must make arrangements several days before.
- If you miss without informing us ahead of time, you will forfeit that week's bag.

Emergencies do happen and we understand. Remember we are there rain or shine.

Weekly Newsletter Coming by E-mail

Watch each Wednesday for your link to **The Nibbler**, your CSA newsletter. Each edition contains farm news, ingredients tips and recipes.

We assume that everyone has opened the newsletter at some point in the week. It is your responsibility to keep informed. If you need it sent to more than one e-mail just let us know. We want all our members to be informed about farm visits, bulk buying offers and other updates.

Look for it by noon on Wednesday each week.

Past issues can be accessed on our website.

What's new or old on the farm for 2012

When you visit the farm this summer, and we encourage all of you to do so, you will see that both greenhouses and new hoop house are in production. Two of the houses have tomato plants and the hoop will have a variety of changing crops that will take us further into the fall. Having tomatoes grown under cover will increase quality and extend the growing season. The warm spring allowed us to do needed construction and find windless days to pull the new layer of plastic over the frames. Imagine stretching 100 feet of plastic and clamping it down before the wind blows it like a kite.

Two of our bee hives did not make it through the winter. Owners, Ohio Honey, are not sure why but the newer third hive did. They have brought us two new swarms and all are busy touching all the flowers on the farm. I will tell you more about the honey production in a later newsletter.

Follow us on Facebook. We often post quick photos and updates later in the week about what will be at the markets. You can also link our blog and newsletter directly through the e-mails. We are also planning to offer a free app for your phone. This will allow you to contact us quickly, place your bulk orders and check on weekly messages. It will be available July 1.

We have a great returning work crew with only two new faces. I will introduce all of them to you in a later newsletter. It takes all ten with us to make sure vegetables are planted, weeded and harvested with care.

Follow our blog for more news on what is happening on the farm.

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Dust!!!

*If you don't know your farmer,
you're not in a CSA.*

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



Remember to always wash your produce. We take care in handling your harvest but it still needs a thorough washing in your kitchen.



Green Onions

This week we are picking our green onions for you. This spring crop doesn't last long in the summer heat. Some have asked if these are scallions. Yes they are. Scallions do not grow up to be large onions and only form small round bulbs. They are sweet and excellent added to salads and soups. They can be sliced lengthwise and grilled to top a burger or other dishes. They are high in potassium and niacin, but not much else. We prize them more for the way they liven up our meals.

Get Ready For the Harvest

Here are some suggestions that will help you get ready to enjoy everything in your bag.

1. An insulated bag with ice packs may help for the ride home. **Note: lay a towel over ice packs so produce does not lie directly on the ice packs in the bags.**
2. Buy a good vegetable brush. This will come in handy on potatoes, turnips, beets, and other produce grown in the soil.
3. Have freezer containers or bags ready to freeze any extra or leftovers. Remember how good those green beans are going taste for your Thanksgiving dinner.
4. Get out your favorite recipes or download a few. Make sure to stock up needed ingredients like, olive oil, sea salt or other herbs so you won't have to miss out on the freshness.

Cool Idea

To make your own ice packs fill colorful water balloon with water and freeze



Turnips:

The turnip (*Brassica rapa*) is a member of the Cruciferae family (like the radish). It has been a popular vegetable since Roman times, especially in France where it is used extensively in casseroles, slow cookers and vegetable dishes.

There are two main varieties to choose from: the globe-shaped turnip with creamy white skin and pale white flesh; and the flat-rooted turnip with white and scarlet to purple-tinged skin and pale flesh.

Preparation:

To cook turnips, remove a thin slice from the top and root end and peel thinly. Rinse and cut into chunks or leave whole. Cook in boiling salt water or stock 25-45 minutes, depending upon the size, age and type or roast with olive oil and herbs at 375 until tender.

Nutritional Value:

Turnips are more valuable for their flavor than nutritional value. They have a very high water content- up to 90% and therefore small amount of water-soluble vitamins and minerals. Reasonably low in calories, cooked turnips contain only 14 calories per 3 1/2 oz.

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

Scalloped Turnips Recipe

Source: The Victory Garden Cookbook adapted by Simply Recipes.com

- Prep time: 20 minutes
- Cook time: 1 hour, 15 minutes

Ingredients

- 4 Tbsp butter
- 1/2 cup thinly sliced onions
- 4 cups peeled, thinly sliced turnips
- 2 Tbsp flour
- 1 teaspoon salt
- Freshly ground black pepper
- 3/4 cup milk
- 1/3 cup cream

Method

1. Preheat oven to 350°F. Butter a 1-quart casserole. Melt 1 Tbsp butter and lightly sauté onions until just wilted.
2. Layer a third of the sliced turnips in the casserole dish; top with a third of the onion; sprinkle with 2 teaspoons of flour, 1/3 teaspoon of salt, and one grind of pepper; pat with dollops from 1 tablespoon of butter. Repeat this layering twice.
3. Mix milk and cream together and pour over the turnips. Cover and bake in a 350°F oven for 30 minutes, then remove cover and bake for another 30-45 minutes, or until tender and bubbly.

Yield: Serves 6.