



Covered Bridge Gardens
CSA Newsletter
Week 6 of 16

The Nibbler

I declare this: "Bring a Friend to the Market Week"

Since you have taken the steps as a CSA member to buy local, how about sharing this experience with a friend?

Did you know that only 2% of the population comes with you to the farmers' market? Not a lot of people in the grand scheme of things. Just think what it would mean to farmers if more of the other 98% came too.

I propose inviting a friend to the market and showing them around. I truly feel many people are intimidated by the wide selections and overwhelming volumes. Many have never prepared some vegetables from fresh and don't know how to store or prepare them. You can be a good friend and share your knowledge. Make suggestions and share recipes. Help them start with one new thing and grow from there. Introduce them to a farmer who shares ideas and will answer their questions. Honestly Mick and I have never bitten a customer. We might have chased down a few to hand them a bag of goodies they left at our booth, but bitten, never. Help your friend learn how much fun the market can be. It is a wonderful place to run into old friends and meet neighbors. Then the next week both of you ask two new friends, and so on, and so on...

Kate's Question

Do you have a dog? Last year Kate asked if we had any pets. This year she would like to know more about our dog. We have a three year old Doberman named Garth. As a puppy Garth was found by the ASPCA and through a friend who knew we loved Dobermans, we were brought together. I never expected to have an 85 pound dog running through my small house. But he has become part of the family. Being so big, we don't let him roam too freely on the farm. He must be with someone so he doesn't chase cars or get into danger.



Do you see a dog?

I don't see a dog.

What dog?



Since we are talking about Garth how about I show you some of the wild animals we have on the farm. We have rabbits, raccoons, skunks, deer, coyotes, snakes and lots of different birds. Here are some photos I have taken over time. On the blog I will try to include a video of a snapping turtle laying her eggs in the bank in front of our house. She has come every year for three years. It's a slow process.

Local farmers are seeing a lot of animal damage on their crops this year. The animals are having a hard time finding food in the drought and are turning to the field crops. One farmer thinks his corn was damaged by a bear. Another has deer eating his beets. Raccoon have eaten most of our first planting.

Come Visit Us

Make plans to come visit us this season. We welcome visitors all the time. We like to make time based on your schedule Plan to spend anywhere from an hour to two hours. You can walk the fields or take a ride on our farm cart. You can explore the barns and see how we shell popcorn and where we package your CSA bag. We welcome you rain or shine. We usually find things to pick as we walk around and don't forget to take home some flavors to remember the day. You'll also get to look through the cooler and buy directly from us that day.



Covered Bridge Gardens

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

Broccoli:

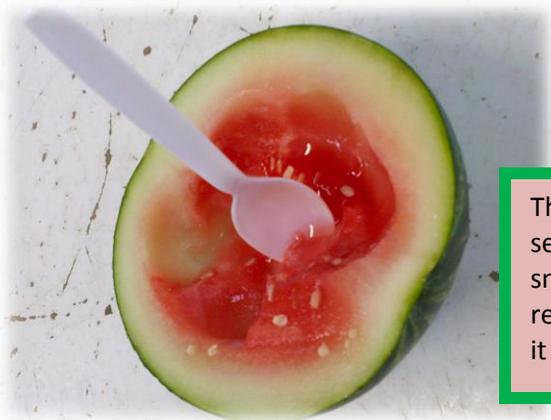
Broccoli is a super source of vitamins C and K (one cup has more than a day's worth of each). Besides providing calcium, potassium, folate, and fiber, broccoli contains phytonutrients – compounds that may help prevent diabetes, heart disease and some cancers. Broccoli contains one of the most powerful anticarcinogens found in food, says Elizabeth Jeffery, Ph. D., a professor of nutritional toxicology and nutritional sciences at the University of Illinois. Sulforaphane, she explains, helps your body destroy the cancer-inducing chemicals found in food you eat or in the environment. How can you get the maximum amount of sulforaphane for the broccoli you eat? Steam it lightly for 3 to 4 minutes.

Try mashing broccoli in with potatoes.

For a kid friendly favorite, shred the broccoli with carrots for a raw or cooked slaw.

Note:

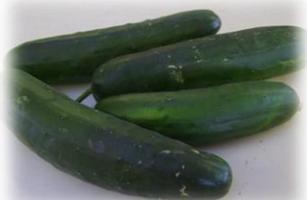
Because we do not spray the broccoli or cauliflower heavily there may still be a small cabbage worms on the stems. We suggest soaking all heads in salt water for a few minutes to remove any cabbage worms. Then wash thoroughly and prepare as needed.



This week is the first of our watermelon. You may get a seedless or one with seeds. The first ones are a little small, but oh so good. I don't think I need to include a recipe for these. You don't need to refrigerate until after it is cut. We eat them warm right from the field.

Cucumber:

Cucumbers probably first grew wild in the mountains of northern India. Only cucumbers grown outdoors will produce seeds; greenhouse cucumbers have no seeds. This is because green house cucumbers are not pollinated. The cucumber's dark green skin contains lutein and zeaxanthin, carotenoids that help fight cataracts and macular degeneration, which can cause blindness. Enjoy this refreshing vegetable in a salad or on your favorite sandwich but don't forget to eat the skin.



Cool Cucumber Soup

Ingredients:

- 3 cucumbers, peeled, seeded and coarsely chopped
- 1 cup plain low-fat yogurt
- $\frac{3}{4}$ tsp. Salt
- $\frac{1}{4}$ tsp. Ground black pepper
- 3 large ice cubes (about $\frac{1}{2}$ cup)
- 1 cup loosely packed fresh mint leaves coarsely chopped

Thin cucumber slices for garnish

Directions:

1. In blender, combine cucumbers, yogurt, salt and pepper; blend until smooth
2. With motor running and center part of the cover removed, add ice cubes, 1 at a time. Add mint and blend 5 seconds longer. If not serving right away, cover and refrigerate up to 1 day. Garnish with cucumber slices.