



Covered Bridge Gardens

CSA Newsletter

Week 10 of 16

Kate's Question

What do you do with your vegetables that go rotten?

That's a pretty smelly question. But in reality not all vegetables make it from blossom to table.

We compost our unwanted vegetable matter. That includes, for example, the rotten tomatoes, old eggplants that no one bought and the leaves we trim from the cabbages and broccoli.

What do we do with it?

Once the pile has turned to dirt we spread it in the greenhouses and other areas of the farm. Last year we filled in the old feed bunk in the barn yard and grew celery in it. This year we had our cilantro in the same space and now carrots are started in the soft rich soil.

The Nibbler

Local Restaurants Buying Local

When you hear about restaurants buying local do you ever wonder how true that is? This week I want to introduce you to some of the restaurants that are truly buying local. We know because they buy from us. Over the years we have supplied our harvest to several establishments in the Cleveland, Jefferson, and Ashtabula areas. The list changes as menus and supplies change, but all have been supporters of our local grown.

Having chefs and farmers work together is not as easy as it sounds. We have to learn from each other. We learn how they plan to use our produce in their menu and they learn patience when something did not ripen on cue. We have built a close relationship with the chefs, owners and buyers from these establishments forming lasting friendships. They truly want to understand how local vegetables grow and how the weather affects our crops. Their menus reflect the growing cycles in Northeast Ohio. We honestly want to help them bring the very best to their tables. Your dining experience is a connection between the farm and their kitchens where the magic happens. Mick and I have dined with each and found the experiences remarkable. We highly recommend tasting for it yourself. This year we happily supply the following, in no particular order:

fire food and drink- Doug Kats loves having a market literally right outside his door on Shaker Square Saturdays. Their menu includes, for example, our cornmeal, popcorn, summer squashes, hot peppers, pea shoots, potatoes, and more as the season continues. They are located on the Square in Shaker Heights, Cleveland.

The Flying Fig- Owner/Chef Karen Small is one of the original chefs to develop a menu around local fresh produce. They sell our popcorn year round in The Market at the Fig next to their dining room. For the restaurant they buy whatever catches their fancy from our table that day at the market. They are located in Ohio City on Market Street, Cleveland.

Spice of Life Catering Co. and Spice Kitchen and Bar- Owner/Chef Ben Bebenroth, like our other chef/owners, works very hard to bring fresh ingredients to life for his customers. They love our cinnamon pecans and also buy from our table at the market. Their restaurant is located at 5800 Detroit Ave., Cleveland.

Lucky's Café- Owner/Chef Heather Haviland has been buying from us for several years. She also selects from the market table and builds her menu from what is fresh that week. Her restaurant located at 777 Starkweather, Tremont, in Cleveland is in the same neighborhood that Mick's dad grew up in. Small world.

The Vault- Owner/Chef Nick Kustala loves coming to the farm and selecting his ingredients right from the fields. His new establishment the Vault in Madison carries a fine dining tradition, The Vault is located on the Square in Madison.

The Bascule Bridge Grill- Open for their first season, owner/chef John Senger serves a fresh local menu each week changing with the growing produce. He has gotten everything from turnips, peas, Swiss chard, cucumbers, basil, tomatoes, corn and eggplant. They are located on Bridge Street in the Historic Ashtabula Harbor.

Briquettes Smokehouse- Also located in the Historic Ashtabula Harbor, this restaurant uses our ingredients as a great complement to the plethora of brews they offer. In September Nate will feature a chilled spaghetti Squash salad with our squash and sweet corn on the side.

Mugs- Owner Kim Johnson has built a Jefferson landmark. This time of year she serves up a fresh stuffed tomato special the customer can't get enough of. She knows the value of an in-season tomato. Located on South Chestnut she gathers a breakfast and lunch crowd. Go to our blog through our website for more details about each.



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Heather Haviland is always ready with a smile and hug.



John at Bascule Bridge Grill excited about his local buy.



Andy Strizak now with Spice of Life Catering Co. cooking at a special event.

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

Teaching an Old Dog a New Trick

This note was from one of our members.

I tried the procedure for microwave cooking one ear of corn. It worked PERFECTLY. The ears emerged out the bottom of the husks without one silk still attached. And the corn was quite hot and ready to butter/salt and eat. In fact it needed to cool for a couple minutes (after four minutes in the microwave) which is just perfect. Like any microwave dish you should turn it a couple times while it cooks so no cold spots.

Just please make sure you grab the silk end firmly with a hot pad and shake hard, and you may have to remove a few husk leaves first or maybe cut another quarter inch off.

But this one-ear microwave cooking procedure is totally great. I completely recommend it.

Thank you, Kay and Mick.



This week we begin our selection of Winter Squashes. The first is the unique spaghetti squash. It gets its name from the way its flesh will take on a noodle look when cooked.

This large football shaped squash is easy to prepare. Simply cut in half. Scoop out the seeds. Turn cut side down and place in a baking dish. Add a half inch of water to the pan and slide in a 400 degree oven. Cook until a knife easily penetrates the flesh all the way through. Remove from the pan and turn over on a plate. Run a fork through the flesh and watch as the insides falls apart like small noodles. You can leave it in the shell as a serving dish or scoop out onto the dish. Top with your favorite spaghetti sauces. Toppings and cheese and enjoy this low-carb meal.

If you have a trick or tip send it so I can share it with everyone.

Winter Squash

We hear this term but what makes them different from summer squash? Ok I know they are eaten in the winter but...?

Winter squash need a longer growing season than summer squash and therefore are not harvested until late summer or early fall. Their skin is tough and not to be eaten like tender summer squashes. This allows winter squash to be stored for the winter and used slowly over the cold months. They can be stored at room temperature on the kitchen counter, even serving as a temporary seasonal decoration.. They also have much stronger robust flavor that we seem to crave as the temperatures turn cooler.



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

Baked Spaghetti Squash with Garden Sauce

Ingredients:

1 Spaghetti Squash

2 Tbs. olive oil

Finely Chop:

¾ cup peeled eggplant

2 carrots

1 medium onion

1 green or colored pepper

3 Tbs. basil

3 Tbs. fresh oregano

1-2 cloves of garlic Minced

1 ½ cups tomatoes chopped

1 can tomato sauce

dash of salt

Preparation:

Split squash in half; remove seeds and place cut side down in a shallow pan filled with 1 inch of water. Bake squash at 400 degrees for 30 minutes. In a large skillet, heat oil and saute' eggplant, carrots, onion, bell pepper, and garlic until just tender. Add basil and oregano and continue cooking for 3 to 5 minutes. Stir in tomatoes, tomato sauce and salt and bring to a boil. Serve over baked spaghetti squash.

Serves 4.