



Covered Bridge Gardens
CSA Newsletter
Week 3 of 16

The Nibbler

Happy Fourth of July!!

We hope you all enjoy the 4th with family, friends and some recipes made with ingredients from your bag. Please go to Facebook and share what you grilled, baked or served from your share.

A Reminder: Bring Your Bag Back!

Please bring back your empty bag from the previous week and exchange it for a new one ready with a fresh harvest. Each week we carefully pack the bags with your next share.

We understand that sometimes you will not have your bag with you. We have heard all kinds of reasons, "It's in my other car," "I came straight from work," and others. Whatever the reason we do forgive you if you forget your bag now and then. Just bring two the next time.



The Webster dictionary says it all ...

...**Drought** (drou't), *n.* continued absence of rain or moisture; dryness.

One part of being a CSA farm member is experiencing firsthand the effect that weather can have on our food supply. The early dry spring allowed farmers in Ohio to get into their fields and get so much planted in record time. I made a note in my journal that we had a grocery list of crops in by June 1. Little did we know that our last measurable rain would be in May. Any little showers or sprinkles have been quickly dried up by 80-90 degree days with dry winds.

I know it seems wrong to complain after last year but growing conditions are dangerously affecting farms in Ohio. We have been watering as many crops as we can for the last month. This is quickly dropping the water levels in our pond.

Some crops like peppers, tomatoes, broccoli and cauliflower are holding on. Others like potatoes and pumpkins are struggling. If you have driven past any corn fields you might notice that the leaves are curled and spiky looking. This is the plants' way of shutting down. These plants will send up tassels early and produce small ears on low stalks. This brings the next problem. Farmers are reporting that deer and raccoons are eating many of their crops. Some have damage in crops such as eggplant that is never a problem.

It seems that farmers just can't catch a break. A business consulting friend says his only advice is to play the stock market. We might have a better chance. For those of you old enough to remember, you might recall 1988 when Ohio also experienced a drought. We were struggling to feed our milking herd at the time. We had to import hay and look for alternative nutritional sources for them. We hoped then we would never see another summer like that. I am posting more photos on my blog of the farm conditions.

What to do with all the vegetables?

The number one concern when the bags start to fill up. Here are some suggestions.

First, check out the newsletter each week. This will give you some basic information about the ingredient and some tips how to use it. Then go to our website. I have tried to compile a comprehensive list of ideas. Under the **Recipes** in the menu you can search by the vegetable for tasty ideas. Under **CSA** and **What We Grow** you will find a photo and description of the ingredient and some basic information how to store, cook and freeze. So if you lose the list and need to, you can go down and match the photo to what's in your bag.

Here are two blogs that people just like you share their ideas.

<http://www.veganappetite.com> Tamasin Noyes

<http://inyourfamilybag.blogspot.com/> We're humans and he's a vegan. Emily Braman

Please share if you have one of your own or a good source.



Katie's Question of the Week Does Farmer Mick take naps? YES!!! As often as he can. For a complete story that might put you to sleep, go to our blog.

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Tip:

This tip comes from our members over the years who have found that if the beans are already snapped or the lettuce already washed they are more apt to use them.

Take 15 minutes when you first get home with your bag to unload and inventory the contents. Make a meal plan for the week using your harvest. Trim, wash, and store items to maintain their freshness. Use this time to chop, slice or dice to make cooking time easier.

This activity is good for kids to get involved with and encourage healthy snacking.

For storing and prep ideas, go to "What We Grow" under CSA in our website menu.

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

Summer Squash

This broad term can be used to describe several of the squash we grow. The first question most people have is, "What is the difference between summer and winter squash?" I simply tell them that summer squash you can eat the skin and winter squash you don't. Think of how you grate up a whole zucchini but don't eat the skin of an acorn squash. Summer squash are fast growing and can almost grow in front of your eyes. Winter squash are planted in early summer and grow slowly until early to mid-September when they reach their full size. Well, back to summer squash.

Zucchini: The most popular of the squash, zucchini has whole recipe books for it. This green, grey (light green) or yellow squash grows long or round like a ball. The ball-shaped are great to bake and use the shape as a natural bowl. The yellow just adds color variety but tastes the same. Zucchini has a mild flavor that allows it to be used with other vegetables that have dominant flavors. You can substitute zucchini for apples in most recipes.

Patty Pans: This dish shaped squash with a scalloped edge has more squash flavor and less moisture than zucchini. Either green or yellow, they can be used in any zucchini recipes. When frying or grilling add a little more oil. This is my favorite.

Yellow Straight Neck: Now we're talking flavor. This little teardrop shaped squash carries the most flavor of the group. Try it in salads, stir-fries or casseroles. It will perk up any "zucchini recipe".

Don't forget to freeze some for winter meals. Pre-cut into chunks for casseroles or grate to make a fresh baked loaf of squash bread for the holidays.

Note: we try to pick these wonders with tender skins and small seeds. The smaller the squash, the smaller the seeds. As they grow the skin can become tough and will need to be peeled. You may also want to remove the seeds.



Gray, yellow, green zucchini and yellow straight neck



Round Zucchini



Patty Pans



Popcorn Cornmeal

This week we include our popcorn cornmeal. Stone ground to a course meal this can be used for breading chicken and fish, baking in muffins and bread, or used in pancakes. The whole grain meal needs to be kept refrigerated up to six months to assure the nutritional value of the grain. We have red, white, blue and yellow.

West Kentucky Cornbread
From Denise and Denny Wade
(Gramma Kenney – Effie McKenney – made this wonderful sweet southern cornbread. It's what I grew up knowing.)

- 1 cup all-purpose flour
- 1 cup cornmeal (use Covered Bridge Gardens)
- 2/3 cup granulated sugar
- 1 teaspoon salt
- 1 tablespoon bacon grease (drippings)
- 3 ½ teaspoons baking powder
- 1 egg
- 1 cup milk
- 1/3 cup vegetable oil (or use peanut oil)

Preheat oven to 400 degrees Fahrenheit. On stove, heat bacon grease in 10-inch skillet. In mixing bowl, combine dry ingredients until well blended. Add egg, milk, and oil and stir into batter. Pour batter into hot skillet. Bake in hot skillet in the preheated oven for 15 to 20 minutes until golden brown. Check center for doneness. Serve hot wedges with lots of butter. M-m-m good! Just like Gramma's!

Yellow Beans



Wax (Yellow) Bean Salad

- 1 pound of waxed beans, tipped and left whole* or cut in 2-inch pieces
- 1 Tbsp. Dijon mustard
- 2 Tbsp. red wine vinegar
- ½ tsp. salt
- 3 Tbsp. olive oil
- 1 cup red onion finely chopped
- 1 Tbsp. chopped flat leaf parsley

Cook beans until tender-crispy. Drain. While the beans cook, combine mustard, vinegar, and salt in a large bowl. Slowly whisk in the olive oil. Add the beans, onion, and parsley to the vinaigrette and toss to coat. Serve at room temperature. Serves 4.

* Left whole, the beans can be part of an appetizer tray.