



Covered Bridge Gardens
CSA Newsletter
Week 2 of 16

The Nibbler

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



Our "Designer Bags"

Did you get a one of our artsy CSA bags? Aren't they fun? A couple years ago I didn't want to throw out some of our well worn bags so I started to decorate them. Then last year I asked our members to add their flare.

This year I want to continue the tradition. Please feel free to add your craft talent to the bags or simply write a message anywhere on a bag. Tell others about your CSA experience.

Not only does this help recycle, but I think it gives our CSA a more personal touch.

You will notice that we include Peters Creek Farm on our bags. Mike Heiner has been a close friend and contributor to the bags over the years. He grows most everything we grow and helps round out the harvest at times. Those at the Peninsula Market know him working with our son Steve.



Meet the Prochkos

The Prochkos have been farming on the Netcher Road farm in Jefferson Township for 76 years. There have been four generations of Prochkos working the farm since 1936.

Mick grew up on the farm and learned the business from his father who purchased the farm. His grandparents moved to the farm later and helped in the daily operations. He and his father developed the farm into one of the top dairy operations in the county.

Mick and Kay were married in 1975. They had two sons Steve and Mark. Steve decided early on he wanted to be a farmer and Mark has become an engineer.

In 2002 when Steve graduated from Delaware Valley College, Pa., he took the farm in the direction of fresh market produce. They took the current name from the newly built covered bridge on their road and started selling directly to customers at farmers markets in the area. In 2004 they started offering CSA shares. And as they say the rest is history.

Kay is a retired teacher and devotes full time to the farm operation. She paints the gourds you see at the markets. In the winter Mick and Kay are partners in the Verde Valley Pecan Growers LLC, a pecan operation in Camp Verde, Arizona. See more at our blog.

CSA: How Covered Bridge Gardens defines it.

Some programs call it Community Supported Agriculture. We say Consumer Supported Agriculture because we see each of you as an individual taking a role in supporting our farm.

We hold to the true definition that the members are personally connected to the farmers and the farm that grows their food. Each bag reflects what produce has ripened that week. Our members learn firsthand what is in season in Northeast Ohio.



Katie's Question of the Week

Katie started asking questions two years ago and has allowed me to share her weekly question for Farmer Mick with you. I hope you will enjoy her questions.

What's the weather been like?

There's an old saying about the weather, "Everyone talks about it but no one can do anything about it." This is so true with farmers. Most conversations have something to do with the weather. They actually brag about getting a tenth more rain than someone else. Most farmers have the Weather Channel app on their phone and are checking it several times a day. Mick keeps a close eye on the map as he watches possible rain storms coming. We did get a small amount of rain on Sunday night. The forecast is for ten dry days ahead. See more at our blog.

Be our friend on Facebook

This past year we entered the great social network on Facebook. With our smart phones we are able to keep in touch and share photos right from the field and markets. We hope this lets people feel more connected to where their food comes from. If you are not already one of our friends please join now. *We will still send crucial information out by e-mail to members.*

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Sugar Snap Peas



Sugar Snap Peas and Pasta

Serves 4(Main Course)

Active time: 30 minutes start to finish.

1 lb sugar snap peas, trimmed and string discarded
1 lb penne
medium garlic clove, minced and mashed to paste with ¼ teaspoon salt
¼ cup extra-virgin olive oil
1 oz finely grated Parmigiano-Reggiano plus additional for serving

Cook sugar snaps in an 8-quart pot of boiling water for 2 minutes, then transfer 1-cup sugar snaps to a colander and rinse under cold water to stop cooking. Transfer cooled sugar snaps to a cutting board. Cook the remaining in pot until tender, about 2 ½ minutes more, and then transfer with a slotted spoon to a bowl. Measure out and save 1 cup cooking water reserving remaining water in pot.

Return cooking water in pot to a boil and cook pasta until al dente, then drain in colander. While pasta is cooking, cut 1-cup sugar snaps (on cutting board) crosswise into ½ inch pieces. Puree half of sugar snaps from bowl, half of garlic paste, 2 tablespoons oil, ¼ cup cheese, and ¼ cup saved cooking water in a blender (use caution when blending hot liquids), then force puree with a rubber spatula through a medium-mesh sieve into a large bowl. Puree another batch in same manner, forcing through sieve into bowl, and add cut sugar snap.

Toss hot pasta with sugar snap sauce and, if necessary, enough of remaining ½ cup saved cooking water to thin sauce to desired consistency, then season pasta with salt and pepper.

From April 2005 Gourmet Magazine

Note: Wednesday deliveries will be made on Tuesday July 3 due to the Holiday. All other days will remain on their regular scheduled days.

Peas:

We start the season with this early summer, sweet treat. These peas are best prepared steamed or lightly cooked in the pod. You can eat the pod and all. You can also eat them raw in a salad or as a snack.

To prepare snap off the stem tip while pulling along the pod to remove the string that comes with it. Rinse under running water and cook whole.

To freeze, prepare as above, then blanch for three minutes in boiling water. Remove and place in ice water for three minutes. Drain, dry and package in an air tight freezer bag or container.

The pea (*Pisum sativum*) is the best known member of the Leguminosae family. It originally came from the Near East, and was introduced into Europe in the early Middle Ages. Peas porridge soon became the winter staple for all over northern Europe and remained so until the 17th century. It was one of the few vegetables that could be dried for use during the winter months. It wasn't until new varieties were developed that people started eating peas fresh. All fresh peas are really immature seeds, and the less mature they are, the better they taste.

Nutritional value:

Peas are a very nutritious vegetable. Young green peas contain good supplies of protein, carbohydrate and vitamins Band E. Fresh peas contain 67 calories per 3 ½ oz.

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

Quick Ideas for Peas:

For a quick warm salad, briefly blanch and toss snow or sugar snap peas with a little vegetable oil, sea salt, and toasted sesame seeds. Or blanch them and toss them with good-quality butter and salt. I also like to quickly saute' them along with torn lettuce and scallions.



Lettuce

Our lettuce is grown in raised beds in the field or our new hoop house. We stress the importance of thoroughly washing all lettuce before making your salad or adding to your sandwich. This will remove any dirt or bugs that may have splashed up on the leaves when it rained. This will also rehydrate the leaves and restore the crispness. Wrap washed lettuce in a paper towel and store in a zip lock bag. It will store for more than a week if needed. Did you know that this lettuce has more nutritional value than iceberg head lettuce?