



Covered Bridge Gardens

CSA Newsletter

Week 5 of 15



The Nibbler

The Buzz on Bees

Covered Bridge Gardens is home to three bee hives from the Ohio Honey Company. Beekeepers Lucy and Charlie Wellhausen have numerous hives across northeast Ohio and sell their honey at local markets. You can find them at the North Union Farmers Market on Saturdays for those picking up in Shaker Square and Sundays at The Lift Bridge Landing store on Bridge Street for the Ashtabula members. Visit them at www.ohiohoney.com or on Facebook for more information about their company and where to get their golden delight.

Lucy and Charlie have been friends for several years and have maintained hives on the farm for five years. Charlie comes out several times a month to check on the bees to make sure they are thriving well. He slips into his white keeper's outfit (see photo) and uses smoke to calm the bees. The first layer of the hives is their central home while the top layer known as supers are added to encourage them to make the extra honey that is harvested (see photo).

On early warm spring days Charlie inspects the colony to evaluate the health of the bees and give them sugar water if needed for the energy to go out and look for food themselves. Then in late fall he wraps the hives in insulation to keep the bees protected over winter.

Let's test your bee knowledge:

1. We all know the queen of the hive, but what are the bees called that tend to her needs? **(A) Worker Bees (B) Drones (C) Princes**
2. How much honey will a bee make in a life time?
(A) one pound (B) 1 Tablespoon (C) 1/12 of teaspoon
3. How long does a bee live? **(A) 30 days (B) 45 days (C) 65 days**
4. How many flowers does it take to make one pound of honey?
(A) 2,000,000 (B) 550,000 (C) 15,000
5. What percentage of our food supply benefits from insect pollination?
(A) 75% (B) 55% (C) 33%
6. How much will a keeper average per hive?
(A) 10 pounds (B) 43 pounds (C) 80 pounds

See answers on page two.

This and That

Thanks to everyone who has added to the designer bags. Your touches are giving our bags a unique member inspired look.

One of the side effects of the wet weather has been the high number of slugs. We apologize if you have had to check your lettuce for these small critters this year. We know beer will help get rid of them but it would take a few kegs to combat them this year. So with recent dry weather their life cycle will hopefully end.

You can thank fellow member Tim Liston of Lakewood for your printed copy of the newsletter. One of our first members, Tim has volunteered over the past several years to help carry in and pass out bags at this point. We affectionately refer to him as the "bag monkey". This year we can add the title of "company printer" to his list of talents.

If you have been checking our Facebook on Wednesdays for a photo and listing of what is in the bags I wanted to point out that those are actual bags I lift out of the packed ones and photo. Even though last minute substitutions may occur, it will give you a general idea what's coming.

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



Salad Cucumbers



Pickling Cucumbers

Quick Pickles

- 7 cups cucumbers
- 1 cup onion
- 1 cup green pepper
- 2 cups sugar
- 1 cup vinegar
- 1 tablespoon salt
- 1 tablespoon celery seeds

Cut cucumbers, onion, and green pepper very thin. Combine sugar, vinegar, salt and celery seeds. Mix well. Pour mixture over vegetables. Cover and refrigerate for 5 days before serving. Stir twice each day.

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 greenhouse 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.

In your bag you may find the large salad or the small pickling kind. Both are good for salads or pickling. The refrigerated recipe here is for large slicing cukes. You can add more to the brine over several weeks and enjoy them all summer long. Size does matter. The larger the cucumber, the larger the seeds will be inside. Too small and they are bitter. Don't confuse them with our small pickling variety.

Storage and Preparation

Cucumbers must be refrigerated. Wash the skin to remove any dirt and the small spiny points. Keep cut cucumber in an airtight container or wrapped to keep the air out. They are most commonly eaten raw. There is a cucumber soup that is made from pureed cucumbers. These large fruits can be made into sliced pickles.



Basil

Sweet leaf basil is the traditional flavor used with tomato dishes or in salads. It can be used in the preparation of poultry, lamb, pork and seafood. We also grow other types such as cinnamon flavored and blue, which adds a floral scent to dishes. The lemon flavor is excellent with pesto recipes.

Pesto

Source: Diana Brook, Jefferson, Ohio

- 2 C. chopped basil leaves or lemon basil
- 1 C. olive oil
- 2 cloves garlic
- ½ C. grated Parmesan Cheese
- ½ C. grated Romano Cheese
- ¼ C. pine nuts or chopped pecans
- Black pepper to taste
- Fresh lemon juice to taste

Using a blender, mix in order. Serve fresh or freeze in ice cube trays. This will make a serving size for sauces, dips or baked potatoes and pasta dishes.

Bee Answers :

1. (B) 2. (C) 3. (B) 4. (A) 5. (C) 6. (C)