



## Covered Bridge Gardens

CSA Newsletter

Week 4 of 15

### Our Unique Bags

When we started doing CSA shares in 2000, one of the first things we did was invest in cloth bags. At that time we were sharing the growing with Peters Creek Farm. Over time we have taken over all the growing but the bags still bear their name. The bags have also experienced tears and stains. Not one to throw something away I decided to cover the stains with painted decorations. Last year I asked our members to add their own touches. Some have painted pictures, sewed on buttons, added cloth patches or written messages for others to read. I love the ones that our wee members have helped decorate. If you get a plain one please feel free to add your touch. That way when someone else gets your bag they know that more than vegetables have gone into the bags.



## Covered Bridge Gardens

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# The Nibbler

## Putting Up with Your Vegetables

We know that you may not get to everything in your bag each week. Maybe starting the season with lighter bags and getting used to adding more vegetables to your weekly menu has been a blessing.

Just note that some items have shorter shelf lives than others and some weeks you may get an ingredient that you want to save for later. We encourage you to freeze or dry herbs for those winter dishes. They simply need washed, dried, trimmed or chopped and put in a small zip lock baggie or laid out on a tray until dry. I have listed storage suggestions with each item under What We Grow in the menu of our website.

For those of you more serious about freezing vegetables, follow us on Pinterest under Covered Bridge Gardens. Search for the board titled Preserving Summer Harvest and find great tips and videos that will help you successfully save some of



While out in the fields I took two photos that put together, give you a view of the crops and the muddy paths between. Steve is walking between the broccoli and cauliflower that are just beginning to form heads. The next left is Brussels sprouts that will be picked in October. The darker row is a new Brusselflower also picked in October. These are a more open flowery head that tastes like the sprouts. Further left is cabbage followed by small pepper plants to the far left. On the right are empty rows waiting for fall broccoli and cauliflower when the fields dry out and we can drive the tractor in them again. The two green houses with tomatoes are at the top. While the tomatoes are large and green, the lack of sun has hindered ripening.

### A Friendly Reminder

The second payment is due now for those making flexible 1/3 payments.

Single is \$126.00 and Family is \$188.00

The final payments will be due August 15<sup>th</sup>.

If you have any questions about your account please contact Mick at [mick@coveredbridgegardens.com](mailto:mick@coveredbridgegardens.com).

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

### Zucchini

(Comes in Green, Yellow & Grey)



### Patty Pans (Yellow & Green)



### Yellow Straight Neck



## Summer Squash

Once the plants are ready to produce it doesn't take long to fill up a 5 gallon bucket. This is a picture of one picking.



**Summer Squash:** This broad term can be used to describe several of the squash we grow in the summer. 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 about 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. Actually I think 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 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-fried or casseroles. It will perk up any zucchini recipe.

### Storage/Preparation

Keep refrigerated for up to a week.

Even though I have mentioned the difference in flavors as the season goes along you should have a chance to try them all and make up your own mind. Don't forget to freeze some for winter meals. Cut into chunks for casseroles or grate and have ready to make a fresh baked loaf of squash bread.

#### 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 needs to be peeled as well as remove the seeds. Removing the center around the seeds also can reduce a lot of the moisture for firmer bread.

For recipes check out the plethora on our site as well as whole sites devoted to these summer treasures.

#### Tip:

- You can interchange the different squashes in the recipes.
- Zucchini can be substituted in any recipe calling for apples, even in pies.