



# The Nibbler

## Covered Bridge Gardens

CSA Newsletter

Week 9 of 15



## Gray Skies Nothing But Gray Skies...

As we enter the second half of the CSA season, we are seeing the full effects of earlier weather conditions. The long wet spell has caused plants to die, weeds to take over some and others to not even germinate. Standing water in the fields kept us from getting successive plants in on time.

This week you may feel like “not tomatoes again” or more potatoes but these, along with peppers have survived. This is what a true CSA experience is all about. You are sharing with us what northeast Ohio has to offer at this time. This week we have gone beyond our fields to offer you local produce from other farmers. The garlic and blueberries are from two local farmers who specialize in these items and love what they do. You are seeing in your bags the best we can do.

Don't worry. There is a lot more daylight left. We do have fresh plantings of cucumbers, summer squash, beets and beans in the ground. Cross your fingers they make it to your tables.

As always we think we have the best CSA members. Please enjoy everything in your bags and thanks for your understanding. You are our sunshine...

Your Personal Farmers,  
Mick, Kay and Steve



## This & That



How about a restaurant on the moon? The food is out of this world but there is no atmosphere. lol

*When you are done reading your newsletter, please give it to a friend who might want to consider our CSA for next summer. Remind them they can sign up for our e-mails and stay informed when we start taking members.*

My sunflowers are starting to bloom. Though not as large as last year with the rain they are still sunny and bright. Some of you got a message about sales this last week. Don't panic if you didn't get it in time. There will be lots of blooms over the next weeks. Watch for the messages. They are \$1 each or 6/\$5. You can order ahead too.

## Covered Bridge Gardens

1681 Netcher Rd.  
Jefferson, Oh. 44047

[www.coveredbridgegardens.com](http://www.coveredbridgegardens.com)

## Mick, Kay and Steve Prochko

(440) 862-1682

[mick@coveredbridgegardens.com](mailto:mick@coveredbridgegardens.com)



August 23-25, 2013  
Historic Ashtabula Harbor  
Bridge Street



Garlic fever returns  
to Shaker Square  
September 7-8, 2013

Year 5 will be bigger and better with continuous live music, chef contests and demos, and the finest local food featuring one of our favorite alliums...garlic!

Tickets on sale now at [www.clevelandgarlicfestival.org](http://www.clevelandgarlicfestival.org)

## Buy Out the Farm

Surprisingly there are a few crops that have done okay in the rain and we do have bulk quantities for canning and freezing. I am posting weekly bulk vegetables for sale on the home page of our website. I try to get this posted by Monday morning. We can deliver your items with your bag at all the locations. We will fill all requests on availability.

### Bulk Prices/Order Now

#### Tomatoes:

- Seconds in red or yellow @ \$1/lb up to 10 lb, ½ bushel@ \$10, bushel@\$20
- Roma Tomatoes @ \$1.50/lb up to 10lb, ½ bushel@ \$12, bushel@\$24

#### Peppers:

- Sweet Banana or Hungarian Hot @ \$5/peck \$10/half bushel \$17/bushel
- Bell Peppers @ \$8/half bushel or \$16/ bushel

#### Potatoes:

- Yukon, White, Red, Blue @ 5#bag= \$7 or 10# bag= \$14  
\$.50/lb #25 or more
- Fingerlings @ \$2/pound 10 lbs or more

More items will be added as ready. Look for postings on our website. Watch your e-mails or Facebook for updates.

E-mail [mick@coveredbridgegardens.com](mailto:mick@coveredbridgegardens.com) or call (440) 862-1682



## Garlic



### Roasted Garlic

Roasting garlic makes the natural sugar caramelize. The flesh becomes mild and creamy. Add to savory dishes or serve as an appetizer spread on rustic bread. To roast, preheat oven to 450 degrees. Using a sharp knife cut off 1/3 at pointed end of unpeeled garlic head, exposing cloves. Enclose in aluminum foil, cut side up; open slightly and drizzle with olive oil. If you want creamy roasted garlic, seal foil. If you want caramelization on top, roast open. Roast in preheated oven for about 30 minutes or until cloves are soft. When cool enough to handle, invert and squeeze cloves from papery covering.

#### Preparation

Garlic's papery covering is generally peeled before cooking, but there are exceptions. It is roasted unpeeled and used unpeeled in dishes that use large quantities and where a subtle flavor is desired. To peel, place cloves on a cutting board; using a broad-bladed knife, press down firmly with palm of hand or strike gently. Or, when using several cloves, strike with bottom of skillet. Either way, skins separate easily. For pristine cloves, use a garlic peeler. I have had success placing cloves in a plastic container with a tight lid and shaking vigorously.

#### Interesting facts:

- Populations that favor garlic often are described as having "explosive" temperaments. Historically it was fed to soldiers before a battle.
- Garlic is a cancer fighter in the gastrointestinal tract and lowers cholesterol
- Pasteur described garlic's antibacterial properties; and during World War I, Albert Schweitzer, MD, recommended it for dysentery. It was called Russian penicillin during World War II.