



Covered Bridge Gardens

CSA Newsletter

Week 1 of 16

Have to miss a pick up?

We hope to see you each week, but we know life happens. If you need to miss, you must let us know as soon as possible. **440-862-1682**

Here are your options:

- Have a friend or family member pick it up.
- Call or e-mail ahead and double up the week before or after. Be specific with dates.
- You can pick it up at another location. You must make arrangements several days before.
- If you miss without informing us ahead of time, you will forfeit that week's bag. Emergencies do happen and we understand. Remember we are there rain or shine.

Covered Bridge Gardens

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On the following pages each week I will highlight some of the ingredients with preparation, storage and recipe ideas. Feel free to check out more on our web pages.

The Nibbler

Welcome to a new season. 2013 is starting off with a reasonable mix of weather. There was a lot of early activity in the fields in April and May. June however has been a puddle. Over 8 inches of rain in one month so far will tax the patience of any farmer when there is still planting to do.

Each week I hope to give you a little nibble as to what is happening in our corner of the farm. You can learn more about what we are up to through our blog at <http://coveredbridgegardens.blog.com>. There I can expand on topics with more photos and descriptions. If I get behind, let me know.

What's new this year?

Over the winter, storms damaged two of our three greenhouses. We were able to get one recovered and planted in May with tomatoes. The oldest one withstood the storms and is full of lettuce and early tomatoes. Here is the first one about the size of a golf ball.

The bee hives are active from Ohio Honey. They were all over the pear trees along the lane. Small fruits are beginning to show. This small bird's nest is in the fork of one tree. The blueberry bushes are full of small fruit also. I predict you will see lots of fruit at the market this year. Our son, Steven will be helping us at the markets this year. He is newly engaged to get married this fall to Amy. They met when she came to work on the farm a few years ago. I'm sure you will find lots of delights in the bags this year. We have all the favorites along with celery root, parsley, and fennel as some of the new flavors waiting for your plates.



Look for your Wednesday e-mail

with the connection to our newsletter the Nibbler. Each week you can quickly open the message or go to our website to view the latest news and recipes. If you want the message sent to more than one e-mail address, just let us know and we will add it to the list.

You can also see the contents of the bags on our [Facebook page by noon on Wednesdays](#). Due to growing conditions, the contents might change slightly by the weekend.

Don't forget to bring your bag back next week. You will get a new one packed and ready for you.

May We Suggest?

1. **Always wash your produce.** Even though we use best practices when handling and packing, you should always wash any fruits and vegetables before eating or preparing.
2. A cooler bag will help if you need to leave your vegetables in a hot car for long. Maybe a few ice packs wrapped in cloth on the bottom to protect produce that comes in contact with the ice.
Cool Idea: Fill water balloons with water and freeze them.
3. Unpack you bag as soon as you get home and store each ingredient as needed. If you are unsure you can go to our site and find **What We Grow** where I describe how to store and prepare each item.
4. Add a vegetable brush to your kitchen gadgets. I love the one I have for cleaning potatoes, beets, and other root crops.

Green Shallots

An early spring treat that wintered over is green shallots. Like the summer shallots they have a wonderful flavor. You can chop them along with the green stems.

Shallots work particularly well in dishes using wine.

- Although shallots caramelize like onions, it is important to sauté them gently. Browning over high heat is likely to turn them bitter, much like garlic.
- Roast shallots in their skins until soft. Then peel, puree, and use as a flavoring for soups or sauces.
- Shallots do not give bad breath like garlic or onions, and are more easily digestible.
- Leeks, onions, and scallions may be substituted for shallots, but expect a stronger onion flavor.
- Refrigeration is not recommended for shallots as cold temperatures tend to encourage sprouting.



Look for the flattened ends and slight red at the top of the bulb.

Storage/Preparation

Most cooks buy only as many shallots as they will need for a particular recipe. To keep for longer time store them as you would any allium in a cool, dry, dark place with plenty of air circulation. Knot them in clean pantyhose, hang from the ceiling in a dry garage, cellar or closet, and they can last up to 2 months. If they sprout, you can still use them. Remove the bitter green sprouts if you don't want a strong onion flavor. Many cooks choose to include the sprouts and use them much like chives.

Shallots may be chopped and frozen up to 3 months. However, when thawed, they will have the texture of a lightly sautéed shallot, so do not expect any crunch. This may actually be a time-saver in many recipes. The younger (smaller) the shallot, the milder the taste. Large shallots will smell and taste more like their onion and garlic cousins.

Ian Knauer's Creamed Green Shallots with Wine and Bacon

- 2 1/2 pounds green shallots (or spring onions) with greens
- 4 ounces bacon, chopped
- 1 1/2 tsp. kosher salt
- 1 tsp. black pepper
- 1 cup dry white wine
- 1/4 cup sour cream
- 1 tsp. sugar
- 1/2 tsp. freshly grated nutmeg

(1) Clean the shallots and trim away the rootlets. **(2)** Peel off any slimy, fibrous outer layers. **(3)** Cut the bulbs and pale-green parts into 1/2-inch wedges, and slice the greens into 1/2-inch pieces. Cook the bacon in a large heavy skillet over medium heat, stirring occasionally, until it is browned, about 8 minutes. Transfer the bacon with a slotted spoon to paper towels, leaving any fat in the skillet. Stir the shallots, reserving the greens, into the bacon fat in the pan along with 1 teaspoon of the salt and 1/2 teaspoon of the pepper. Cook, stirring occasionally, until the shallots are browned, 10 to 12 minutes. Stir in the wine and the greens, and bring to a simmer. Cook the shallots, stirring occasionally, until all of the liquid is evaporated, about 10 minutes. Remove the skillet from the heat, and stir in the sour cream, sugar, nutmeg, and the remaining 1/2 teaspoon each of salt and pepper. Sprinkle with the reserved bacon. Serves 6 to 8. Adapted from *The Farm*, by Ian Knauer

Green Onions (Scallions)

This delicate spring crop doesn't last long in the summer heat. They are planted as soon as the ground is warm in May and June. They start as tiny onion sets planted in long rows. Multiple plantings are made about two weeks apart. The green tops sprout in two weeks and within a month we begin to thin the larger ones for market. This allows the smaller ones to continue to grow for the next week's harvest.

Note for all you music lovers, "**Green Onions**" is an instrumental R&B hit recorded in 1962 by Booker T. & the M.G.s.

Are Green Onions Scallions?

We hear this question each year at the market. The answer is simply "yes". Since scallions are the more common ingredient in recipes people think they are different from green onions. Whether they're called scallions or green onions seems to be largely a matter of geography. In the mid-Atlantic coastal states and New England they're more likely to be called scallions; everywhere else, they're green onions. Today the terms are interchangeable. In general they are young onion varieties that do not form a bulb. We grow white, yellow and red varieties. They are milder, sweeter, and more flavorful than their grocery store cousins shipped from faraway.



Preparation: Remove the roots and wash carefully. Most cooks will use the white portion of the onion, but don't discard the chive flavored green tops. They are excellent added to salads and soups. They can be sliced lengthwise and grilled to top a burger or other dishes. They are high in potassium and niacin, but not much else. We prize them more for the way they liven up our meals.

Tip: Whether you use scallions cooked or raw in recipes, save some of the greens for garnish. Another nicely different touch is to tear the greens lengthwise into thin shreds. They'll curl slightly and look light and straw-like in a little heap. Chill them in cold water for a half-hour or more and they'll turn into corkscrews.

Store the onions wrapped in a tight plastic bag or stand upright in a container of water in the refrigerator for one week. Change water as needed.

To freeze for winter soups simply clean, chop and store in an airtight container. I like a zip top bag. Once they are frozen they can be easily broken apart from the bag using only what you want.

Radishes

Radishes are a quick little crop usually maturing in 21 days. They like the cool spring weather. They traditionally add a peppery spicy flavor to salads. Try adding them to stir fries and oven roasted vegetable dishes.

Idea: Radish Chips

Slice radishes thin, coat with oil and oven roast at 400 until crisp. Remove and cool on a paper towel.



Preparation and storage

When you get home cut off the tops and save for a salad green. Trim the root tip off and wash the radishes. Drain to dry and store in airtight container and keep refrigerated. Store green in a tight bag also.

Use within a week. If they seem soft float them in ice water over night to crisp up.