



Covered Bridge Gardens

CSA Newsletter

Week 7 of 15



The Nibbler

My unforgettable cooking story is...

We have been sharing successful recipe stories, but what about mishaps in the kitchen? From someone who has trouble boiling water sometimes I know that trying to keep up with the summer harvest can tax your culinary skills. Please share your funniest story if you dare so we can all have a laugh together.



We are seeing butterflies around the barn with the short breaks in the weather. This pipeline swallowtail climbed onto my hand for a great photo opportunity on the farm. Tiger swallowtails are also seen fluttering around the plants.

Shock Value

(from Food Network Magazine July/August 2013)

Food scientists think they've found a way to extend the life of fresh produce: shock it in warm water. Researchers at The Cooking Lab, a research facility started by *Modernist Cuisine* author Nathan Myhrvold, report that submerging fruit and vegetables in hot water slows the production of the gases and enzymes that turn them brown. Just fill a large pot with hot tap water (between 122 degrees and 131 degrees) and soak the produce for two to three minutes. Then drain, dry and refrigerate as usual. Your fruit and veggies might taste better, too. W. Wayt Gibbs from the lab says that in the study, they found a slight increase in crunchiness.

This & That

National Farmers Market Week August 3-9

Need Pecans?

If you need more of our in-shell pecans just let us know. They are \$3 a pound. We also have shelled nuts for \$7 a 1/2 lb. or \$14 for one pound bags. Just e-mail us to order yours.



Note to Lakewood Members

Since you are not picking up at a regular farmers market and we are there to hand out your bags, we are bringing along a few extra harvests for sale. We will have a tray of goodies that will vary each week. You might see something to add to your menu.

Bee Update

Ohio Honey made a large withdrawal of honey this week from our hives and reported that the bees are thriving even with all the rain. Charlie put a new super on one hive so the bees have more room to store their treasure. The honey collected is a mix of sumac and wildflower. It has a rich dark color and an extra sweet flavor.

Keep in mind that if you are interested, we can bring a small 1/2 pound bear size for \$6 with your CSA delivery. Just give us time to pick it up from Lucy on Saturdays.



What is a healthy portion?

We hope that with your weekly bags your family is adding more vegetables to your menus. We hear a lot these days about recommended healthy portions, but do you really know what that is. Simply, it is recommended to eat 5 half-cup portions each of vegetables and fruits. This is just one of the benefits of being a CSA member.

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



Guide to our Chiles (Peppers)

All peppers are chiles, also spelled chili. There are many different names for chiles, depending where you live. These are the names we use. I would like to describe our varieties so you will recognize them over the remainder of the season. Since many of you do not like hot peppers we don't put them in the CSA.

What sets the different chiles apart is the amount of heat or the concentration of capsaicin. The concentration is measured in Scoville units, named after Wilbur Scoville, who developed the system. Bell peppers have a Scoville of 0 and a jalapeno has a measurement of 4,000-6,000. The size of the pepper does not mean it has more or less heat.

To freeze peppers simply wash, cut or chop and place in freezer containers.

We grow a variety of peppers to satisfy the pepper lover in your family.

Sweet:

(A) Bell Peppers- Bell peppers are on the sweet side. We grow several varieties of green, white and purple bell peppers; these will turn red, yellow or orange as they ripen. All peppers turn color as they ripen.

(B) Cubanelle Peppers- also sweet, these long light green peppers are excellent for eating raw or cooking with Italian dishes. Try them stuffed too.

(C) Sweet Banana Peppers- The sweetest of the peppers, these are a long yellow variety. Most often added to the top of pizza.

Semi-Hot: (Scoville Ratings)

Poblano Pepper- (500-1,500) Dark green to chocolate color, this pepper gives Mexican style dishes a little kick. They are a large pepper excellent for stuffing with cheese or sausage, batter dipped or in chiles rellenos. No photo.

Hot:

(D) Hungarian Yellow Wax-(3,000-4,500) This light green pepper holds a lot of heat. Almost the size of the sweet banana, we have taken great care not to mix them up. We caution people when using this pepper to wash their hands thoroughly and even use gloves when cutting several of them. Be careful touching your eyes or other sensitive areas as the capsaicin will remain on the skin for long periods of time.

(E) Cayenne- (2,000-4,000) These long green or red peppers are the hottest we grow. This year we are growing an extra long variety. They can be dried easily by tying them in small groups and hanging in a dry area. Once dry they can be added to dishes all winter.



A



B



C



D



E