



## Covered Bridge Gardens

CSA Newsletter

Week 6 of 15

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Start to watch for bulk sales in your weekly newsletter reminder e-mails. The weekly offers are also posted on the front page of our website. Get ready for canning or freezing and sign up to put up the summer flavors.

**Remember :** Don't refrigerate tomatoes. This tells the fruit to stop producing sugar and gives it a bland flavor instead of the rich sweet just-picked flavor it should have.

You might have heard us make reference to the popular show Big Bang Theory. Our whole family is a huge fan. When our son earned his master's plus thesis this summer we referred to him as Mr. Mark Wolowitz Prochko. Maybe someday he'll earn a PHD.

## Covered Bridge Gardens

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# The Nibbler

Much awaited first tomatoes have emerged from the two greenhouses.



In the upper left the crew is hand watering the small plants. In the center growing plants are being staked and weed control ground cover is down. Below, the full plants are taking over the greenhouse and producing over 50 pounds every other day.



John Senger showing off a local delivery.

## Local Chefs are sharing in your harvest

Several local restaurants are regular customers of our summer harvest. Here are two we text with what we have each week.

Fire food and drink in Shaker Square has been committed to preparing menus centered on what is in season. They are one of the first restaurants we got to know at the Shaker Market and we have been happy to supply them even when their calls sometimes come at 6:30 on Friday night. So far this season we have been supplying them with parsley, mint, dill, summer squash and cucumbers.

When John Senger opened the Bascule Bridge Grille two years ago, he made sure to plan ahead with local farmers. Located in the Historic Harbor in Ashtabula his establishment is just feet away from the bridge his restaurant takes its name from. This year he makes a regular visit to our Sunday market in the harbor to see the vendors and know what is growing. He serves our snow peas, patty pans, basil, and his favorite, squash blossoms. This week he has ordered beans and potatoes.

We not only sell to these fine chefs but also have dined with them. I'm always amazed how good our ingredients become in the hands of professionals.

Other buyers are Lucy's Café, Flying Fig, Spice of Life, Briquette's, Brian Doyle of Sow Food and other chefs looking for fresh ingredients.

# SWEET CORN



Any way you cook it there is nothing like fresh summer corn. Here are some suggestions if you don't have a family favorite way.

## HOW TO COOK CORN ON THE COB? FRESH IDEAS FOR CORN

Just about everyone loves sweet corn cooked right after picking and slathered with butter. But if you're blessed with an abundant harvest, try some of these fresh ways of enjoying corn.

**Grill It.** Trim off the top silks and grill the corn, still in the husks, over medium-high heat for 15 minutes, turning frequently. Use hot pads when peeling the husks and serve the corn with sour cream sprinkles with cayenne pepper, which spreads just like butter on the cob.

Also try chili butter on your cob while grilling. Use one stick of butter and add chili powder and lime juice to taste. Blend well and spread on the cob before pulling the husk back over it. Serve with more limes on the side.

**Boil It.** The following is from "Cooking for Ohio Families", published by the Agricultural Extension Service of The Ohio State University in 1942. "Remove the husk from corn as nearly as possible to time of cooking corn. Plunge into boiling water and cook 5 to 10 minutes. Remove at once from water and keep hot by folding in cloth napkin."

**Zap It.** To remove the silks as easily as peeling a banana, husk just the outer leaves and trim the silk tips. Wrap the corn in a damp paper towel, microwave for a minute or to taste, and then shuck the corn. The silk should slide right off.

**Spice it up.** Toss cooked corn kernels with chopped chili peppers, tomatoes, cilantro, lime juice, and garlic for a fresh salsa.

## CORN FACTS

Corn is a member of the grass family, so it isn't really a vegetable; it's a grain, but we consider it a vegetable. Sweet corn, the type we eat as a vegetable, is always white or yellow, but other types of corn form orange, red, brown, blue, purple and even black kernels. We also grow bi-color corn with white and yellow kernels. I grew up calling it bread and butter. What did you call it?

Corn takes 65-80 days to mature if the conditions are right. We plant a little at a time to have a constant supply as long into October as we can.



### TIP FROM MICK:

For those of you that have been taught that for an ear to be ready the ends must be filled out. That's an old wives tale.

An ear that is not filled is not a sign of an immature ear. The reason that the tip of the corn doesn't fill out can come from several reasons. Mainly the problem is pollination. Many times the pollen just doesn't reach the top, which sounds silly, but an ear fills out from the bottom up and if there isn't enough pollen the top doesn't fill. Did you know there is one strand of silk for each kernel of corn? The average ear of sweet corn has 800 kernels arranged in 16 rows. Sweet corn has only been around since the mid-nineteenth century. The main producing country is the United States. Corn is a very popular vegetable. The average American eats 25 pounds of corn each year! It's the seventh most popular vegetable.

### DON'T STRIP THE CORN

Have you ever gone to buy corn only to find that others have pulled back the husks leaving you with dried up ears? If you ask most people why they do it, they do it because their mother did and they really don't know what they are looking for.

Here's a tip from your own farmer. The better method is to feel the ear. Notice any dents that tell you that the kernels may not have developed evenly. Also feel the end to notice a full mature ear. If you must look for worms carefully pull the tip open and peek to see if the silk is clean. If it's clean then there is no ear worm. Worms are a sign that the corn is sweet. They are picky too and go for the best corn first.