



Covered Bridge Gardens

CSA Newsletter

Week 13 of 15

The Nibbler



Here is a simple idea for storing onions and garlic. Remember to store potatoes and onions in separate places.

When everything is coming your way you are probably in the wrong lane.

Triskaidekaphobia

From the Greek, this word means fear of the number 13 and avoidance to use it. It is a superstition and related to a specific fear of Friday the 13th.

This specific fear is actually called paraskevidekatriaphobia.

Frankly this is "all Greek to me."

13

Good Luck

What are the odds that our CSA week thirteen would fall on the same week that there is a Friday the 13th? So cross your fingers that two thirteens cancel each other out. At least the weather is looking lucky with a needed warm up. This will help the squash and cucumbers grow a little more. We are crossing our fingers that nothing befalls them and they make it to your bags.

Many of you may not know that most hotels, office buildings, and apartment buildings do not have a 13th floor. I guess we could have skipped Week 13 of the newsletter or called it Week 12B. ☺

It's time to gather all those bags. With only two more weeks to go we will need for you to dig up all the share bags. This also means you have two more weeks to help decorate the plain ones. I love the new looks I am seeing this season. So get out those markers and paints and have fun.

*"If it weren't for bad luck, I'd have no luck at all!"
Hee Haw!*



Buy Out the Farm

Watch our website home page for each week's offer.

Beefsteak Tomatoes= \$10 ½ bushel (25lb.) \$20 full bushel (50lb.)

Roma Tomatoes= \$12 ½ bushel \$24 full bushel

Hot & Sweet Banana Peppers= \$15 ½ bushel \$25 full bushel

Bell Peppers(white, purple, green)= \$8 ½ bushel \$16 full bushel

Potatoes (white, red, blue, yukon) \$8@5# \$14@10#

25# or more @\$.70/lb

Fingerling potatoes are \$2.00/lb

Include your phone number, when and where you want to pick up and specifically what you want.

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



Commonly referred to as string beans, the string that once was their trademark (running lengthwise down the seam of the pod) can seldom be found in modern varieties. It's for this reason (the breeding out of the "string") that string beans are often referred to as "snap beans." Because they are picked at a younger, immature stage, "snap beans" can literally be snapped in half with a simple twist of the fingers.

Green beans belong to the same family as shelling beans, such as pinto beans, black beans, and kidney beans. In fact, all of these beans have the exact same genus/species name in science—*Phaseolus vulgaris*—and all can be referred to simply as "common beans." However, since green beans are usually picked while still immature and while the inner beans are just beginning to form in the pod, they are typically eaten in fresh (versus dried) form, pod and all. Green beans are often deep emerald green in color and come to a slight point at either end.

They all derived from a common bean ancestor that originated in Peru. From there, they spread throughout South and Central America by migrating Indian tribes. They were introduced into Europe around the 16th century by Spanish explorers returning from their voyages to the New World, and subsequently were spread through many other parts of the world by Spanish and Portuguese traders. Today, the largest commercial producers of fresh green beans include Argentina, China, Egypt, France, Indonesia, India, Iraq, Italy, France, Mexico, the Netherlands, Spain, and the United States.

Source: WHFoods.com

Green Bean-Bacon Salad

6 bacon slices	Dressing:
1 pound green beans	6 Tbsp. olive oil
6 med. Tomatoes peeled seeded and chopped	3 Tbsp. lemon juice
1 egg, hard-cooked and chopped	Pinch of sugar
	Salt and Black Pepper
	1 Tbsp. basil, freshly chopped (optional)

Broil the bacon until crisp. Meanwhile, cook the beans in boiling salted water for about 10 minutes or until they are just tender. Drain the bacon on paper towels, cool and crumble. Allow to cool. Drain the beans and refresh under cold running water. Drain again.

Put all the dressing ingredients with salt and pepper to taste, in a tight container. Shake to mix.

Put the bacon, beans and tomatoes in a shallow serving dish. Pour over the dressing and toss well to coat all the ingredients. Chill for 30 minutes. Just before serving, sprinkle the egg on top. Yield: 6 servings

Reasons to Eat Green Beans

One cup of raw snap green beans provides:

- Thirty percent of the recommended Daily Value (DV) for Vitamin C — an excellent source.
- A good source (15% DV) for fiber and Vitamin A.
- Many essential vitamins including thiamin, riboflavin, niacin, Vitamin B6 and Vitamin K.

Storage/Preparation

Snap off the tips of each bean and snap into desired cooking length. Rinse before placing in cooking container. Cook by steaming to retain most nutritional value. Cook until fork tender, about three minutes.

Freeze by preparing beans as above. Cook in boiling water for three minutes. Remove promptly and place in ice water for three minutes. Remove and drain. Pat dry and freeze in air tight containers up to six months.