



## Covered Bridge Gardens

CSA Newsletter

Week 12 of 15

# The Nibbler

## Shaker Market Members Reminder: Saturday's Market will close at 11:00

September 7 & 8 will be North Union Farmers Market's Annual Fundraiser, Cleveland Garlic Festival on the Shaker Square.

We will be setting up in front of the CVS front doors that morning. Look for Steve, Mick and I for your bag. Our large white truck will be parked out front on the street.



There is an app for us!

It has been a year in the development, but you can now download our app for your smart phones. Simply find us in your phones app store and follow the steps. It's free.

Our members know that Covered Bridge Gardens is always trying to keep up with the latest technology. First we developed our website to help tell our story. Then we became friends with nearly 500 of you on Facebook. Now we are taking a bold step forward to this latest trend. Our favorite tech guy Nick Rhodes at Asgard Development LLC has designed this stunning app. I have to admit that it will be one more thing to keep up with, but if it helps us keep in touch and get our word, out I'm all for it.

Some of you tease that you have dumb phones but deep down you know that your next phone will be a smart one. It took some convincing to get Mick to get one but now he is checking e-mails on the go and texting like a pro.



"When you come to a fork in the road take it."  
Yogi Berra

This squash blossom makes a cozy temporary shelter against the cold for some bumblebees on the farm recently.

## 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)

## Buy Out the Farm

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

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

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.**

## The Melon Family

The gourd family members known as melons are the most cooling and refreshing fruit and are fondly equated with lazy summer days.

Watermelon is botanically unrelated to melons. They do not interbreed as the cantaloupe and muskmelon. To add to the muddle, what we in the U.S. call a cantaloupe is not. Here it is a muskmelon. True cantaloupes have warty or scaly rinds (not netted). The muskmelons have a netted rind. We are growing a small smooth melon that will soon be in your bags also. They will ripen quickly on your kitchen counter and hold well for a week in the refrigerator.

We are growing a wide variety of watermelons. Watermelons originated in Africa. The small seedless varieties were cultivated in India and quickly spread to other parts of the world. The term seedless is a little misleading as the melon may have small clear white seeds. They are soft and edible. This variety must be grown with a pollinator plant that produces seeded melons. This week you have the yellow melon to try.

All melons are low in sodium. They are a good source of vitamin C and A. The melons sugar content does not increase once picked.

How do we know when to pick? Steven had developed a talent for reading the ready signs. On watermelon, a small portion of the stem turns brown and the spot where they lay on the ground turns yellow. And if that doesn't work, Steven usually picks a few and everyone stands around with a spoon asking them. Melons do not have to be refrigerated until they have been cut.

## Musk Melons



## Watermelon

### Watermelon and Mint Ice Cubes



For an interesting twist to serving iced tea, add these watermelon and mint ice cubes. I've adapted a recipe from [Relish](#) magazine, an excellent new food magazine that can be found as a supplement in your Sunday paper. The ice cubes go well with any drink you want to liven up, not just tea: add it to punch, lemonade, mixed drinks, and so on. This recipe also works well for making freezer pops and granita.

### Watermelon and Mint Ice Cubes

2-1/2 cups watermelon, cubed  
1 to 2 tablespoons honey  
1 tablespoon sugar  
juice of 1/2 lemon  
24 mint leaves

Into a medium bowl, press the watermelon cubes through a fine mesh strainer. Discard the pulp. To the watermelon juice, add honey to taste, sugar, and lemon juice. Combine and strain the liquid again into a measuring cup to make for easy dispensing. It should equal 2 cups, which will fill an ice cube tray entirely. Place mint leaves in ice tray and pour the liquid over the mint. Freeze for at least two hours before using. Yield: 24 ice cubes.

**Online at *Gastronomer's Guide* August 13, 2008**



**Note:** Notice how the sweet banana peppers are turning red. This means they are ripening and will be a little sweeter. Remember all peppers turn color as they ripen. So red does not mean hot.