



## Covered Bridge Gardens

CSA Newsletter

Week 2 of 16

### Don't forget to bring back your bag.

Bring your bag back each week and you will get a new one packed and ready for you. Don't be a bag hoarder. We understand that now every bag will be returned each week. Over the years we have heard some whopper excuses. But don't lose sleep over it. Just bring it the next time. We forget things too.

### Weather update: TOO MUCH RAIN!!

We finally got all the plants in but they don't need this much moisture. If you have any influence put in a good word with Mother Nature for some warm sunny, dry, days in July.

### Follow Us

Follow us on Facebook where I post photos from the farm and the markets. Each Wednesday I post photos of a single and family bag and list what you will find inside. Those in our area might like the Ashtabula Farmers Market page.

Follow us on Pinterest where I search for new recipes. Follow my vegetable recipe board.

I also love getting recipes and ideas from you as well. I will share them here so everyone can learn a new trick or two.

## 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)

# The Nibbler

## Our Team

This year's team of workers is awesome. Over the years we have been lucky to get some pretty good workers, but I think this year the combination is just right. We have five returning and one newbie. We have four boys and two girls. They are all out of high school and in various years of college or training. Three of them have other part-time jobs from winter and work for us on their time off. Even with the varied schedule, they are so compatible that they seem to get twice as much done. Having worked for us before, they pretty much know the basics and love the work. They have been planting, trimming and weeding around the plants and most importantly, picking. I really look forward to working with this team when packing the CSA bags. Here we see from left to right: Kevin, Amy, Brent, Kalyee (in back), Alex, and Riley. They are loading up the Kubota with plants to hand plant when the ground was too wet for the mechanical planter. They have been weeding in the greenhouses and tying up the tomato plants, all this in 80degree heat with a smile.



## How Covered Bridge Gardens defines CSA

We hold to the true definition of CSA (Community Supported Agriculture). Our members are personally connected to the farmers and the farm that grows their food. Each bag reflects what produce has ripened for the week. Our members learn firsthand what is local in season from Northeast Ohio. This is an arrangement that greatly benefits our farmer. Your prepaid shares help offset the cost of pre-season expenses for seeds, machinery and labor. We feel strongly about giving you your full measure by the end of the season. So even though the first bags may seem light, rest assured, more will be coming over the next weeks.

There are several programs calling themselves a CSA. They are actually groups that gather produce from several sources and distribute them to members. We call them aggregators. Though their sources may be local, there is little connection to the farmers. We have nearly 100 members and know what it takes to grow enough for our members on our own. When we hear what these programs put in their bags, there is no way one person is growing for the hundreds of members some of them have.

We want to thank you and we appreciate that you are staying true to the CSA concept.

**We strive to give the best quality that nature can provide. If at any time you get something in your bag that does not live up to your standards or is damaged or spoiled we certainly will replace it.**

# Turnips



## **Preparation:**

The root can be eaten raw if it is very young, but most often it's boiled before eating. You can cut them into cubes and add them to soup, mash them into "turnip taters" or add them to any vegetable medley for roasting.

The greens can be steamed just as you would do spinach or added to a spring salad mix.....they add lots of flavor and color!

To cook turnips, remove a thin slice from the top and root end and peel thinly. Rinse and cut into chunks or leave whole. Cook in boiling salt water or stock 25-45 minutes, depending upon the size, age and type or roast with olive oil and herbs at 375 until tender.

**Storage** If you plan on using the tops, cut off the leaves, bag them separately and refrigerate for use within a few days. Refrigerate unwashed roots in a plastic bag. They should keep for anywhere from 1 week to 2 weeks.

**Freezing** Wash, peel, slice and place in pot of water that just covers them. Bring the water just to the boiling point, then drain water off. Dump them into a sink of very cold water, then drain again, pack in freezer bags and freeze.

**Nutritional Value:** Turnips are more valuable for their flavor than nutritional value. They have very high water content- up to 90% and therefore small amount of water-soluble vitamins and minerals. Reasonably low in calories, cooked turnips contain only 14 calories per 3 1/2 oz.

The turnip (*Brassica rapa*) is a member of the Cruciferae family (like the radish). It has been a popular vegetable since Roman times, especially in France where it is used extensively in casseroles, slow cookers and vegetable dishes.

There are two main varieties to choose from: the globe-shaped turnip with creamy white skin and pale white flesh; and the flat-rooted turnip with white and scarlet to purple-tinged skin and pale flesh.

## **Scalloped Turnips Recipe**

Source: The Victory Garden Cookbook adapted by Simply Recipes.com

- Prep time: 20 minutes
- Cook time: 1 hour, 15 minutes

## **Ingredients**

- 4 Tbsp butter
- 1/2 cup thinly sliced onions
- 4 cups peeled, thinly sliced turnips
- 2 Tbsp flour
- 1 teaspoon salt
- Freshly ground black pepper
- 3/4 cup milk
- 1/3 cup cream

## **Method**

1. Preheat oven to 350°F. Butter a 1-quart casserole. Melt 1 Tbsp butter and lightly sauté onions until just wilted.
2. Layer a third of the sliced turnips in the casserole dish; top with a third of the onion; sprinkle with 2 teaspoons of flour, 1/3 teaspoon of salt, and one grind of pepper; pat with dollops from 1 tablespoon of butter. Repeat this layering twice.
3. Mix milk and cream together and pour over the turnips. Cover and bake in a 350°F oven for 30 minutes, then remove cover and bake for another 30-45 minutes, or until tender and bubbly.

