

# The Nibbler



Covered Bridge Gardens  
2014 CSA Newsletter  
Week 4 of 15



## Popcorn or Cornmeal Orders

Are you in need of our delicious popcorn or cornmeal ground from the popcorn? We can add it to your bag any time. We carry a selection of our red, white, blue, yellow and mixed bag (firecracker). We have one pound bags at \$3 and Two pound bags at \$6 each. We also have, back this year, our **on-the-ear popcorn** that pops right off the ears. They are \$3 for a two ear package that includes the instructions and popping bags. Cornmeal will be available in red or yellow. 12oz.= \$2.25 and 24oz.= \$4.50

## To place an order

Avon Lake or Erie: contact us ahead and send a check made out to Covered Bridge Gardens. All other locations see us when you come to pick up your share. You can contact us ahead to make sure we have what you need. This offer applies until the lasts until the last CSA delivery.

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## The Buzz on Bees

Covered Bridge Gardens is home to three bee hives from the Ohio Honey Company. Beekeepers Lucy and Charlie Wellhausen have numerous hives across northeast Ohio and sell their honey locally. While this past cold winter did damage some colonies, our three survived. Notice the dark clusters of bees on the hives above.

Lucy and Charlie have been friends for several years and have maintained hives on the farm for six years. You can find them at the North Union Farmers Market on Saturdays for those picking up in Shaker Square and Sundays at The Lift Bridge Landing store on Bridge Street for the Ashtabula members. Visit them at [www.ohiohoney.com](http://www.ohiohoney.com) or on Facebook for more information about their company and where to get their golden delight.

Charlie comes out several times a month to check on the bees to make sure they are thriving well. He slips into his white keeper's outfit (see photo below) and uses smoke to calm the bees. The first layer of the hives is their central home while the top layers, known as supers, are added to encourage them to make the extra honey that is harvested.

### Bee Knowledgeable:

1. We all know the queen of the hive, but did you know that the bees that tend to her needs are called drones? Maybe that's where droning on came from?
2. The queen will move up in the hive. To make her think she has more room to go Charlie will shuffle the layers and put her back on the bottom and she starts all over again.
3. In a life time a bee will make 1 Tablespoon of honey. I use more than that in my tea in the morning.
4. The bright orange bump on the bee in the insert is the pollen. I took this photo when he stopped for a rest on the truck window on the way back to the hive.
5. It takes about 2 million flowers to make one pound of honey. The bees are pollinating the peas, beans, berries, watermelons, peppers and tomatoes. They love the sunflowers too.



Ohio Honey  
On Sale from Us  
Baby Bears - \$6  
Mama Bears - \$10  
Papa Bears - \$13



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

## Potatoes



We are starting with an all purpose red skin. Perfect for salads or quick boil with butter on them. Over the next weeks we will begin to dig various varieties. Cross your fingers that the fingerling potatoes are plentiful this year.



The potatoes are planted in May with our 100 year old planter. It has a simple gear system that picks one seedling potato at a time and drops it in a furrow made by its discs plow. Here is a photo of me driving the tractor on Mother's Day with Steve riding behind watching to make sure seedlings are getting covered. Who said he doesn't know how to say I love you Mom?

We plant small potatoes called seedlings that once planted put up a top that looks a lot like a tomato. Potatoes are not a root but rather a tuber. Over the next weeks Steve cultivates between the rows piling more dirt on the plant to encourage more tubular growth. Once the plant begins to die the potatoes have stopped producing and are ready to dig.



**Reminder** for those making multi-payments the second third payment is due this week. You are welcome to make payments at anytime. Make checks out to **Covered Bridge Gardens**

- ❖ Thomas Jefferson is given credit for introducing French fries to America.
- ❖ Germans eat twice as many potatoes as Americans.
- ❖ 35 % of an adult's daily requirement of vitamin C can be found in a medium-sized potato.
- ❖ Mr. Potato Head was introduced by the Hasbro Company in 1952.
- ❖ Potatoes do not have to be stored in a refrigerator, but they should be kept dark and dry.
- ❖ Potatoes are only 20% solids...and 80% water.
- ❖ Many people tend to peel the skins off their potatoes; however, most of the potato's vital nutrients and minerals are located in the peel.

### **TIP OF THE WEEK:**

To clean fresh dug potatoes rub gently while wearing rough exfoliating bath gloves. This works great for beets and other root crops too.

## Fennel



### **Fennel Preparation:**

Rinse thoroughly before use. Slice the stalks into rings. Cut the bulb into strips, chunks or quarters. The feathery green leaves can also be used chopped into salads, and as an attractive garnish.

**To Serve:** Cook in boiling salted water for about 15-20 minutes until tender. Serve with melted butter or sprinkle with cheese.

**Braised Fennel:** Cut into quarters lengthwise. Melt butter in a large heavy based pan; add fennel and cook, stirring carefully until well coated in the butter. Pour in light stock and lemon juice, adding salt and pepper to taste. Cover and simmer gently for 35-40 minutes. Sprinkle with the Parmesan cheese and place on preheated hot grill until golden brown. Serve immediately.