

The Nibbler



Covered Bridge Gardens
CSA Newsletter
Week 1 of 15 in 2014

Welcome to the
2014 Season



Look for our
Nibbler newsletter
link in your
Wednesday e-mail

Each week you can quickly link to our website to view the latest news and recipes. If you want the message sent to more than one e-mail address, just let us know and we will add more to the list. You can also see the contents of the bags on our [Facebook page by noon on Wednesdays](#).

Due to growing conditions, the contents may change slightly.

Each week I hope to give you a little nibble of what is happening in our corner of the world.

We feel we are coming out of the ice age after last winter. It has taken so long to warm up this spring and the numerous rains have held back planting and growth. Thank you for your understanding why we delayed the start of the deliveries. Now we feel we are off to a proper start.

Steve wanted to get a jump on the season by constructing a temporary greenhouse to start plants. The structure was built on an existing frame of our old cow feed bunk. It allowed him to run electric, heating and water for the seed starts. We hope to see the results in early lettuce, squash, cucumbers, and kales. They have been transplanted to the fields by now.

The older greenhouse structures survived the brutal weather and are planted with tomatoes that are very happy in the warmth. You should see their harvest sooner than if grown out in the fields.

All three of the bee hives have survived the freezing winter. They are thriving and hungry for our pea and raspberry blossoms. I will highlight how they help the farm in a later newsletter.

We have over two acres of potatoes planted with our hundred year old planter. Luckily potatoes like rain. This year we are also growing garlic. Though the beds are small for the first year we hope to be able to share the harvest with you.

Our popcorn has dried to perfection and is ready for movie night. After running out of our popcorn on the ear a year ago we now have a large supply. This unique treat allows our customers to pop their snack right off the ears in the microwave.

Overall this is a typical growing start with temperature and moisture challenges thrown at us by nature. It's all part of farming. Thank you for joining this year. We look forward to sharing the harvest with you over the next fifteen weeks.

Your personal farmers and friends, Mick, Kay, Steve and Amy

On the following pages each week I will highlight some of the ingredients with preparation, storage and recipe ideas. Feel free to check out more on our web pages.

Have to miss a pick up?

We hope to see you each week, but we know life happens. If you need to miss, you must let us know as soon as possible. **440-862-1682**

Here are your options:

- Have a friend or family member pick it up.
- Call or e-mail ahead and double up the week before or after. Be specific with dates.
- You can pick it up at another location. You must make arrangements several days before.
- If you miss without informing us ahead of time, you will forfeit that week's bag.
- Emergencies do happen and we understand. Remember we are there rain or shine.

Don't forget to bring your bag back next week. You will get a new one packed and ready for you.

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May We Suggest?

1. **Always wash your produce.** Even though we use best practices when handling and packing, you should always wash any fruits and vegetables before eating or preparing.
2. **Bring a cooler bag** if you need to leave your vegetables in a hot car for long. Maybe a few ice packs wrapped in cloth on the bottom to protect produce that comes in contact with the ice.
3. **Unpack you bag** as soon as you get home and store each ingredient as needed. If you are unsure you can go to our site and find more tips under **What We Grow** where I describe how to store and prepare each item.
4. **Add a vegetable brush** to your kitchen gadgets. I love the one I have for cleaning potatoes, beets, and other root crops.

Green Onions (Scallions)

Preparation: Remove the roots and wash carefully. Most cooks will use the white portion of the onion, but don't discard the chive flavored green tops. They are excellent added to salads and soups. They can be sliced lengthwise and grilled to top a burger or other dishes. They are high in potassium and niacin, but not much else. We prize them more for the way they liven up our meals.

Tip: Whether you use scallions cooked or raw in recipes, save some of the greens for garnish. Another nicely different touch is to tear the greens lengthwise into thin shreds. They'll curl slightly and look light and straw-like in a little heap. Chill them in cold water for a half-hour or more and they'll turn into corkscrews.

Store the onions wrapped in a tight plastic bag or stand upright in a container of water in the refrigerator for one week. Change water as needed.

To freeze for winter soups simply clean, chop and store in an airtight container. I like a zip top bag. Once they are frozen they can be easily broken apart from the bag using only what you want.



Are Green Onions Scallions?

We hear this question each year at the market. The answer is simply "yes". Since scallions are the more common ingredient in recipes people think they are different from green onions. Whether they're called scallions or green onions seems to be largely a matter of geography. Today the terms are interchangeable. In general they are young onion varieties that do not form a bulb. We grow white, yellow and red varieties. They are milder, sweeter, and more flavorful than their grocery store cousins shipped from faraway.

Colored Snow Peas:

Why not start the season trying something new. Traditionally green we are tossing some purple and yellow colored peas in this year. Steve wanted to offer you something you wouldn't see just everywhere. Let us know what you think.

They prefer a cooler growing temperature and are cultivated in spring when a late snow may cover the plants giving them their name. We plant our peas in late April and early May. The snow peas are first variety to mature. They will continue to grow into early summer.

They are wide and flat, with tiny undeveloped sweet peas inside. When a slight bulge of the tiny seeds is barely visible, snow peas are at their prime eating stage.

Snow peas were grown for stir-fries and Oriental soups.

At one time, snow peas were only seen in Chinese restaurants, but now they are available everywhere. The snow pea, often called the China mangetout, is enjoying increasing demand by chefs, ethnic green grocers and farm markets.

Because the snow pea is entirely edible, this explains its French name, mange-tout, meaning "eat it all."

Preparation: snap off the stem tip while pulling along the pod to remove the string that comes with it. Rinse under running water and cook whole.

Snow peas are best prepared steamed or lightly cooked in the pods. You can eat the pod and all. You can also eat them raw in a salad or as a snack.

To freeze: prepare as above, and blanch for three minutes in boiling water. Remove and place in ice water for three minutes. Drain, dry and package in an airtight freezer bag or container. Freeze for up to a year.



fresh



cooked