

The Nibbler



Covered Bridge Gardens
CSA Newsletter
Week 6 of 15- 2014

Arizona guests get a flavor for vegetable growing

This past week we had the pleasure of turning two Arizonians into Ohio farmers. Hollie Gross and her grandson Isaiah Gross got the full farming experience during their week's stay. We put them to work helping with picking and packing your CSA bags, making the deliveries and helping at the markets.

Isaiah was teamed up with our employees and got to tie up tomatoes, plant beets, pick squash and go to the tractor parts store with Mick. He is pictured here in our big tractor that I know he would have loved to have made a few rounds around the field in.

Over his stay, Isaiah learned about the tiling system we put in under the fields to help carry our over abundance of rain away from the plants. This is a strange concept for someone who leaves where they are flood irrigating to farm.

He was excited to find small acorns that have blown off the oak trees. Large oaks don't grow in the desert. They also don't have groundhogs and he laughed at the small ears on our rabbits. But the size of our deer brought out the hunter in him.

He really liked attending the markets. Seeing customers buying the produce he had helped pick gave him a sense of accomplishment.

The weather has been such a relief from their summer heat. They are actually enjoying the humidity.

I think Isaiah might even think of moving here with property being so much cheaper than back in Phoenix. But he probably won't be a farmer when Mick showed him the price of a tractor was that of a small house.

Isaiah will be going into the military this October and training to serve our country. We could not have a dinner young man protecting us. It was our honor to have had him even for only one week.

What our new farmers learned about vegetables this week:

- The stem and leaves is what usually gives the tomato its smell. We take these off so the stem doesn't poke another tomato causing a bruise.
- String beans aren't just green. They also come in purple and yellow.
- Cows' hay comes in square and round bales. The round bails are for putting up larger amounts at a time.
- Popcorn is different corn than sweet corn.
- You are all lucky to have these fresh vegetables each week. He thought about putting some in his suitcase, but settled for only packing a bag of popcorn to go home.

Hollie has decided she loves our weather but doesn't want to be a farmer when she grows up. LOL



Isaiah helping set up for the Shaker Market at 6:30 am.



Hollie helping with CSA share packing.

I love the messages our members have added to our bags. Feel free to add your message about what being a member means to you to any blank spot you find on your bags.



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



Squash Blossoms are a special treat this week. These are the male blossoms from various squash plants from zucchini to pumpkins. They only bloom for one day. We go out and pick them while they are still open and fresh. By the second day they have closed up and begin to die.

The female blossoms once pollinated will begin to form the squash we pick later.

Keep your blossoms refrigerated and use in the next few days for freshness. You will be pleased with the delicate squash flavor they carry.

Come on I served these to my very picky brother and he ate them. I also recommend trying them at the Bascule Bridge Grill on Bridge Street in the Historic Ashtabula Harbor of Ashtabula, Ohio. Chef, Owner, John Senger fills our blossoms with a creamy goat cheese and deep fries them.



String Beans

Did you know they came in a rainbow of colors? We grew this delightful mix of colors this year to liven up you menus. Try them raw as a snack or steamed together. Watch as the purple beans turn green when cooked.

Balsamic Green Beans

Sautee 1 chopped garlic clove in TBSP Olive Oil.

Meantime steam 8 oz. of fresh green beans until crisp tender.

Put beans in fry pan with sautéed garlic and stir to coat. Drizzle 2 TBSP. Balsamic vinegar and 1 Tsp. honey over beans and stir until hot.

From the Pula Dean Show and shared by one of our CSA members.

Crisp Squash Blossoms

1. Wash the blossoms rapidly under cold running water without letting them soak. Gently pat them dry with a soft cloth or paper towel.
2. Remove the stems and make a cut on one side of each blossom's base to open the flower flat, butterfly fashion.
3. Combine one cup flour, t teaspoon baking powder, one egg, salt and pepper (to taste). Mix with a fork until it has the consistency of pancake batter.
4. Pour enough oil in a frying pan to form a pool that is $\frac{3}{4}$ inches deep and turn the heat to high. When oil is very hot, dip the blossoms one at a time in the batter until coated. Lay in single layer in pan.
5. When flowers have formed a golden brown crust, turn them over and fry the other side.
6. Transfer to a cooling rack to drain or to a platter lined with paper towels, using a slotted spoon or spatula.
7. Sprinkle the flowers with salt and pepper. Serve immediately for best taste.

Other suggestions:

Squash Blossom Omelet- Use the crisp blossoms as an omelet filling, adding 2-3 tablespoons of grated parmesan cheese.

Garlic Green Beans

Makes 4 to 6 servings

2 pounds fresh green beans, washed and trimmed
3 tablespoons oil
3 tablespoons vinegar
1 clove garlic, minced
Pepper to taste

Cook beans by steaming for 5 minutes. Drain beans.

Combine oil, vinegar, garlic and pepper in a jar with a tight fitting lid. Place lid on jar and shake until well blended.

Pour over drained beans and toss.