

# The Nibbler



Covered Bridge Gardens  
CSA Newsletter  
Week of 15- 2014

## Happy 4 of July

Dear CSA Members:

Kaylee, Kevin, Alex and Ryle are returning for another summer of farming. They wanted to share with you some of the work that does goes into each week's share.

They are constantly tending the plants like stringing the tomatoes to weeding all the thousands of plants. It takes a lot of patience to let the plants mature before picking. They like picking but not when the itchy weeds take over in late August.

They have had to learn how to pick so that the plant will continue to produce like the side shoots on the broccoli. It takes a gentle hand when handling young tender skinned zucchini.

They have to learn how to prep the harvest for the bags. It seems everything is rinsed, trimmed or wiped. Then does it need refrigerated or, like tomatoes, not. All of this takes hours and hours every week. If you have ever had a garden you know this a very labor intense way of farming.

I asked them "What is the hardest part of the job". They all agreed it was working in the heat. They will come in at 7am and work until noon to avoid the hottest time of the day. The best part was getting to eat a watermelon right out in the field and taking some of the produce for their families.

### 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.

### Let's Celebrate Our 2014 Team

As always we are proud of the team that show up every day and trudge out to the fields to weed, plant, and pick your shares. They all just dive in and do whatever is necessary to get the work done. They deserve a page celebrating their hard work.

Every day it seems there is something new. One day they might be watering the tomato plants in the greenhouses, pulling weeds around the celery or planting the small kale plants. Another day might find them pulling onions, picking peas followed by cleaning the onions, weighing the peas and getting set to pack the CSA bags. On a packing day they are busy doing a lot of counting. They set up the orders then fill the bags with the right amounts and then recount to make sure they are ready to be delivered. Then it's cleanup and maybe head back to the fields to pull more weeds.

Justin and Vanessa are our newest members. They keep coming back so it must not be too bad of a job. They work opposite days so I only got a photo of Vanessa watering the plants. When all the plants are waiting for planting, it can take almost an hour twice a day for watering.



### Follow Us on Facebook.

I love to post photos from the farm and the markets. Each Wednesday I post photos of an actual single and family bag and list what you will find inside. Those in our area might like the Ashtabula Farmers Market page.

I also love getting recipes to share here with everyone. We all learn from each other. Follow us on Pinterest where I search for new recipes. Follow my vegetable recipe board.

Program our phone number into your phone for those last minute calls when life happens on pick-up day.

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

## Zucchini



Round Zucchini (Yellow & Grey)



Patty Pans (Yellow & Green)



Yellow Neck (yellow)



**Summer Squash:** This broad term can be used to describe several of the squash we grow in the summer. Over the season you will get a variety so keep this page as a reference. Remember they can all be used in any zucchini or summer squash recipe.

The first question most people have is, "What is the difference between summer and winter squash?" I simply tell them that summer squash you can eat the skin and winter squash the skin is tougher. Think of how you grate up a whole zucchini but don't eat the skin of a butternut squash. Summer squash are fast growing and can almost grow in front of your eyes. Winter squash are planted in early summer and grow slowly until early to mid September when they reach their full mature size. Well, back to summer squash.

**Zucchini:** The most popular of the squash, zucchini has whole recipe book about it. This green, grey (light green) or yellow squash grows long or round like a ball. The ball-shaped are great to bake and use the shape as a natural bowl. The yellow just adds color variety but tastes the same. Actually I think zucchini has a mild flavor that allows it to be used with other vegetables that have dominate flavors. You can substitute zucchini for apples in most recipes.

**Patty Pans:** This dish shaped squash with a scalloped edge has more squash flavor and less moisture than zucchini. Either green or yellow can be used in any zucchini recipes. When frying or grilling add a little more oil. This is my favorite.

**Yellow Neck:** Now we're talking flavor. This little teardrop shaped squash with a curvy neck carries the most flavor of the group. Try it in salads, stir-fried or casseroles. It will perk up any "zucchini recipe".

### Storage/Preparation

Keep refrigerated for up to a week.

Even though I have mentioned the difference in flavors as the season goes along you should have a chance to try them all and make up your own mind. Don't forget to freeze some for winter meals. Cut into chunks for casseroles or grate and have ready to make a fresh baked loaf of squash bread.

### Note:

We try to pick these wonders with tender skins and small seeds. The smaller the squash, the smaller the seeds. As they grow the skin can become tough and needs to be peeled as well as remove the seeds. Removing the center around the seeds also can reduce a lot of the moisture for firmer bread.

## Zucchini Quiche

### Ingredients:

4-5 cups Zucchini or summer squash sliced thin  
½ cup butter or margarine  
1 large onion sliced thin  
1 Tablespoon parsley  
1 teaspoon dill weed  
1 can mushroom pieces

### Additional ingredients:

One egg  
6 strips bacon  
1 tube of crescent rolls

### Directions:

Sauté' above until tender- make sure mixture is not real watery- if it is drain off some of the liquid. If you don't, it will make the quiche mushy.  
Fry about six strips of bacon- let cool-then crumble into above mixture.  
In a bowl, mix egg with 8 oz. Shredded Muenster cheese. Add hot zucchini mixture and mix well so cheese starts to melt.  
Line a 9" pie plate or 9"x12" oblong pan with one tube of crescent rolls to make the crust. Then add the zucchini mixture and then sprinkle dill weed on top.  
Bake at 375 degrees for about 20-25 minutes until crust is nice and brown.