



The Nibbler



We put our freshest into every CSA!

Covered Bridge Gardens

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Peters Creek Farm

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Week Eight

Cut out this box and tape to refrigerator. Then next Sunday tape it to your dashboard to guide you.

CSA Members
Farm Visit Day
Sunday, August 9, 2009
11:00-1:00
Hosted by
Covered Bridge Gardens
And
Peters Creek Farms
Set GPS for
1711 Netcher Rd., Jefferson, Ohio

Dress for a day outside in the country. The event will go on rain or shine. So bring an umbrella if it looks like rain. All demonstrations and classes will be indoors. Bring your own chairs for comfort and pack a lunch if you like.

Directions by Kay:

Take I-90 East to Ashtabula County. Exit at Rt. 11 South. Go south about 5 miles to the Rt. 167 Exit. Turn right or west onto Rt. 167. Continue to the first crossroads. You will see a school. Turn left onto Garrett Rd. Continue to the next left turn and turn left onto South Denmark Rd. Prepare to turn left in about 1000 feet. Netcher Rd. turns left only. You will see the red covered bridge. Go through the bridge to the top of the hill to the first farm on the left. Sign is outside.
The GPS will probably bring you through Jefferson on Rt. 307. Mine is just a little further way around town.

Farm Visit Day Activities

Starting at 11:00 a.m. we will have live music from the White House, Doug White that is. He is sure to be entertaining with his bluegrass style music. It will be a real treat if he bringing his wife Debbie to sing also.

There will be an ongoing canning demonstration with instruction from Mary Hemann. She is a CSA member who wants to share with all of you how easy it is to preserve the flavors in your CSA bags. She will be around to answer questions how you can get started and will give a talk covering the most important points. We will have a few copies of the USDA canning manual available for \$15. More can be ordered and delivered with your CSA bag.

Mick, Steve and Mike will be giving guided field tours. Each walking tour will take about an hour.

Kay will be giving mini tours for the mini member. She will allow the kids to explore the fields finding pickles in the patch, digging their own potato and seeing what it is like to see tomato plants taller than they are. Parents need to accompany their children so we can keep the tour to a half hour giving others a chance to see everything. The first kid's tour will begin at noon.

There will also be a map to help those who want to simply walk around on their own.

Ongoing throughout the day will be a sale of our produce and popcorn for those needing a few things for the week. Friends and relatives welcomed.



Bring the camera!

Can't you tell how excited I am?



Demonstrations:

- See our latest addition as we demonstrate how our washer/sorting table works.
- How about checking out the vibrating bean table.
- We will also crank up our antique corn sheller. See how popcorn is taken off the ear.
- There will also be time to walk around several of our tractors and equipment.

Ingredients:

Sweet Corn

The wait is over. For those of you who have had our corn before I know you have been patient. We open with our early bi-colored corn Vitality.



How to Grill Corn

To prepare: Shuck the corn, removing all the husk and silk. Lay each ear of corn on a 12 inch square of aluminum foil. Rub each ear with 1 tsp. Butter and season all over with kosher salt and freshly ground pepper. Tuck a sprig or two of fresh thyme or any other herb next to the corn and wrap the corn tightly in foil.

To grill: Heat a gas grill to high. Put the foil-wrapped corn on the grate, cover and cook, turning every 5 to 6 minutes, for 15 to 20 minutes. Remove from the grill and open the foil loosely. The corn should be blackened in places. If it isn't, rewrap it and return it to the grill for another 5 minutes. Let cool.

Helpful Information:

For those of you that have been taught that in order for an ear to be ready the ends must be filled out. That's an old wives tale.

An ear that is not filled to the end is not a sign of an immature ear. The reason that the tip of the corn doesn't fill out can come from several reasons. Mainly the problem is pollination. Many times the pollen just doesn't reach the top, which sounds silly, but an ear fills out from the bottom up and if there isn't enough pollen the top doesn't fill.

A delicate find in the field



No Stripping Please

If you want to anger a produce manager or farmer then strip down the husk on an ear of corn. It makes as much sense as opening the skin of a banana to make sure it's ok. Why ruin so many ears of corn when you can learn how to select good ears.

Take a hold of the ear in one hand and feel the husk up the ear for dents or soft points telling you of under developed areas. Continue up to the top of the ear inside the husk and feel for a filled out top. If the top feels soft select another. Look over the outside for any holes for worms.

Ask Mick, Steve and Mike and they will willingly show you in person.

Barbecued Sweet Corn on the Cob

Ingredients:

½ cup tomatos puree	1 tsp. Chopped garlic
2 Tbs. Molasses	2 Tbs. Balsamic vinegar
1 tsp kosher salt	3 Tbs. Olive oil
¼ tsp. Ground pepper	
1 tsp. finely chopped fresh oregano	
3 Tbs. Soy sauce	8 ears corn shucked

Preparation:

Preheat grill to medium high. Place everything but corn in mixing bowl. Wisk together until blended. Brush marinade over corn and place on grill. Cover all sides, turning until cooked, about 3 minutes per side. Remove from grill; brush with remaining sauce. Serves 8.

Reminder:

Don't refrigerate these vine-ripened tomatoes. Cooling reduces their flavor. Only refrigerate after they have been cut.

Just sit them in a bowl or on the windowsill. The area around the stem is called the shoulders and is the last area to ripen. Heirlooms will ripen unevenly so watch them closely or they will over ripen.