



The Nibbler



We put our freshest into every CSA!

Covered Bridge Gardens

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Week Seven

CSA Members
Farm Visit Day
Sunday, August 9, 2009
11:00-4:00
Hosted by
Covered Bridge Gardens
And
Peters Creek Farms

Tip of the Week:

There's no time like the present to be thinking about storing up some of these wonderful flavors for winter. Imagine what you might serve for Thanksgiving dinner.

With the growing season taking off we can start to offer items in bulk. Over the next weeks we will have vegetables like beans, corn, picklers, peppers and others in peck to bushel quantities.

Right now we are offering our picklers at \$1 per pound. There is ten pounds in a peck. We also have yellow and green beans.

To place an order contact us by e-mail or at your pick-up point.

The summer is flying by and it is time for our third annual **Farm Visit Day**. We want to invite each of you and your families and friends to join us at the home farm for Covered Bridge Gardens. A side trip to Peters Creek Farm 6 miles east of us is also available.

The event will go on as scheduled rain or shine. Come dressed for the weather and the outdoors. Please bring lawn chairs so you can sit and listen to the music or the canning demonstration. Feel free to pack a picnic lunch.

We invite you to make a whole day of the trip or even a weekend with all the great things you can find to do in Ashtabula County. Go to www.VisitAshtabulaCounty.com for points of interest, restaurants and lodging information.

We ask that if you bring your dog please keep them on a leash. Some of you who came in the past met our dog Major. Sadly Major passed this spring. I'm sure his spirit will be around greeting everyone. He always thought you were coming just to meet him.

So mark the day and set the GPS for a chance to meet other members and learn how your food goes from field to table. GPS address is 1711 Netcher Rd., Jefferson.

You probably caught my mistake last week when I recopied the same recipe. Well it was so good I thought you needed it twice.

Rain, Rain Go Away

The rain can stop any time now. If you have any influence with the weather please ask for sunny and hot. This cold wet is not helping the corn for one thing.

We are ready to start digging our potatoes and need to be able to drive the tractor and wagon in the field without getting stuck.



Ingredients:

Beets

Roasted Beets

Makes 4 servings

Ingredients:

6-8 medium beets

¼ cup olive oil, divided

2 cloves garlic, minced

2 Tbsp. chopped onion

Salt and pepper to taste

Preparation

1. Preheat the oven to 350 degrees (174 degrees C).
2. Wash the beets thoroughly, leaving the skins on.
3. Place the beets in a small baking dish or roasting pan, and toss with 2 Tbsp. Of olive oil.
4. Cover, and bake for 45 to 60 minutes, or until a knife can slice easily through the largest beet.
5. When the roasted beets are almost done, heat the remaining 2 Tbsp. Olive oil in a skillet over medium heat.
6. Add the garlic and onions, and sauté for 2 minutes. Pour over beets.
7. Season with salt and pepper. Serve the roasted beets sliced with either vinegar, or butter and salt and pepper.

Try the tops steamed with garlic and olive oil. This applies to both beets and kohlrabi. The beets are like Swiss chard. The kohlrabi is like bok choi.

A Special Recipe Exchange

For those coming to the Farm Visit, please consider bringing your families favorite recipe or use of our vegetables. I will have a bulletin board set up for you to post one copy for everyone to see. I will compile them into our website and make sure to share them with everyone. Please make sure your name is on them. You might want to bring paper and pen and write down a few ideas you find there. You can also send it by e-mail ahead of time. If I get enough we might even have a Farm Visit Cookbook.

Beets Come in Several Colors

Beets are available in a variety of colors. We grow the traditional deep red, the candy striped Chioggia, golden and white. This week the first three are ready from Peters Creek. The cold has held mine back.

When we first started growing vegetables I insisted on a small place for beets. When they all sold the guys gave me more space. As our customers for beets grew, Steve put in more. Now Steve and Mike grow them so we have some most of the season. Mick still wouldn't cross the road for one.

Try them roasted and compare the tastes over the season. I really found all of them to be sweet.

Special Note: If you haven't eaten beets before don't be alarmed if your urine changes color.



Traditional Red Beets



Chioggia's striped centers.



White, dark red and Chioggia on top.

Fun Facts:

- Beets go back to over 5,000 year when they were harvested on the north shore of Africa. European colonists brought beets to the new world.
- In ancient Ireland Jack' O Lanterns were made from beets that were hollowed out with a candle placed inside and put on the door step to scare off demons.
- They purify the liver. That is why your urine may turn color.

Garlicky Beans with Pine Nuts

Ingredients:

- 1 ½ pounds beans, trimmed
- 2 large cloves garlic, thinly sliced
- 2 Tbs. Olive oil
- 1/3 cup pine nuts (or pecans)

Preparation:

Bring a large pot of salted water to a boil. Add the beans and cook until just tender, 3 to 5 minutes. Meanwhile, heat the oil in a large skillet over medium heat. Add the garlic and cook, stirring, for 1 minute. Add the pine nuts and cook until golden brown, about 3 minutes. Drain the beans and toss to coat. Transfer to a serving bowl.

MAKE-AHEAD-NOTE: This dish can be partially prepared up to 2 days in advance. Blanch the beans by boiling until tender. Plunge them into an ice bath to stop cooking. Drain and refrigerate, covered, until ready to sauté' with the garlic and pine nuts. Cook the beans until heated through.

Green String Beans



We are growing the green and red varieties.



We are including an introduction to Kohlrabi. Due to growing conditions it is coming in small quantities at a time. This week we are introducing it to some members. Over the next weeks all of you will hopefully have a change to try this surprising treat.

Try Something New!

Kohlrabi

Kohlrabi is like a turnip in shape and texture but is actually the swollen stem of this cabbage-family plant. It grows as big as an orange. The leaves may be cooked but strong in flavor.

Kohlrabi is probably one of the least eaten vegetables. That's too bad. Raw, it's a great addition to a vegetable tray. Despite its relationship to cabbage, when cooked, it has a milder more pleasing taste. Look for relatively small bulbs less than 3-inches in diameter.

Peel the fibrous skin and slick it thin for salads, or steam it like a turnip. Kohlrabi are not a widely used vegetable but it is a fun food and worth getting acquainted with.

Kohlrabi is a good source of vitamin C and calcium. As a kitchen remedy it energizes the stomach.

Kohlrabi with Peas & Potato

Ingredients/ Preparation:

In a large soup pot, sauté in 1 Tbs. oil 3 to 4 minutes.

½ cup chopped onion

1 clove garlic, minced

Add and stir fry for about 30 seconds.

½ tsp. Dry mustard

½ tsp. Ground cumin

¼ tsp. Ground turmeric

¼ tsp. Ground coriander

Add and stir briefly

1 cup kohlrabi bulbs (peeled and chopped)

1 cup potatoes (peeled and chopped)

Ass; bring to boil then simmer 15 minutes until crisp and tender.

1 cup chopped tomatoes

½ cup water

¾ tsp. salt

½ tsp sugar

Finely chop kohlrabi leaves and add and swimmer 8 to 10 minutes.

Stir in ½ cup peas and cook until peas are done.

Serve over rice.

Serves 4.