



The Nibbler

Your personal source for the best summertime veggies.



Covered Bridge Gardens

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Week 8 of 16

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A bit of the farm comes to Harbor Bridge Street Farmers Market offers fresh vegetables, bread, more

By MARGIE TRAX PAGE - mtrax@starbeacon.com Star Beacon ASHTABULA — The deep green of fresh cucumbers, the pungent smell of bundled garlic, the feel of corn silk on the ear — this is the Bridge Street Farmers Market. Local farmers, bakers, trinket makers, knife, tool and scissors sharpeners, and more fill the space just off Bridge Street with all the best homemade and home grown has to offer every Sunday from 10 a.m. to 2 p.m.

With a trained eye, Melinda Belaney looks over the produce at the Covered Bridge Gardens booth, owned by Kay and Mick Prochko. Melinda and Dave Belaney live in Lisbon, Ohio, but own a condominium in Saybrook Township for vacations and getaways.

“We always come to Bridge Street to do some shopping,” Melinda Belaney said. “I love the flowers and the shops and we love to see the bridge go up and down.”

Kay Prochko said she is proud to sell her fresh fruits and vegetables, and specialty popcorn items, at the market.

“I think Ashtabula people are foodies at heart,” she said. “People love the purple beans and the different vegetables.” Prochko said the farmers market is supported by the local businesses, too. The local business owners really appreciate us and they support us in this market. We are here to bring more people to Bridge Street and that is good for everyone. When we started this market several years ago, we wanted to give it a sense of community. People can come here and get a really great selection,” she said.

All you ever wanted to know about popcorn and more...

Our webpage now features a full page in the menu that summarizes everything popcorn. You can explore the history of popcorn and the details of why it pops.

We hope the page helps our popcorn customers learn more about this delicious snack and why so many



If only My Classmates Could See Me Now!

I caught this shot of Josh backing the tractor into the barn. Not bad for a city kid. Josh started working for us five years ago as a way to make some summer money. He was a junior in high school and had plans to go on to college. But the lure of the country was too strong I guess and he has been working with us ever since. He is our right hand man this summer taking on more responsibilities as manager. He'll have tales to tell at his next reunion.

September 11th & 12th, 2010
Good Food... Good Music... Good Art

At Shaker Square

TOP CHEF GOURMET STREET FOOD
Bistro 185, Captain Tony's Pizza, Dewey's Popcorn Shop, Dim and Den Sun, fire food and drink, Grotto, La Campagna, Middle Ridge Gardens, Millgate Farms, Mitchell's Homemade Ice Cream (Garlic Ice Cream!!), SASA, Sergio's SARAVA, Snake Hill Farms and more!

CELEBRITY CHEF GRILLING COMPETITION
WINE TASTINGS By Euro Fine Wines
SERVER RODEO
LIVE INTERNATIONAL MUSIC:
SATURDAY
Del Rio Bandits, Roberto Ocaio's Latin Jazz Project, Mifune, Mike Clark Trio
SUNDAY
Lounge Kitty, Mo' Mojo, Carlos Jones and the P.L.U.S. Band, Garaj Mahal

KIDS! Learn to Grow Your Own Garlic and Taste the Season Game

Tickets: \$10 for adults, \$3 for children ages 3-12, FREE for kids under three.

Ingredients: you will find more tips and recipes at our website.

Peaches



The peaches this week are Red Havens. Please refrigerate them as they are ripe and ready to use now.

Because we do not grow tree fruits we do connect with others that do. Sally and Bill Smith own and operate Smith's Fruit Farm at 6611 S. Ridge Rd. East in Geneva, Ohio. They go to several area farm markets and also have a market at the farm. At the Shaker Market they are just a few booths from us. At Jefferson they are just next to us. Our CSA members have enjoyed their peaches and apples for years.

Eggplants



Eggplant:

Until comparatively recently, the eggplant was considered exotic in many Western countries. It was cultivated from a wild variety that was similar to a hen's egg in shape and color, which explains its name.

Regardless of the skin color the fruit is always white inside. Eggplant is made up of 92% water. To draw out some of the water and reduce the bitter taste before cooking, cut into slices and sprinkle with salt. Let sit for 30 minutes. Rinse off and pat dry. While drying lightly squeeze each piece to remove the most water. This will reduce the amount of oil they will absorb during frying.

Among the varieties we grow are the traditional black (dark purple) Italian (white band under the cap and more round shape), bright neon purple colored and white. The white eggplant is sweeter and the skin is more tender.

Simple Eggplant

- Try frying your eggplant in the same mixture used for green fried tomatoes. After dipping in egg wash coat in 50% breadcrumbs and 50% Parmesan cheese. Fry until tender in oil or butter.
- Eggplant is also good grilled. Brush with olive oil on both sides while getting one more out door grilled meal in for the season.

Watermelons



Note: Seedless watermelon actually have small white seeds that are easily eaten. They are produced using a seeded melon plant next to it. The rest the bees do.

The Melon Family

The gourd family members known as melons are the most cooling and refreshing fruit and are fondly equated with lazy summer days. Watermelon is botanically unrelated to melons. They do not interbreed as the cantaloupe, muskmelon and winter melon do. All melons are low in sodium. They are a good source of vitamin C and A. The melons sugar content does not increase once picked.

Watermelons originated in Africa. The small seedless varieties were cultivated in India and quickly spread to other parts of the world. The term seedless is a little misleading as the melon may have small clear white seeds. They are soft and edible. This variety must be grown with a pollinator plant that produces seeded melons.

Our watermelons are grown in the field and start as small plants in raised beds covered in blue plastic. They soon vine out to blanket the whole field. It makes it difficult to drive in so they are picked and carried or tossed to the waiting wagon.

How do we know when to pick? Steven had developed a talent for reading the ready signs. On watermelon a small portion of the stem turns brown and the spot where they lay on the ground turns yellow. And if that doesn't work Steven usually picks a few and everyone stands around with a spoon tasting them. Melons do not have to be refrigerated until they are cut.

A recent article in Vegetarian Times features the watermelon. Here are some highlights from that article. "No other fruit says summer quite like thirst-quenching watermelon. This member of the cucurbitaceous family owes much of its health-giving powers, as well as its fetching blush, to an abundance of the phytochemical lycopene." The article suggests laying 1/2-inch slices on the grill and heating both sides. Try freezing it in cube sizes for your next drink. When pickled the rind makes a tangy condiment.