



# The Nibbler



We put our freshest into every CSA!

## Covered Bridge Gardens

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Week Five

## Peters Creek Farm

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Shaker and Peninsula rained out July 11.

The Staff at Fire Restaurant felt sorry for wet Mick and gave him this bag to wear when he made his delivery.



## Rain or Shine Your CSA is delivered

This is a reminder that no matter what the weather we are at the delivery point during the set times to deliver your bags. This past Saturday morning was a good example of the rainy side of the business. Even though the markets were closed we stayed to meet you. I must say we appreciate all of you who braved the showers to pick up you shares. If you are unsure please call **(440) 862-1682** to double check.

## Your are the Best

Once in a while I have to let you know that you have been the best group to work with. You are flexible and understanding. You give such inspiration when we are planting, picking and packing. To show our appreciation we want to remind you that we are holding a CSA member Farm visit Day August 9<sup>th</sup>. We hope you can make to our open house and see firsthand where your food is grown. More detail in the next few newsletters. Here are some of your CSA packers in progress.



## You are not the only one loving our popcorn!

We are thrilled to have the new Bar Symon restaurant in Avon Lake serving our popcorn. Chef Michael Symon opened two weeks ago to over whelming numbers and has to reorder his supply of popcorn. So when you are watching your favorite show or sporting event eating our popcorn you can know you are in good company. If you happen to eat at Bar Symon please ask for the Covered Bridge Garden popcorn and let them know you know the farmer. Michael has been a big supporter of local grown for many years. We were pleased to have met him on a small farmers' tour of his downtown restaurant.

## From the Field Update

I'm not sure I can relate in words how exciting it is to walk the fields and find a new ingredient ready to pick. We are starting to get a little over whelmed with the number of varieties and we're just getting started. This week there are three new flavors and there are a few almost ready for next week. We can read your mind and know you are wondering when the corn and tomatoes will be ready. The first corn will be ready in two weeks. Corn actually grows at night. It needs warm 70 degree or hotter nights. The first ears will be small but worth the wait. Our heirloom tomatoes are starting to turn a few at time and the little cherries are starting. That will be about two or three weeks till we have enough to add to the bags. In the mean time enjoy the crisp tender cauliflower in white or cheddar color.

## Note:

When making payment please make your checks out to Covered Bridge Gardens. You may mail payment to the address above.

## Ingredients:



## Garlic

### Fast garlic bread

Grill six 1-inch slices of crusty bread about 1 minute. Remove and rub with a peeled garlic clove. Brush both sides lightly with extra-virgin olive oil. Sprinkle one side with kosher salt and a generous tablespoon of shredded Parmesan cheese. Return, cheese side up, to grill, briefly, just until cheese melts slightly.

Family Circle

You can chop the stem of fresh garlic up to the second leaf and add it to any dish you wish. For maximum garlic flavor, press or crush fresh garlic cloves and cook briefly or not at all. For a mild garlic flavor, cook whole cloves for a long time. Store garlic as you would onions, in a cool, dry, dark place. But don't refrigerate. Refrigerators aren't dry environments. Interesting facts:

- Populations that favor garlic often are described as having "explosive" temperaments. Historically it was fed to soldiers before a battle.
- Garlic is a cancer fighter in the gastrointestinal tract and lowers cholesterol
- Pasteur described garlic's antibacterial properties; and during World War I, Albert Schweitzer, MD, recommended it for dysentery, It was called Russian penicillin during World War II

### Preparing Garlic

Garlic's papery covering is generally peeled before cooking, but there are exceptions. It is roasted unpeeled and used unpeeled in dishes that use large quantities and where a subtle flavor is desired. To peel, place cloves on a cutting board; using a broad-bladed knife, press down firmly with palm of hand or strike gently. Or, when using several cloves, strike with bottom of skillet. Either way, skins separate easily. For pristine cloves, use a garlic peeler. I have had success placing cloves in a plastic container with a tight lid and shaking vigorously.

## Another Member of Our Team

We are often tease people when they bring garden problems to us that they need to leave the growing to the experts. Well when it comes to growing garlic we take our own advice. Gordy Tressler from Dorset, is a local friend with a green thumb for garlic. The scapes you had earlier this season were just a preview of the wonderful flavor his garlic has. He has a passion for growing and loves the challenge to produce more each year for us. Gordy also teams with us to grow hydroponic head lettuce and large onions and his wife, JoAnne picks part of the blueberry crop coming in July. She is using her profits for her trip to Alaska this fall. They love growing and trying new things. We are always amazed what you can find growing in their greenhouses. Gordy and his wife will be at the Farm Visit Day to meet some of you. Let him know how you liked the garlic and blueberries.

Fresh picked garlic hanging in bundles to dry. No vampires here.



# Cucumbers



Our pickling cucumbers are also ready this week. These tender little cucumbers are great in salads like their larger cousins. Please contact us if you want a peck for pickling. The cost is \$10.

**Cucumber:** Cucumbers probably first grew wild in the mountains of northern India. Only cucumbers grown outdoors will produce seeds; greenhouse cucumbers have no seeds. This is because green house cucumbers are not pollinated. The cucumber's dark green skin contains lutein and zeaxanthin, carotenoids that help fight cataracts and macular degeneration, which can cause blindness. Enjoy this refreshing vegetable in a salad or on your favorite sandwich but don't forget to eat the skin.

## Cool Cucumber Soup

### Ingredients:

3 cucumbers, peeled, seeded and coarsely chopped  
1 cup plain low-fat yogurt  
¼ tsp. Ground black pepper  
3 large ice cubes (about ½ cup) coarsely chopped  
¾ tsp. Salt  
1 cup loosely packed fresh mint leaves  
Thin cucumber slices for garnish

### Directions:

1. In blender, combine cucumbers, yogurt, salt and pepper; blend until smooth
2. With motor running and center part of the cover removed, add ice cubes, 1 at a time. Add mint and blend 5 seconds longer. If not serving right away, cover and refrigerate up to 1 day. Garnish with cucumber slices.

### True or False:

White vegetables offer little nutritional value; only brightly colored vegetables are nutrient powerhouses.

Answer: False. Vegetables in every hue offer nutrition benefits, even white ones.

White cauliflower contains many of the same compounds that have been linked to cancer prevention found in other, more colorful cruciferous vegetables like broccoli or Brussels sprouts. The compounds that give onions and garlic their pungency have been linked to prevention of certain cancers in laboratory tests. Typical white-flesh potatoes are a good source of potassium, vitamin C, and fiber, when eaten with the skin.

# Cauliflower



Cauliflower is the flower of the plant. We grow several different colors other than just white. Don't be surprised to see cheddar (yellow) or purple.



## Cauliflower Snacks

### Mix together:

Cauliflower head, chopped

Lemon juice from lemon

Lemon zest of one lemon

Ground Pepper to taste

Olive oil to coat (about 2 Tbs.)

Bake at 350 degrees, until just tender (about 10 minutes). Serve chilled in lunches or as appetizer.

Tip: to make lemon zests use a potato peeler and then finely chop slices.

**Caution:** This time of year you may find a small cabbage worm in broccoli or cauliflower. We lightly spray for this pest but recommend you soak heads in strongly salted water for a few minutes. They will simply drop off. This is a fact of gardening and can't be helped without heavy spraying which no one likes.