



The Nibbler

Your personal source for the best summertime veggies.



Covered Bridge Gardens

Mick, Kay and Steve Prochko
1681 Netcher Rd., Jefferson, O. 44047
(440) 862-1682 Cell
mick@coveredbridgegardens.com
www.coveredbridgegardens.com

Week 5 of 16

Peters Creek Farm

Mike and Diane Hiener
3451 S. Denmark Rd. Dorset, O. 44032
(440) 813-4339 Cell
peterscreekfarm@suite224.net
www.peterscreekfarmltd.com

Who is growing your food!

Staking tomatoes at Covered Bridge Gardens.



Preparing young plants for planting at Covered Bridge Gardens

Both farms have a team of local workers to help get all the crops planted and harvested.

At Covered Bridge Gardens we have a staff of 10 working part-time and full time to make sure everything gets ready for the CSA bags and the markets. Peters Creek has three young workers this year doing some of the same jobs. Several of the workers are still in high school while some have moved on to college. We have workers attending Kent University, Lakeland College and Walsh University. Over the years, we have had several work multiple years earning college tuition. We only have three new workers this year to train.

Our most experienced worker, Josh, has been with us for five years. His experience is invaluable so this summer he is taking on the role as manager. We rely on him to organize the cooler and make sure all the CSAs are staked and ready for the trucks. He has been working all spring and accompanied Mick and Steve on several road trips for equipment and supplies. He will be with us long after the others have left for school helping to close up everything for winter.

They all have been working in this heat picking the peas by hand, pulling buckets of onions and cutting loads of squash. They have weeded, washed and weighed so much and I keep reminding them there is more to come. They have been learning more about vegetables than any of them thought they wanted to know. But they do look at vegetables in the grocery store with a trained eye now. Some are even trying some new ones at home on their families. One family is a CSA member for their second year.



Loading the planter

Look for our designer CSA bags. Some of you may receive one of these unique bags with your share. This is what a frustrated artist does in her free time. I have started to recycle a few old ugly bags into hand painted designer bags. I call them designer to recall a story where Mick sold an ugly pumpkin as a designer pumpkin.

I hope you have fun carrying your one-of-a-kind bag. We are going to rotate them around the different stops so you might be handed one at any time.

Pembroke Kids, Child Development Center in Avon Lake has a green thumb. Here are pictures of their garden at the center, teaching the children how food grows first hand. The garden's raised beds have squash, cucumbers, tomatoes, basil and lots more tasty delights.



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

The rain has finally given the beans a reason to grow and here they come. This week we are including both green and yellow bush beans.

Green beans are delicious both cooked and raw. Try cutting a few in your salad. They make a good snack in your lunch or picnic.

The yellow beans are also known as wax or butter beans. Once upon a time they were considered tougher and took longer to cook. But this variety is as tender as the green bean and cooks in the same amount of time. Try mixing them for a nice bit of color. Simply break off the ends and snap into 1 to 2-inch pieces. Place in a pot of boiling water and cook until tender. Like the green beans they are known as the body builders that provide us with the proteins for body repair without cholesterol.



Garlicky Beans with Pine Nuts

Ingredients:

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

Directions:

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.

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.



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 wive's 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.

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.