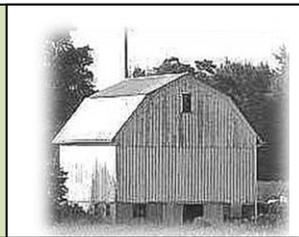




# The Nibbler



We put our freshest into every CSA!

## Covered Bridge Gardens

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Week Four

## Peters Creek Farm

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## Mother Says, "Eat Your Vegetables"

This saying is at the heart of Peters Creek Farm's philosophy. Mike even has this embroidered right over his heart on his shirts.

Studies have shown that parent who eat their vegetables lead by example and have children that grow up to eat more vegetables. At Pembroke Kids Child Development Center, in Avon Lake, Andrea and Steve Caris require parents to send healthy lunches with vegetables.

I love seeing many of our parents involving their children in reading the list of ingredients and exploring together what is in the bags each week.

Here's an idea form: Disney Family Fun

### FUN AT THE FARMERS' MARKET

Understanding where your food comes from is an important part of healthy eating (and shopping), and you can start teaching that lesson to kids with a visit to a farmers' market. To make the most of the experience, consider these tips from Susan Smalley, an extension specialist at Michigan State University.

- Give your child a dollar or two to spend on whatever he wants. "Many vendors recognize kids as future customers and often are willing to sell them a smaller portion," says Smalley.
- Ask the farmer about his produce: How was it planted? How long did it take to grow?
- Pick a simple recipe and ask your child to hunt down the ingredients.
- Find out if the market schedules special events for kids, such as story hours, food demonstrations, and tastings; many do.
- To teach your child a deeper lesson about the source of his food, ask your favorite vendor if it's possible to visit the farm.

I encourage you to also include them in meal preparation. Children can snap beans, husk corn and wash the ingredients. This is one of the reasons we grow shelling peas and lima beans.



Farm Visit Day 2007

I hope you will plan a family trip to the Farm Visit Day on August 9<sup>th</sup>. I love taking the children on a tour just for them to explore right from the field items they have seen in their bags.

## On The Farm this Week

We have certainly gotten our share of rain. Mike estimates about 1 ½ inches. The sun and warmth is greatly appreciated. The help was getting tired of the muddy shoes and wet clothes. We need hot nights to help corn grow and sun to bring the bees out to do their work. Over all there are several new items just a week or two till harvest. We are excited each time we can bring you something new. If you feel you are getting too much of something I urge you to take the time to preserve it for winter when these flavors are needed. There will be a demonstration of canning method at our Farm Visit Day.

## Last Minute Changes

The list we post on the website is a our best guess that there will be enough of an ingredient when we go to pick it. We apologize for last minute substitutions we make. We will always replace with the same value and quality. . Thank for your understanding.

## Farm Greeters



# Ingredients:

We are starting into our Summer Squash season. Over the next weeks you will be seeing an assortment of squash of different shapes and colors. These summer beauties have an edible skin unlike the winter squash (ex. Acorn) that does not. They can be eaten raw or cooked and add color to salads and casseroles. This is a guide to help identify them. They can be interchanged in any recipe calling for summer or zucchini squash.

## Summer Squash



Straight necks have a wonderful flavor packed into these light yellow squash.



Patty Pans are often overlooked for their round scalloped edge shape. They range from bright yellow to dark green.



Most popular with whole recipe books full of ideas. We grow them in dark green, bright yellow and gray (light green). Don't be surprised if you also get a round one

## Zucchini Fritters

### Ingredients:

4 or 5 medium zucchini (about 1 ½ LB)	¼ tsp. salt	4 eggs	1 clove
garlic, minced	¾ cup flour	½ cup grated Parmesan cheese	
1 TBSP. finely chopped onion	Ground black pepper	Sour cream (optional)	

### Preparation:

1. Trim and coarsely shred zucchini (4-5 cups). In a bowl toss zucchini with salt. Place zucchini in colander and place plate on top; weight with cans. Drain 15 minutes; discard liquid.
2. In a bowl, beat eggs and garlic. Stir in flour, cheese, onion, and pepper until just moistened (batter will be lumpy). Stir in zucchini until just combined.
3. For each pancake fritter, spoon one heaping TBSP. of batter on medium-hot, lightly oiled (PAM) skillet. Spread to 3 inch circle. Cook over medium heat about 3 minutes each side or until golden brown. Keep pancakes warm while cooking remaining pancakes.
4. Serve topped with sour cream or cool, layer with waxed paper in container or Ziploc and freeze up to 3 months.
5. To preheat, preheat oven to 425 degrees. Place frozen pancakes in single layer on greased sheet. Bake uncovered 10 minutes.

This recipe was contributed by a CSA member.

## Turnips

### Purple or Red Turnips

Purple Turnips are bright red or purple and resemble a beet. This variety is not eaten raw and the greens are not eaten. They are best cooked with roasts, or boiled as a side dish.

### White Turnips

White Turnips are first cousins to the yellow but are smaller and are usually grown for their greens. The fine leaves can be prepared like spinach. Before the spread of the potato, turnips, with their high nutritional value, were among the most important staple food for man and beast. White (May) turnips are available from May to June. It is good boiled or glazed, in vegetable stews, or served raw in salad. Store them in plastic bag in your refrigerator and they will keep for weeks.

## Turnip and Potato Mash

Makes 4 servings

### Ingredients:

1 lb turnips, peeled and cubed	½ lb potatoes, peeled and cubed
¼ cup orange or pineapple juice	1 Tbsp. Brown sugar
¼ tsp. ginger	1 tbsps. butter or margarine
Black pepper to taste	

### Preparation:

1. Cook turnips and potatoes in boiling water until they are tender.
2. Drain water and puree vegetables.
3. Add juice, sugar, ginger, and butter to pureed vegetables.
4. Cook over low heat, stirring often, until heated through. Add pepper to taste.