

Ingredients:

This page is designated to highlight the ingredients in your bag and give you suggested cooking uses, recipes and tips on how to use them. You will find more details and recipes on our webpage.

Broccoli is actually the flower of the plant. They are often called green trees to entice children to eat them. This member of the cabbage family continues to produce throughout the summer and fall.

Broccoli is a super source of vitamins C and K (one cup has more than a day's worth of each). Besides providing calcium, potassium, foliate, and fiber, broccoli contains phytonutrients – compounds that may help prevent diabetes, heart disease and some cancers. Broccoli contains one of the most powerful anticarcinogens found in food, says Elizabeth Jeffery, Ph. D., a professor of nutritional toxicology and nutritional sciences at the University of Illinois. Sulforaphane, she explains, helps your body destroy the cancer-inducing chemicals found in food you eat or in the environment. How can you get the maximum amount of sulforaphane for the broccoli you eat? Steam it lightly for 3 to 4 minutes.

Prized by the Romans, broccoli was developed from cabbage ancestry by the Etruscans. Despite centuries of careful cultivation, broccoli was introduced commercially in the United States only around 1930.

Tip of the Week-

Try radishes in your next stir-fry. Their peppery taste mellows with a little sweetness underneath. Add the tops to the dish toward the end of the cooking. The tops or greens have the peppery taste and can be added raw to salads.



Scapes are the curly top of a garlic plant. Cut off before the plant flowers in mid June. Scapes give a garlic flavor to dishes while we are waiting for the garlic bulb to mature.

Use them in dishes that call for garlic. Chop them into stir fries, omelets or potatoes.

Green onions are sometimes called scallions or spring onions. The terms are referring more to the small size. At this size the red, white and yellow is similar flavor. The tops can be chopped along with the scallion and used both cooked and raw recipes. They are available from late May to July.



Popcorn-

We are adding a little fun to the package this week. Our popcorn has a growing following of this snack lover. Our son Steve has always loved popcorn and has a passion for growing it. We have yellow and blue for sale this year. If all grows well we will have red to add to the list next year. Popcorn takes almost a year to produce. We plant in May. Harvest in November. Then it must dry to the right moisture content to pop. We use a very scientific testing method. We keep trying to pop it. When it passes Steve's approval it's ready.

Cheesy Chili Popcorn

- 3 Tablespoons butter
- ½ teaspoon garlic salt
- ½ teaspoon chili powder
- ¼ teaspoon ground cumin
- 8 cups popped popcorn
- ½ cup grated Parmesan cheese

Melt butter in small saucepan.

Stir in chili powder, garlic salt, and cumin. Pour over popcorn and stir to coat. Sprinkle with cheese and toss.



The Nibbler



We put the freshest into every CSA!

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Welcome to the 2009 Growing Season

Your bag has been carefully packed with the first bounty of the season. Over the next sixteen weeks your CSA share bags will be packed with the harvest from Northeast Ohio. Because of Ashtabula County's relationship to Lake Erie our growing season is a little tricky. We were under a threat of frost until May 17 this year and cool nights have slowed growth. . But that is all behind us and planting has been in full swing.

This time of year your bag will be a little light. It is a common problem when you have to deal with Mother Nature. We want you to know that we will make up the difference over the course of the season.

Have to miss a Pick-up?

We hope to see you each week, but we know life happens. If you are going to miss please let us know.

- You can have a friend or family member pick it up.
- Double up the next week.
- Or simply miss a week.

You can tell us when you pick-up the week before or send an e-mails on what you want done no later than 2 days in advance. If later please call 862-1682 so we get the message in time. E-mails don't always arrive the day you send them. Remember we will work with you when things come up.

The CSA bags

The bags have been washed and are ready for the first day. We started using the bags three years ago and have found that they keep the produce cooler and tightly packed for the trip home. Just bring the empty back each week and we'll fill it up for the next. If while you have the bag you spill something on it we appreciate if you can wash it.

My "Apologees"

This is my time to say I am sorry now for any miss spellings, mistakes, and misinformation in the newsletters. As the summer moves on I will have less and less time to get them out on time. I know there is spells check in this program, but my brain doesn't always remind me to use it. I hope you enjoy the stories and recipes. I encourage all of you to submit ideas. The newsletter will be posted on the websites.

What's New

New Websites Will Offer Members More Services

We are finally stepping into the 21st Century. Both farms are developing websites. The sister sites will share similar information for those looking for CSA, and farmers' market Information or recipes.

Want to know what's coming in your bag this week?

Check out the CSA list on our home page. This list will be posted by Tuesday of each week and give our best guess what will be ready for harvest that week. We reserve the right to make last minute changes. Remember we have to be "picky" about what goes in. We can't rush Mother Nature.

coveredbridgegardens.com
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Our Second Greenhouse is Up and Growing

Our second high tunnel has been erected and is growing heirloom tomatoes. We have small green tomatoes already. A high tunnel is an unheated greenhouse that shelters a section of earth giving plants a protected area to grown directly in the ground. The structure is large enough to drive a tractor in to work the ground.

