



The Nibbler

Your personal source for the best summertime veggies.



Covered Bridge Gardens

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Peters Creek Farm

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Week 7 of 16

Farm Visitors Welcomed

We welcome our members to visit our farms and see firsthand how their food grows and what it takes to bring it to your table. This is wonderful time to explore and see the vegetables that will be in your next share.

In the past we have arranged a farm visit days. We have not had much luck trying to pick one particular day that suits everyone. For that reason we would rather let you pick a time and date and make arrangements that suit you and your family or friends.

Starting August 28th through October 3 we would be glad to make an appointment to give you a tour. It is imperative that you make an appointment in advance to make sure someone is at the barns when you come. As long as one person is coming we will be there.

At Covered Bridge Gardens and Peters Creek Farms we are available on Saturdays and Sundays between 3:00 and 5:00 pm. Other days will be on an available schedule. Call (440) 862-1682 At Peters Creek Mike will take appointments. Call (440) 813-4339.

Please come dressed for the weather and give you time to enjoy leisure walk in the fields and time to ask lots of questions. We are child friendly. We might even put them to work. Dogs are welcomed, but I must warn you that our dog is a large playful beast that we will gladly put inside if you ask. Garth is use to roaming the property and could give a tour himself. Rain or shine there is plenty to see. We have a large barn explore how we handle the vegetables after they are picked. In our refrigerator you can discover if the light stays on when the door is closed.

Both Farms Support WIC

We are part of the Ohio WIC Farmer's Market Nutrition Program. This program allows families in the Women, Infant and Children (WIC) program to use coupons to buy fresh farm produce right from the farmer. We are glad to see families using the coupons to encourage children to eat more vegetables and to help them explore a wider varieties of tastes.

We accept these coupons at all locations where we have our produce available. If you know anyone who receives these coupons please tell them to use them so this worthwhile program will continue each year. This year's coupons are good until October 31, 2010.

Ashtabula County has the corner on fun.

I would suggest making your farm visit part of a full day or weekend event. You can stay in one of several hotels at the exit of Rt. 90 and Rt. 45 in Austinburg or at the Lodge and Convention Center at Geneva State Park. Then tour the many wineries in the area while passing through several of the 18 covered bridges.

Or spend the day in the historic Ashtabula Harbor area visiting the shops on Bridge Street or the Ashtabula Marine Museum. The county hosts several unique museums such as the Victorian Perambulator Museum in Jefferson. There are plenty of parks and beaches on the lake. Rt. 328 is a national scenic highway following the lake from Geneva to Conneaut. You might even plan a ride on the Carson Jefferson train leaving the Jefferson station for a one hour relaxing ride through the country side go to familytrainrides.com. There is plenty of fine dining at several of the wineries. The Estate on Coffee Creek offers fine dining by owner/chef Nick Kustala. It's a dining experience you won't soon forget. Call 440-275-5022 for reservations or visit www.CoffeeCreekEstate.com. Make sure you let them know you are a Covered Bridge Gardens CSA member and ask what might be on the menu from our farm.

For more information on local attractions and events go to www.VisitAshtabulaCounty.com



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

White Turnips



White or Purple Turnips

White Turnips are first cousins to the yellow but are smaller and are usually grown for their greens. Due to the weather flea beetles the tops had to be removed. 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. This year's late growing has held them to July. They are good boiled or glazed, in vegetable stews. 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 tbsp. 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.



Green Tomatoes

Green tomatoes are the sweet unripe fruit that movies are made of. You can refrigerate them to hold them from ripening until you have a chance to cook them. You will be surprised at the sweetness they hold. Try them diced in an omelet or stir fry.

Purple

BEANS

Purple Beans

These dark colored snap beans are a bit of fun this week. Their deep color disappears immediately upon heating.



Note on Potatoes this week:

You are getting a mix of red, Yukon, or white potatoes. It is often preferred to mix potatoes when mashing them to combine the starch levels.

Fried Green Tomatoes

Source: Family Circle (11/1/02)

Directions:

Core three large green tomatoes; slice ¼ inch thick. Drain slightly; season each with a pinch of salt. Place 1/3 cup of flour in a shallow bowl; 2 beaten eggs in a second bowl; and ¼ cup cornmeal, 2 tablespoons Parmesan Cheese, 1/8-teaspoon cayenne, and ¾ teaspoon salt and 1/8 teaspoon black pepper in a third. Dredge slices in flour, then eggs, then cornmeal mixture; fry in vegetable oil over medium heat about 3 minutes per side or until golden brown.