



The Nibbler



We put our freshest into every CSA!

Covered Bridge Gardens

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Week Six

What's New on the Farm?

With the large quantity of squash and cucumbers we knew it was time to put into operation our vegetable washing table. This piece of mechanical wonder will free up as much time as the dishwasher did to the housewife. The vegetables are placed on a conveyer at one end which carries them under a shower of fresh water. They then go over sponge rollers that remove the excess dirt and leaves. They come out the other end to a sorting table where the workers transfer them to crates ready for the cooler. We will use this mainly for potatoes but also for any vegetable that can roll through. We will have a demonstration at the Farm Visit Day August 9th. We will also be demonstrating popcorn shelling.

2009 Seasonal Farm Workers

I wanted to introduce you to our full time staff. They are a great group of high school and college students this year. Peters Creek Farm has two employees and Covered Bridge Gardens has seven. You will see them pictured from time to time. They do everything from plant onions, weed lettuce, stake and string the tomatoes, and plant the potatoes to picking everything. Then help clean and prepare produce for the CSA bags and markets. Stephanie even works Sundays at the Ashtabula Bridge Street Market. Some of them will be helping with the Farm Visit Day.

Mondays is general barn clean up day for everyone before they start the field work. They work rain or shine. Josh and Stephanie have been with us the longest followed by Ellen, Amy and Beth in their second years. Alex and Kelly are new and are just learning what it takes to grow vegetables.



Buckets of squash and cucumbers just in from the field waiting to be washed



Alex, Kelly, Ellen, Beth and Josh

Washing Table



Stephanie and Amy

Note:

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

Ingredients:

We are starting our beans this year with our yellow string beans. They 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.

Yellow Beans



Tip of the Week

When boiling vegetables there are a few good rules to follow:

1. Allow the water to boil for at least 2 minutes since the water will lose a high percentage of its oxygen. It is this high oxygen content of the water that causes the vitamin C potency to be reduced.
2. Cook the vegetables in as large a pot as possible, then cut them up after they cook.
3. Never place vegetables in cold water and then bring it to a boil. If this is done some vegetables can lose up to 10-12 percent of their vitamin C content.

Zucchini Nut Bread

Ingredients:

- 3 whole eggs
- 2 Cups sugar
- 1 Cup oil
- 3 Cups flour
- 3 teaspoons vanilla
- 3 teaspoons cinnamon
- 1 teaspoon baking soda
- ¼ teaspoon baking powder teaspoon salt
- 3 cups zucchini grated (remove seeds if they are large.)
- ½ Cup chopped nuts optional

Preparation:

Mix together just in the order listed here. Divide the mixture between two regular size loaf pans. Bake at 350 degrees about 40-50 minutes or until knife inserted in middle comes out clean. Makes two loafs.

Vegetable Cheese Salad

This recipe was adapted from 'Simple Recipes for Fresh Vegetables' from the Ohio Department of Aging.

- ¾ cup green peas, cooked
- ¼ cup Cheddar Cheese, diced
- 1 Tbs. onion, finely chopped (Try red onion for color.)
- 2 Tbs. mayonnaise
- ½ tsp. prepared mustard

Preparation:

1. Combine peas, cheese and onion.
2. Toss with mayonnaise and mustard.
3. Optional add bacon.
4. Chill and serve.

Substitute peas with broccoli or cauliflower. Makes 2 servings.

Yellow Bean Salad

Ingredients:

- 1 pound of waxed beans, tipped and left whole* or cut in 2-inch pieces
- 1 Tbsp. Dijon mustard 2 Tbsp. red wine vinegar
- ½ tsp. salt 3 Tbsp. olive oil
- 1 cup red onion finely chopped
- 1 Tbsp. chopped flat leaf parsley

Preparation: (Serves 4)

Cook beans until tender-crispy. Drain. While the beans cook, combine mustard, vinegar, and salt in a large bowl. Slowly whisk in the olive oil. Add the beans, onion, and parsley to the vinaigrette and toss to coat. Serve at room temperature.

* left whole, the beans can be part of an appetizer tray.

Here are a couple of recipes from our selection at coveredbridgegardens.com

Kay's Mom's Zucchini Nut Bread

Ingredients:

- 3 whole eggs
- 2 Cups sugar
- 1 Cup oil
- 3 Cups flour
- 3 teaspoons vanilla
- 3 teaspoons cinnamon
- 1 teaspoon baking soda
- ¼ teaspoon baking powder teaspoon salt
- 3 cups zucchini or other summer squash grated (remove seeds if they are large.)
- ½ Cup chopped nuts optional

Directions:

Mix together just in the order listed here. Divide the mixture between two regular size loaf pans. Bake at 350 degrees about 40-50 minutes or until knife inserted in middle comes out clean. Makes two loafs.