



The Nibbler



Your personal source for the best summertime veggies.

Covered Bridge Gardens

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Week 10 of 16



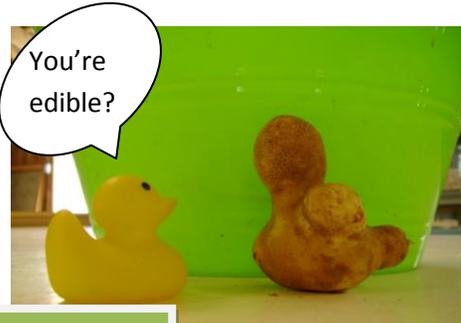
Prices by the Bushels

This is the time of year when many of our customers think about canning and freezing the summer harvest. Even though we are a week or two behind other years, there is still an abundance of things coming on. We offer the following vegetables in bulk, both bushel and half bushels. Some peck prices are available. You can pick up at the farm or we deliver to each of our CSA drop off points and markets.

To place an order, please e-mail us or call. You will get a confirmation of time and date when your order will be delivered.

- **Beef Steak Tomatoes-** \$15/bushel \$8/ 1/2 bushel
- **Roma Tomatoes-** \$15/bushel \$8/ 1/2 bushel (limited supply)
- **Sweet Corn-** 5 dozen= \$20
- **Summer Squash-** \$15/ bushel
- **Green & Yellow Beans-** \$25/ bushel (approx. 28 pounds)
- \$15/ half bushel
- **Cubanelle and Green Bell Peppers-** \$15/ bushel \$8/ half bushel
- **Hot Hungarian or Sweet Banana peppers-** \$15/ bushel \$8/ half bushel and \$5/ peck
- **Semi Hot and Poblano Peppers-** \$18/bushes \$9.50 half bushel \$5/ peck
- **Red or Colored Bell Peppers-** \$20/bushel \$12/half bushel
- **Ask for pricing on other bulk items you might want.**
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Bushel boxes are 12"x14"x15". Contact with any questions you have.



Best Caption

From Jake Spósito from Ashtabula's CSAs and owner of The Harbor Perk. It's the best little coffee shop in the area.

Our Faithful Lakewood Volunteer

Many of you at Lakewood have been greeted by our dear friend and helper, Tim Liston. Tim has been a CSA member since the first year we started at Lakewood in 2005.

Two years ago Tim saw we needed help as the number of members grew. He started volunteering and has been an asset ever since. He tells us how he can't wait to get off work to see what's in the back of the truck each week. Since he helps carry everything off the truck, he really doesn't look forward to seeing watermelons and pumpkins. But we couldn't do it without him. We have become dependent on him and look forward to his help each week.

Please give him a special "Thank You" for making our Lakewood drop off run so smoothly.

Mick and Tim sitting at Lakewood Public Library with our truck behind them.



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

Needed-Recipes from You

It's time to share those wonderful creations you have made with your CSA ingredients. I have heard many of you sharing ideas and tips as well as recipes. Now, I need you to share them with all of us. Please email your favorite recipes to be included in our website collection and to be highlighted in the newsletter. Your culinary talents will help bring new flavors to our tables.

Please email to mick@coveredbridgegardens.com

Melons in crates, fresh from the fields.



CSA members should know their melons.

This week we are sending out your first muskmelons. To add to the muddle, what we in the U.S. call a cantaloupe is not. Here it is a muskmelon. True cantaloupes have warty or scaly rinds (not netted). The muskmelons have a netted rind. These melons will continue to ripen once picked. We pick them slightly green so they are firm for packing.

As you see in the photo some have a green strip. These are not quit ripe yet. Let them out on your counter for a day or two. To determine ripeness, the melon will turn light yellow, the stripes will blend in. Also press on the soft blossom end. It should be soft and smell like a fresh melon. Once it is ripe refrigerate to hold till your are ready to cut.

Swiss Chard Recipe

INGREDIENTS

- 1 large bunch of fresh Swiss chard
- 1 small clove garlic, sliced
- 2 Tbsp olive oil
- 2 Tbsp water
- Pinch of dried crushed red pepper
- 1 teaspoon butter
- Salt

METHOD

1 Rinse out the Swiss chard leaves thoroughly. Remove the toughest third of the stalk, discard or save for another recipe (such as this [Swiss chard ribs with cream and pasta](#)). Roughly chop the leaves into inch-wide strips.

2 Heat a saucepan on a medium heat setting, add olive oil, a few small slices of garlic and the crushed red pepper. Sauté for about a minute. Add the chopped Swiss chard leaves. Cover. Check after about 5 minutes. If it looks dry, add a couple tablespoons of water. Flip the leaves over in the pan, so that what was on the bottom, is now on the top. Cover again. Check for doneness after another 5 minutes (remove a piece and taste it). Add salt to taste, and a small amount of butter. Remove the swiss chard to a serving dish.

Swiss chard are tender and rich in moisture and require no additional liquid during cooking. To clean rinse leaves under running water and stand upright in a dish rack to let drain.

To prepare Swiss chard hold leaf at the base of the stem over a bowl filled with water and use a sharp knife to slash the leafy portion from either side of the thick stem. Reserve stems.

Toss the damp greens in hot oil seasoned with aromatics and spiced. Wilt in just 2-3 minutes in a covered pan. Once wilted, remove the lid to allow liquid to evaporate. Serve hot.



Swiss chard growing in multicolored rows.