



The Nibbler



We put our freshest into every CSA!

Covered Bridge Gardens

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A little about us:

On the Website there is a section for "Our Farm Story". I have been adding to it from time to time and Diane and Mike are working on theirs. Here I would like to summarize a little about us and how we operate together.

When Mick and I where first married he was operating Prochko Dairy with his mother and father. We have two sons Mark and Steve. Mark is a graduate student in engineering at Kent and Steve is part of our management team here at the farm.

When Steve was graduating from college and wanting to farm we met Mike and Diane. Diane is our veterinarian and she introduced us to her husband who comes from long line of vegetable growers in Marietta, Ohio. Combining both farm's expertise we started growing vegetables in Ashtabula County.

We operate as a loosely knit family that has a passion for high quality product. We each have our own niche areas we want to control but together we can grow some pretty awesome stuff. We hope that over the season we get to know a little about each one of you as we value each of you as fellow veggie lovers.

Day to Day on the farm:

The day to day routine on the farm begins to change this time of year. Right now Mondays are still a general work day. By that I mean we are still planting things like more beets, beans, corn and other varieties that have multiple plantings. The workers are weeding around the tomato plants, trimming off the lower suckers and weaving strings down the rows of stakes to hold them up. The tomatoes in the high tunnel are taller than Steve and are hanging with huge heirloom fruit just about to start blushing.

Tuesdays we start to pick for the Wednesday deliveries. This will take most of the day with the bags being packed at the end of the day and refrigerated overnight. I complete the newsletter and make website updates. Answering e-mails is an on-going task for Mick and me.

Wednesday Mick and I prepare to leave for Cleveland about 11:00 and the team stays behind for more field work and cleanup from the day before. Each day we have buckets, containers and work surfaces to clean as well as lots of floor sweeping. We will return home about 10:00 pm.

Thursdays we pick and pack for the Erie group and start preparing for the weekend markets. More weeding and such too.

Fridays are our crazy day. In two weeks when the Jefferson Market starts we will be picking and pack for our two largest markets while sending the truck full to our local market with a team member. When the truck returns it is unloaded and prepped for the next day. During all of this, Mike is repeating the picking process on his farm and bringing his bounty to our facility for cleaning, packing and refrigeration. So Fridays becomes very hectic, some times. If we are lucky we are done before 10 pm.

Saturday is a day off for most the help. Some may come to pick for the next day. Mick and I leave for Cleveland at 5:00 am and Mike and Steve leave at 6:00. We all make it back around 3:00 pm to regroup and plan what we need for the Ashtabula market and CSAs. The day concluded sometime around 9:00 pm.

The next day Mick and I leave at 8:00 for the market and Steve and Mike tends to catch up things on the farms. Sunday evenings we usually relax and get ready for the new week.

So if we have that dazed look sometime in July you'll know why and remember we go until October at this pace.



Keep those CSA bags coming!

I want to thank all of you that remembered your bags this week. If you can't get the bag back one week just bring it the next time, we understand. We like to tease about it but from time to time we do run short when packing.

Ingredients:

Snow Peas

Snow peas are a flat variety of pea that you eat whole, pod and all. Snow peas have more real pea flavor and are often less starchy than sugar snap peas.

Prepare by breaking off the stem end and pulling the string away from the pod.

Best cooking methods are raw, blanched, steamed, and stir-fried.

Stir-Fried Snow Peas with Shitakes and Ginger

Serves four as a side dish

Serves with steamed fish or sautéed chicken

Ingredients:

2 tsp. soy sauce ½ tsp. Asian sesame oil 1 Tbs. plus 1 tsp. canola or other vegetable oil

6 medium shitake mushrooms, stemmed and cut into 1/4 -inch slices (about 1 cup)

1 heaping Tbs. finely julienned fresh ginger

¾ lb snow peas (about 4 cups), trimmed (break off the stem end of each pea and pull the string away from the pod)

Kosher salt

1 tsp. sesame seeds, toasted, for garnish (optional)

Directions:

In a small bowl, combine the soy sauce and sesame oil with 2Tbs. water and set aside.

Heat a 10-inch skillet over medium-high heat for about 30 seconds and add 1 Tbs. canola oil, swirling it to coat the pan. When the oil is very hot, add the shitake and cook, stirring once, until they begin to brown lightly, about 1 minute. Add the ginger and stir-fry until the mushrooms are golden and the ginger has softened, 1 to 2 minutes more. Add the remaining 1 tsp. canola oil and then the snow peas and a pinch of salt. Stir-fry for 30 seconds. Add the soy sauce mixture and continue to stir-fry until the peas are crisp-tender and the liquid has reduced to a glaze, 1 to 2 minutes. Season with salt to taste and garnish with the sesame seeds, if using. Serve immediately.

Cornmeal* - This week we are including cornmeal ground from our own yellow popcorn. Cornmeal is made from flint corn. Popcorn is one of these very hard shelled varieties. The popcorn also gives it a little more flavor. Please refrigerate to retain the quality of the whole grain vitamins in the cornmeal.

*Cornmeal makes a great breading for fish or chicken.



Steve (6') is showing how tall popcorn grows. After we remove the ears in the fall we use the stalks for autumn decorations.

Corn Bread

425 Oven

Bake in 9" pie pan (or 8x8 pan)

(No need to grease class pie pan. Don't know about other types of pans. But, you had best get it out of the pan before it cools by cutting it into serving size pieces.)

Ingredients:

2 C corn flour or cornmeal

½ C whole wheat pastry flour

1 tsp. salt (optional)

½ tsp. baking soda

1 tsp. baking powder

1/4 C honey

1-2 T oil

2 C soy milk or other milk

1 large egg, beaten

- or 2 egg whites
- or 1 ½ tsp. EnerG egg replacer and 1 T water (mix right before putting in batter and then put in oven right away)

For a change, try adding:

1 C grated carrot (reduce milk to 1 ¾ Cup)

Onion sautéed in the oil

Parsley, peppers, corn

Creamed corn (would probably need to reduce the milk)