



# The Nibbler

We put freshest into every CSA!



## Covered Bridge Gardens

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### Off to a Rainy Start

The first day of deliveries brought much needed rain. While many of you have had too much we have been experiencing a dry spell. The all day soaker really helped. It was great to be able to get in the fields and plant but now we needed rain.

We have irrigation tape laid in most rows but things like corn, peas, beans and beets must wait for the rain.

### Look for the Sunflower Banner

We wanted to give our customers a quick way to find us when picking up at a market location. We had our friend Mitch from [www.dyehearts.etsy.com](http://www.dyehearts.etsy.com) make these colorful tie died banners for us. If you have a friend picking tell them to look for them.

*Remember deliveries are made rain or shine.*



### Two New Groups

This year we expanded our drop off points to include Cleveland City Hall and the Pembroke Kid Child Development Center, Inc. in Avon Lake. Like the Erie group in their second year they were started with a few interested vegetable lovers who connected with our farms to bring fresh produce directly from their own farmer.

We have eight locations this year with over 330 members. We started 5 years ago with 12 members. We have not only grown in numbers but in the varieties we grow, the equipment needed, and barn and greenhouse space. This year we made major structural changes to our largest barn. We now have the needed space to carefully handle the produce as it comes from the field and assemble the CSA bags. There are plans to add a larger cooler. Our current 10 x 20 foot cooler will fill up quickly on CSA days. We have 7 full time workers and two part-time CSA packers. We celebrated our first week with a pizza party to thank them for their hard work.

### See what's in Your CSA Bag on the Website

Each week I will post early in the week what we expect will be in the bags. We apologize that there may be times when we must make last minute substitutions. The listing posted is for the single/couple size. Families will find these ingredients and more in theirs. Thanks for all your comments and technical help making this a very usable site for you.

Cleveland City Hall



Pembroke Kid Child Care Center



Erie doubled their membership this year.



Members picking up at Lakewood Public Library

# Ingredients:

## Broccoli with walnuts and Blue Cheese

### Ingredients:

4 cups broccoli florets  
1 Tbs. butter  
One-quarter cup coarsely chopped walnuts  
1 garlic clove, or scapes, minced  
Salt and fresh ground pepper, to taste  
One quarter cup blue cheese crumbles

### Preparation:

Steam broccoli until tender, about 3-4 minutes. Place in a serving bowl and keep warm. Heat butter in a small skillet. Sauté' garlic and walnuts until fragrant. Pour over broccoli. Toss and adjust seasoning. Top with blue cheese and serve.  
Serves 4

I'm looking for good recipes for our popcorn cornmeal. Please e-mail or bring a copy with your bag. Please include your name or source.

## Tip of the week:

When you get all this season's harvest home don't forget to wash your vegetables before using. Even though it may look clean it is best practice to always wash. Our produce is gently wiped or washed when it comes from the field. This removes some dirt but not all.

Leafy produce like lettuce and cabbage lose their moisture easily and can be revived by washing, patting dry and storing in an airtight bag in the refrigerator.

The rain has brought our broccoli into full production. Once we pick the large center flowers the plant will continue to produce small side shoots. These shoots are just as tender. Expect a bounty of broccoli this year.



## Chinese cabbage

Chinese cabbage is also known as Napa cabbage. Chinese cabbage is described as a cabbage that even cabbage-haters love. It is tenderer, crisper, juicier and milder than our common cabbage. Cooked Chinese cabbage has only 16 calories per cup and is very low in sodium. The leafy section is excellent for soup or added quickly at the end of a stir-fry. The whole plant can be cut up and added raw to salads

### Braised Chinese cabbage

#### Ingredients:

2 Tbs. Sesame oil  
2 Tbs. Tamari sauce  
1 head Chinese cabbage  
Dash garlic powder  
Dash curry powder

#### Preparation:

Heat sesame oil and tamari sauce in frying pan. Remove leaves from cabbage head. Wash and place wet leaves whole in pan. Season with garlic powder and curry powder. Cover and simmer over low heat for 3 to 5 minutes. Uncover. Cook, turning leaves until they begin to brown. Serves 3 to 4  
From: The Fruit and Vegetable Stand by Barry Ballister

### Chinese cabbage Salad

#### Ingredients:

1 small head Chinese cabbage  
2 Tbs. soy sauce  
2 Tbs. apple-cider vinegar  
Dash garlic powder  
Dash onion powder  
1/4 tsp. freshly ground black pepper

#### Directions:

Remove leaves from cabbage head. Cut off coarse portion. Break into small pieces. Mix soy sauce, vinegar, garlic powder, onion powder, and pepper in small bowl. Sprinkle over cabbage while tossing until completely coated. Serves 2-3

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