



The Nibbler

Your source the best summertime veggies.



Covered Bridge Gardens

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Week two of 16

Peters Creek Farm

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A reminder to Bring Your Bag with You

Each week we carefully pack our bags with your share. Just return the empty from the previous week and we will have a full one for you.

We understand that sometimes you will not have your bag. We have heard many reasons, "It's in my husband's car", "My wife didn't tell me I needed It.", and "I came straight from work and forgot it." Whatever the reason we do forgive you if you forget your bag now and then. Just bring two the next time.

Be our friend on Facebook

Last year we introduced our www.coveredbridgegardens.com. Our members got use to downloading their newsletter and found the recipes and other tips useful. This year we added a downloadable form and Paypal to make getting a membership easier. Peters Creek opened their website this month at www.peterscreekfarmltd.com. And now we are Facebooking. Gee what next, Twitter? Let's don't go too crazy yet.

In today's age of information overload we are trying to limit the use of e-mails we send out. That is why we decided to post your newsletters on our website. We expect all members to keep themselves informed and at least give the newsletter a once over.

Any daily, interesting things I will post on Facebook under Covered Bridge Gardens. Join as a friend to keep up on the latest news and post your own experiences with other members.

We will still send crucial information out by e-mail to members.

Follow us on our Blogs

Diane and I have started blogs to give you an insight into the daily operations of our farms. We hope you will follow our lives during the season and be able to get an idea of the work that goes into bringing your food to you. We are here to educate you about your food source.

<http://peterscreekfarmblog.blogspot.com> and <http://coveredbridgegardens.blog.com>

What's the Buzz?

This year we have contracted with Charlie and Lucy Wellhausen from the Ohio Honey Company to place their bee hives at Covered Bridge Gardens. These two brightly painted hives are buzzing with lots of activity. *Did you know that bees will travel up to five miles to find food?* We hope they just cover the 120 acres. They certainly have found the peas at the other end of the farm. Charlie comes out weekly and checks on the hives to make sure they are getting along fine. *Did you know that guard bees at the door of the hives make sure that only their hive bees get in?*

To learn more about bees visit their website at www.ohiohoney.com and see some great pictures. Charlie and Lucy also sell their honey at the North Union Farmer's Markets like the one on Saturday at Shaker Square. I hope in a year some of the honey you buy there will come from our fields. I love her honey in my teas in the morning.

Go to our photos on line to see all the summer photos.

The Hives



A look inside.



Charlie is trimming the weeds around the hives.



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

Fresh Garlic



You can chop the stem of fresh garlic up to the second leaf and add it to any dish you wish. For maximum garlic flavor, press or crush fresh garlic cloves and cook briefly or not at all. For a mild garlic flavor, cook whole cloves for a long time. Store garlic as you would onions, in a cool, dry, dark place. But don't refrigerate. Refrigerators aren't dry environments.

Interesting facts:

- Populations that favor garlic often are described as having "explosive" temperaments. Historically it was fed to soldiers before a battle.
- Garlic is a cancer fighter in the gastrointestinal tract and lowers cholesterol
- Pasteur described garlic's antibacterial properties; and during World War I, Albert Schweitzer, MD, recommended it for dysentery, It was called Russian penicillin during World War II

Fast garlic bread

Grill six 1-inch slices of crusty bread about 1 minute. Remove and rub with a peeled garlic clove. Brush both sides lightly with extra-virgin olive oil. Sprinkle one side with kosher salt and a generous tablespoon of shredded Parmesan cheese. Return, cheese side up, to grill, briefly, just until cheese melts slightly.

Family Circle



Scallions/ Onions

This week we are picking our green onions for you. This spring crop doesn't last long in the summer heat. Some have asked if these are scallions. Yes they are. Scallions do not grow up to be large onions and only form small round bulbs. They are sweet and excellent added to salads and soups. They can be sliced lengthwise and grilled to top a burger or other dishes. They are high in potassium and niacin, but not much else. We prize them more for the way they liven up our meals.



Green Onions

The Gordy the Garlic Guy

We are often tease people when they bring garden problems to us that they should leave the growing to the experts. Well when it comes to growing garlic we take our own advice. Gordy Tressler from Dorset is a local friend with a green thumb for garlic. He has a passion for growing and loves the challenge to produce more each year for us. He loves growing and trying new things. We are always amazed what you can find growing in his greenhouses.

A Day at the Spa Water

Prep Time: 10 minutes + 6 hours to steep

Ingredients:

- 1 medium cucumber
- 1 small bunch fresh mint, about 1/2 cup
- 1 quart still water
- Juice of 1 lemon

Instructions:

Scrub the cucumber thoroughly and cut it into very thin slices. Add the cucumber and all of the remaining ingredients to a large pitcher. Place into the refrigerator and allow to steep for six to 12 hours. Serve over ice and garnish with a couple of the cucumber slices and a fresh mint sprig. Yields about 1 cup per serving.



Cucumbers

Cucumbers probably first grew wild in the mountains of northern India. Only cucumbers grown outdoors will produce seeds; greenhouse cucumbers have no seeds. This is because green house cucumbers are not pollinated. The cucumber's dark green skin contains lutein and zeaxanthin, carotenoids that help fight cataracts and macular degeneration, which can cause blindness. Enjoy this refreshing vegetable in a salad or on your favorite sandwich but don't forget to eat the skin.