

The Nibbler



Covered Bridge Gardens

CSA Newsletter

Week 7 of 15- 2014

Why are there no secrets in a corn field?
See answer on next page.



Special Flower Sale Offer

We are growing zinnias and sunflowers this year. They are so plentiful that we want to share them.

Sunflowers are 6/\$5

Zinnias 9/\$3

Mixed- 3 sunflowers and 6 zinnias for \$5

Order early and have them waiting with your bag.

Call: Mick 440-862-1682 or Kay 440-862-1691



Please share your ideas.

There is a little chef in all of us. Don't be shy. If you have found a new way to cook, use or store something from your bag let us all know. Either pass me a note when you pick up your bag or e-mail it to:
mick@coveredbridgegardens.com

Covered Bridge Gardens

1681 Netcher Rd.

Jefferson, Oh. 44047

www.coveredbridgegardens.com

Mick, Kay and Steve Prochko

(440) 862-1682

mick@coveredbridgegardens.com

Local Restaurants Buying Local

When you hear about restaurants buying local do you ever wonder how true that is? This week I want to introduce you to some of the restaurants that are truly buying local. We know because they buy from us. Over the years we have supplied our harvest to several establishments in the Cleveland, Jefferson, and Ashtabula areas. The list changes as menus and supplies change, but all have been supporters of our local grown.

We have built a close relationship with the chefs, owners and buyers from these establishments forming lasting friendships. They truly want to understand how local vegetables grow and how the weather affects our crops. Their menus reflect the growing cycles in Northeast Ohio. We honestly want to help them bring the very best to their tables. Your dining experience is a connection between the farm and their kitchens where the magic happens. Mick and I have dined with each and found the experiences remarkable. We highly recommend tasting it yourself.

This year we happily supply the following, in no particular order:

fire food and drink- Doug Kats Owner/Chef loves having a market literally right outside his door on Shaker Square Saturdays. Their menu includes, for example, herbs, summer squashes, small tomatoes and more as the season continues. Their original restaurant is located on the Square in Shaker Heights, Cleveland. They also use the ingredients in all their locations.

The Flying Fig- Owner/Chef Karen Small is one of the original chefs to develop a menu around local fresh produce. They sell our popcorn year round in The Market at the Fig next to their dining room. For the restaurant they buy whatever catches their fancy from our table that day at the market. They are located in Ohio City on Market Street, Cleveland.

Spice of Life Catering Co. and Spice Kitchen and Bar- Owner/Chef Ben Bebenroth, like our other chef/owners, works very hard to bring fresh ingredients to life for his customers. They love our cinnamon pecans and also buy from our table at the market. Recently they started loving the potatoes, fennel and broccoli. Their restaurant is located at 5800 Detroit Ave., Cleveland.

Lucky's Café- Owner/Chef Heather Haviland has been buying from us for several years. She also selects from the market table and builds her menu from what is fresh that week. Recently she has enjoyed the lettuce heads like in your bags. Her restaurant located at 777 Starkweather, Tremont, in Cleveland is in the same neighborhood that Mick's dad grew up in. Small world?

The Bascule Bridge Grill- Owner/chef John Senger serves a fresh local menu each week changing with the growing produce. He has gotten everything from cucumbers, peas, beans, lettuce, and much more during the season. He has been deep frying the blossoms and pickling the fennel. They are located on Bridge Street in the Historic Ashtabula Harbor.

Briquettes Smokehouse- Also located in the Historic Ashtabula Harbor, uses our ingredients as a great complement to the plethora of brews they offer.

Rennick Meat Market- New to the Historic Harbor they add another great local place to eat. Owner/Chef Alex Asteinza loves the cornmeal in their shrimp grits. Their purchases will grow on their menu as the season unfolds.

Mugs- Owner Kim Johnson has built a Jefferson landmark. This time of year she serves up a fresh stuffed tomato special the customer can't get enough of. She knows the value of an in- season tomato. Located on South Chestnut she gathers a breakfast and lunch crowd.

Go to our blog through our website for more details about each.

Urban Farmer- A recent June, Plain Dealer article highlighted their use of our cornmeal in their grits. They also love the blue popcorn we grow. They are located in busy downtown Cleveland.

A reminder : Final partial payments will be due August 15.

Ingredient Highlights: You will find more tips and recipes on our website.



Sweet Corn:

Sweet corn (*Zea mays*) is a member of the Graminae family. It is also known as maize, corn on the cob and Indian corn. It is native to Central and Southern America. Pueblo Indians were growing maize for grain and as a vegetable about 1100 AD. Maize refers to a grain that is most closely related to flint corn used for corn meals and flours as well as cattle feed. The modern sweet corn was not developed until it was brought back to North America and farmers wanting variety for human consumption.

Nutritional value: Corn is a good source of Vitamin A. Sweet corn kernels contain 76 calories per 3 ½ oz.

The Vegetable Cookbook
General Editor Carol Bowen
Exeter Books of New York, 1984

Chili Lime Butter

Preparation:

1 stick (1/4 lb.) melted butter, add chili powder and lime juice to taste. Blend and spread on corn while grilling. Serve with more limes on the side.

Did you know the number of rows on an ear of corn is always even?

Check it out for yourself.

Answer: Because of all the ears.

Don't Strip the Corn

Have you ever gone to buy corn only to find that others have pulled back the husks leaving you with dried up ears? If you ask most people why they do it, they do it because their mother did and they really don't know what they are looking for.

For those of you that have been taught that for an ear to be ready the ends must be filled out. That's an old wives tale.

An ear that is not filled is not a sign of an immature ear. The reason that the tip of the corn doesn't fill out can come from several factors. Mainly the reason is pollination. Many times the pollen just doesn't reach the top, which sounds silly, but an ear fills out from the bottom up and if there isn't enough pollen the top doesn't fill.

Here's a tip from farmer Mick: The better method is to feel the ear. Notice any dents that tell you that the kernels may not have developed evenly. Also feel the end to notice a full mature ear. If you must look for worms carefully pull the tip open and peek to see if the silk is clean. If it's clean then there is no ear worm. Worms are a sign that the corn is sweet. They are picky too and go for the best corn first.

Fresh Ideas for Corn

Just about everyone loves sweet corn cooked right after picking and slathered with butter. You can also try some of these fresh ways for enjoying corn.

Grill it. Trim off the top silks and grill the corn, still in the husks, over medium-high heat for 15 minutes, turning frequently. Use hot pads when peeling the husks and serve the corn with sour cream sprinkles with cayenne pepper, which spreads just like butter on the cob. Also try the chili butter recipe on your cob while grilling.

Zap it. To remove the silks as easily as peeling a banana, husk just the outer leaves and trim the silk tips. Wrap the corn in a damp paper towel, microwave for a minute or to taste, and then shuck the corn. The silk should slide right off. There is also a popular YouTube showing a similar method. I have it posted on our Facebook page too. It works, I tried it.

Spice it up. Toss cooked corn kernels with chopped chili peppers, tomatoes, cilantro, lime juice, and garlic for a fresh salsa.

Sauce it. Puree cooked corn with avocado and seasoning for a nutritious, summery green-gold pasta sauce.

Soup it up. Simmer sweet corn chowder.

Popcorn Reminder

Are you in need of our delicious popcorn? We can add it to your bag any time.

We carry a selection of our red, white, blue, yellow and mixed bag (firecracker). We have one pound bags at \$3 and Two pound bags at \$6 each.

We also have our **on-the-ear popcorn** that pops right off the ears. They are \$3 for a two ear package that includes the instructions and popping bags.



Ohio Honey

On Sale from Us
Baby Bears-\$6
Mama Bears -\$10
Papa Bears- \$13

Ask for it at any of our delivery points. Please order ahead to assure your order is here.