



The Nibbler

Your source of CSA News 2011

Week 11 /16



Katie's Question

Do you have butterflies on the farm?

Yes we do. I have photographed a few when I have found them sitting still long enough. Some of the bugs we have are helpful that eat other bugs. Here is also a picture of the Praying Mantis that like the raspberry bushes. They start to show up this time of year.



This is a Spicebush Swallowtail. We also see the yellow Eastern Tiger Swallowtails. The White Cabbage is usually over the cabbage area. Visitors may see others too.

This moth liked the sunflower to rest on.



Now is a good time to order your **Holiday Pak** delivered in time for holiday cooking.

Check your weekly e-mails to sign up for freezing and canning bulk offers. Corn, peppers, and tomatoes are truly in season now for large orders. Other things will be coming too. Check out the list in week ten and ask if there are other things you want.

Top ten favorite vegetable that members voted for according to a very informal survey.

1. Red ripe Tomatoes
2. Broccoli
3. Potatoes
4. Sweet Corn
5. Colored Peppers
6. Green Beans
7. Butternut Squash
8. Green Peppers
9. Peas
10. Beets

Some people had a hard time choosing just one so they got to pick two. If your favorite didn't make it, maybe next year.

Kellie has another suggestion.

Since I wrote you last I found another way to use up several more veggies in a meal. Again we are vegan so everything is animal friendly (yeah!!). I take a pound of extra firm tofu and cut in into 1/2 inch slices (you will get about 8 slices in a pound). Brush a cookie sheet with olive oil, place the tofu on the sheet then brush the tops of the tofu with olive oil, sprinkle garlic powder and onion powder. Broil in oven until browned, flip and do the same. Set out to cool. Once cooled, cut corner to corner to make triangles. Set aside. In a large pot or stockpot put 1 can of coconut milk (lite or regular-shake can well), 6 cups of no chicken broth made out of Better than Bouillon or any cubed no chicken broth, 1/2 teaspoon of garlic powder, 1 teaspoon green curry paste, 1/2 head cauliflower, 1 head broccoli, 1/2 onion sliced thin on the diagonal, 1/2 lb. fresh green beans and a jalapeno if you need more heat (chopped of course). I let this simmer until veggies are soft but still firm (not falling apart). Add the tofu and let simmer a few more minutes. Plate up with rice-basmati or jasmine are very yummy but you could use any rice (especially a good way to use up leftover rice). Top with chopped up cilantro. Yum!

Thank you Kellie again. Your suggestion will go well with the broccoli and beans this week too. Thanks for encouraging our creative side.



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Mike and Diane Hiener

3451 S. Denmark Rd. Dorset, Oh 44032 (440) 813-4339 Cell

peterscreekfarm@suite224.net www.peterscreekfarmltd.com

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

We are starting to pick a large selection of summer squash. You may have noticed some different looking shaped things in your bag last week or this week. Here is a chart to help you identify them. They are listed from the top most favorable to the common zucchini. They can be interchanged in any recipe that calls for summer squash or zucchini. Try them grilled, roasted, baked, steamed or raw in a salad dish. Add them to your next veggie dip tray. For more recipes try one from our list or the thousands out there. Here is are couple to try.



The straight or crookneck summer squash is the most squash in flavor. The light yellow squash is pear in shape.



Patty pans are either light green or bright yellow in color. They have a distinctive scalloped edge. They are most unusual but quickly gain favor when tried.



Zucchini are a straight dark green squash that because of their bland flavor can be used in combination with most dishes even substituted for apples in a zucchini pie. You might see them in bright yellow or a pear shaped light green one.



Round zucchini, what will they think of next? They are in all three zucchini colors. One advantage of the shape is large slices with small seeds. Try scooping out the small ones like a pumpkin, stuffing them with cheese, sausage or other vegetables and baking them till tender. Serve them whole like an individual eatable bowl.



Asian Pears



We always tell people that we do not grow tree fruit but this year you are getting a treat. We have a half dozen Asian pear trees that are simply loaded with fruit. We planted them for ourselves and if there were too many, to share.

These are a cross between a pear and an apple. They are round and ready to eat when a little soft. Enjoy their juicy flavor if you have never tried one.

Eggplant, Tomato, Green Pepper and Zucchini Casserole

- ½ cup vegetable oil
- 2 clove garlic minced
- 1 small eggplant, pared and diced
- ½ pound zucchini, sliced
- 2 medium onions, sliced
- 1 green pepper, seeded and sliced
- 4 medium tomatoes, peeled and sliced
- Salt and pepper
- 1 teaspoon oregano
- 1 teaspoon sugar

Heat oil in a large ovenproof skillet and sauté' garlic, eggplant, zucchini, onion, and green pepper until just tender, but still firm. Season with salt, pepper, sugar and oregano. Place tomato slices on top. Bake in 375 degree oven 15 to 20 minutes or until tomatoes are heated and tender. Makes 4 servings.

Zucchini Pie

- 2C. water
- 4 C. peeled and sliced zucchini
- ½ C. brown sugar
- ½ C. granulated sugar
- 2 Tbs. flour
- Topping:
- 1 C. flour
- ¼ c. brown sugar
- margarine
- 2 Tbs. lemon juice
- 2 tsp. cinnamon
- 1 tsp. cream of tartar
- dash of salt
- ¼ C. granulated sugar
- ½ C. cold butter or

In a saucepan bring water to a boil: add zucchini and cook 3 minutes. Drain and pat dry. Combine in a bowl: zucchini, brown sugar, granulated sugar, flour, lemon juice, cinnamon, cream of tartar, and salt. Mix gently. Transfer to a greased 1½ quart baking dish. Combine topping ingredients, flour, brown sugar, granulated sugar, and cut in the butter. Sprinkle over zucchini mixture. Bake at 375 degrees for 45-50 minutes until brown and bubbly around the edges.

Note: you will think it's apples!