



# The Nibbler

Your source of CSA News 2011

Week 16/16



## Katie's Question

**What will you do when the CSAs are done this winter?** Mick says he will sleep in late and watch Saturday cartoons. He wishes.

During the month of October our week days will turn to picking the pumpkins, cornstalks, Indian corn and popcorn, as well as any late harvest.

In November we will be planning for the Fabulous Food Show and putting things away for winter. We will continue to come to the Shaker Market up until just before Christmas. The market moves indoors in December beside the CVS on the Square. By Christmas we plan to be in Camp Verdi Arizona for the winter. This has been our plan once I was retired for a long time. In Arizona we will be harvesting our four acres of pecans and working with other local growers in their newly formed co-op. We will be going to the pecan conference in Las Cruces to help improve our harvest even more. Once a farmer, always a farmer. When the weather breaks we will be helping a local vegetable farmer get his crop in. We will maintain the website, update recipes and answer all your questions about your CSA membership. We are only a call or e-mail away. Don't hesitate to contact us. Also watch our Facebook and blog for updates

Our son Steve will be here planning the seed orders and his vacation to England next spring. He will be filling local popcorn orders and deliveries.

And then we will return in April and the new season will begin to take shape.

## Holiday Pack Delivery Dates

For those of you who have signed up for the holiday pack please mark your calendars for the following dates and delivery sites. Just in time for the Thanksgiving Holiday you will receive a large assortment of delicious items that will last for some of the winter months.

We plan to deliver your holiday packs at the following locations and dates:

Peninsula and Shaker Markets: Sat. Nov. 19 during market hours.

Ashtabula: Sunday Nov. 20, 9-10 am. At Harbor Perk Erie at regular pick up site Sunday Nov. 20<sup>th</sup> 1-1:30pm.

City Hall: Monday November 21, 12:30

Lakewood Monday November 21, 5-6:00 pm at the Root Café on Detroit,

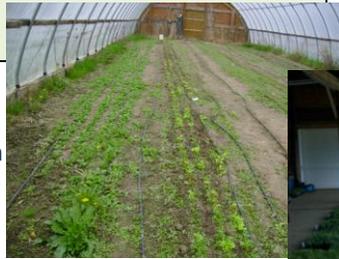
Jefferson: we will arrange individual pickups the week of November 21.

**You will receive a confirmation e-mail with your specific information this week. If you do not receive a notice and think you have signed up or still want to please contact us (440) 862-1682**

## Season 2011

Of course one word will sum up this season "RAIN". We just want to see this end and start again next year. Thank you again for standing by us as we struggled to get plants in and crops to grow.

During this season babies have been born, birthdays celebrated, family members lost and family reunions strengthened ties. Thank you for making us a part of your life for these brief 16 weeks. We will miss all of you and think of your smiles, stories and kind words as we look over the bags you helped design. As always you help design our CSA and help make it what it is each season. We invite all of you to join us next year. I hope these few photos will help remind us what this summer was like.



Spring under cover



Plants sorted and ready for planting



Ohio Honey brings out a third hive.



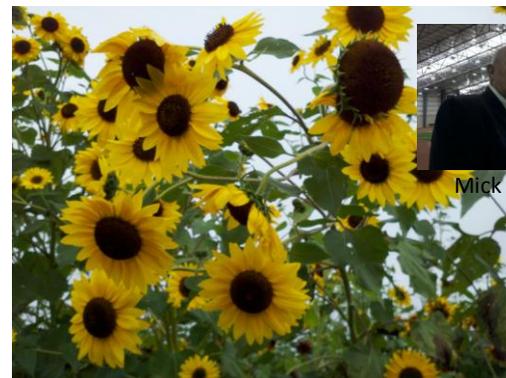
Lost and found



Never ending mud



Early summer dry spell



Mick was honored

We made our own kind of sun.



"Farm Visitors"



The farmers' markets



Katie the "Question Girl" and of course vegetables.

Sunday, September 18, 2011

# NE Ohio students are Project Love teen leader finalists

TONYA SAMS  
Plain Dealer Reporter

In a world filled with violence, crime and destruction, 150 students proved that there are still people with hearts of compassion and a willingness to give back.

Those students were celebrated and honored during Project Love's 13th annual Searching for Teen Leaders Good News Day Celebration last Sunday at Walmart in Steelyard Commons in Cleveland.

Project Love is a nonprofit organization geared toward training and educating middle and high school students on being peacekeepers through acts of respect, kindness and caring. Most of the group's work is in Northeast Ohio, but it is continually expanding, according to Amanda Abbott, a seminar and event coordinator for Project Love.

Abbott said that the annual Teen Leader nominations were created to inspire and empower students by showing them other students who were doing good things.

Nominations came from all over the country during Project Love's 30-day nomination period in May. A teen selection panel chose 10 of those 150 students to compete to win a chance at a \$2,500 scholarship.

Abbott said the 10 finalists must write an essay on leadership and what it means and submit it by Oct. 9. The scholarship winner, who will be notified by Oct. 17, will be selected by the Project Love staff and advisers.

Elena Kuivila of Chagrin Falls is one of this year's finalists. The figure skater and senior at Hathaway Brown School in Shaker Heights started "Skaters for Haiti," setting up donation boxes in area rinks to help collect items for the victims of the 2009 earthquake in Haiti. Kuivila also received donations from Aquage Shampoo Co., Silk Dental Services and the Cleveland Clinic.

"I have been a Christian since I was a child, and my church has

always had an affiliation with Haiti," said the member of Valley Lutheran Church in Chagrin Falls. "I always had the intention of going one day."

Last November, Kuivila and a 10-member team, including her dad, traveled to Haiti to distribute the goods she had collected. She hopes to raise enough money to do it again this November.

Kuivila will be in Jamaica in November to speak on a panel at the International Haiti Conference to discuss her work on improving water quality in Haiti.

Another finalist is Nadav Marcus, 18, of Shaker Heights. A senior at Shaker Heights High School, Marcus is a volunteer for the school's Youth Ends Hunger campaign, tutors elementary school students and is a regional board member for the social-action and Judaism organization B'nai B'rith Youth Organization. He also helped to create Cookies for a Cause, which raised \$500 for Haiti.

While participating in a social action program two summers ago in Chicago, Marcus saw the many ills affecting society, especially homelessness, and returned to Ohio with a new perspective.

"I had to come back and do more," he said. "It was my responsibility as a human."

He held a fundraiser last year and donated all the proceeds to Family Promise of Cleveland, a transitional-housing program.

"If you have the ability, you have the responsibility," Marcus said.

Marcus plans to organize several large-scale fundraisers, giving the money to groups that target hunger and homelessness.

Other finalists are Elise Bruening of Montville Township, Rachel Fridley of Niles, Cassidy Jester of Richfield, Lauren Lewis of Canfield, Danielle Sallisbury of Findlay, Madison Simpkins of Munroe Falls, Gia Velasquez of Canfield and Jake Bernstein of St. Louis.

To reach this Plain Dealer reporter: tsams@plaiand.com, 216-999-4014

We have always known what a special young man Nadav Marcus is. Now you can read about the special things Nadav does besides handing your CSA bags and waiting on customers with us at the Shaker Market.



Thank you for taking the time to add your personal touches to the CSA bags. Your messages will be read by fellow members next year as the bags are rotated around the area.



**Come See Us at the Food Show**  
We will be part of the farmers' market area of the Fabulous Food Show at the IX Center November 11, 12, & 13. We will be featuring our popcorn, cornmeal, wheat berries and flour, all our great locally grown ingredients for the show goers. This will be our fourth year doing the show and the first time being part of the farmers section. I know you go to see the big names but please stop by and say hello to us too. We might even autograph your program free.

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



### Cooking with REAL Pumpkin

From the North Union Farmers Market

1. Find the pumpkin that's right for the job! Pie pumpkins are smaller, sweeter and softer textured. Look for one that is firm with no bruises and a nice orange color.
2. Wash the pumpkin under water. Cut the pumpkin in half with a serrated knife.
3. Scrape out the guts. An ice cream scoop works great. Save the seeds for roasting.
4. Microwave: Place in a microwaveable bowl with a cover add a couple inches of water and cook for 15 minutes on high. Add time until inside is easily scooped out. You can also cook it in the oven but it will take longer.  
Oven Baked: Place cut side down in a shallow baking sheet lined with foil. Add a ½ inch of water and bake at 350 degrees till baked through.
5. Scoop out the insides. For a smooth consistency, mix in a blender.
6. To thicken, either cook slowly over low heat or pour into a cheese-cloth lined strainer and allow to drain into another bowl overnight in the refrigerator. Can be frozen for a later use.

Spaghetti Squash is the most unique of the winter squashes. The variety we grow is small, round and yellow in color. It brings a wonderful flavor to pasta dishes when used as a noodle substitute. It's also very good with a little butter and salt.

Like other winter squash store at room temperature or cooler. Refrigerate the cut half if roasting only one side at a time.



### Baked Spaghetti Squash

Swap pasta for spaghetti squash to save carbs and calories. Cut squash in half; scoop out seeds. Place cut side down in a roasting pan with ½ inch water. Cover with foil. Bake at 350 degrees for one hour or until tender. Using a fork, pull squash into strands. Stir together with ¼ cup chicken broth, 2 tablespoons olive oil, chopped parsley and salt and pepper. Top with Parmesan cheese, sausage or other pasta toppings.

### Pumpkin Pie Latte

#### Ingredients:

- 2 cups vanilla soy milk
- ½ cup water
- 1/3 cup pumpkin puree
- 3 ½ Tbs. sugar
- 4 heaping tsp. espresso powder
- 2 tsp. Pumpkin pie spice
- 2 tsp. vanilla extract

#### Preparation:

In a small saucepan, whisk together all ingredients and simmer over medium heat, stirring occasionally for 10 minutes. Serve immediately.

Source: Family Circle Nov. 08

Some of the new things we tried together this year:

- Celery
  - Wheat Berries
  - Small Honey Dew Melons
  - White Cucumbers
  - Ground Cherries
  - Roma Tomatoes
  - Sunflowers
- All were a big hit and will be back next year.