



The Mibbler

Your source of CSA News 2011

Week 10 /16



How one member is handling her full share bags.

We are vegans so we love when we get our CSA on Wednesday. My Wednesday's dinner always is a creation from whatever we received that day. Last week, when you gave us potatoes and corn in the bag-corn chowder came to mind. In a frying pan I sautéed the red skinned potatoes (cut into halves or quarters depending on the size) in olive oil with garlic, fresh rosemary from the garden and salt and pepper. While I was doing that I roasted the 6 ears of corn in the oven on broil just to brown a bit, take out and let cool. In a large stock pot I sautéed the onion from the bag in a little olive oil, added celery and a few carrots(chopped-of course) threw in some dried thyme as I did not have fresh and let cook covered until the onions were caramelized. I added the potatoes to the pot and about 3 quarts of water, Let the water come to a rolling boil then turned down to simmer. At this time you add your bullion to the water. We use Better Than Bullion "Not Chicken- Chicken Bullion". Let that dissolve. Cut the corn kernels off the cob, add to the soup, let simmer for about 1/2 hour then serve with some great crusty bread- my daughters bread choice for that day was Heinens Artisan Olive Bread which was a great compliment to the soup-Yum! I had enough left over for lunch the next day. My husband even called me from work to tell me that his lunch (my soup) was incredible.

p.s. Sometimes I blend the soup with my hand blender to get a more creamy consistency, this time I did not.

Thank you Kellie for the suggestion. I love hearing these suggestions sokeep them coming. If anyone else has good ideas, please send them too.

Katie's Question

Do you have any pets? Mick says he has a dog and two sons. Ha Ha. I'm glad he didn't include me and he forgot the house cat. Since Darius is gone we only have Garth who loves to take rides and eat corn.

Our house cat Ying Yang has been with us for 16 years and is so much a part of our day that we kind of forget she is here. Of course she sees us as living in her house. She spends most her time sleeping on the papers in the office.



Order your weekly **Sunflowers** today.

440-862-1682

Four flowers for \$3

Vote for your favorite Vegetable.

The votes are coming in and potatoes and butternut squash are slightly ahead. Get your veggie to the top ten by letting us know it's your favorite.

Note:

If you get a watermelon that is not ripe let us know. One variety has been more difficult to read. We use our best guess, but sometimes they fool us.

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

Farm to Fork Diners

Note these changes. The next one will be **Sunday September 25** with the tour starting at 5:00 pm. the next dinner is rescheduled for **Sunday October 23** also at 5:00. Please call with your reservations 440-862-1682.

Covered Bridge Gardens

Mick, Kay and Steve Prochko

1681 Netcher Rd., Jefferson, Oh 44047 (440) 862-1682 Cell

mick@coveredbridgegardens.com www.coveredbridgegardens.com

Peters Creek Farm

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.*



Personal Honey Dew Melons

This week you get to try something new. We are trying a new little melon called Sprite. It is like a sweet honey dew with a white coat that turns yellow as it matures. We cut it just as it is starting to turn. Give it a few more days on your counter to ripen or slow it down in the refrigerator. The ends will be a little soft and have a melon smell. A web like pattern will start on the ends. The skin is easy to peel and the cut melon into your fruit salad.

From a fellow CSA member. She wanted to share her favorite recipe for eggplant.

Eggplant Soufflé

One whole eggplant, peeled and cubed
 ½ an onion, diced

Boil the eggplant and onion in a small amount of water until the eggplant is softened. Mash the onion and eggplant with a fork.

To the eggplant mixture add:

2 tablespoons butter
 2 tablespoons flour
 1 cup milk
 1 cup grated cheese, cheddar or Monterey Jack
 2 tablespoons ketchup
 ¾ cup crushed Ritz crackers
 Salt and pepper to taste

Combine all and then add 2 beaten eggs. Place in a greased casserole and bake at 350 degrees for 40 minutes or until puffed and golden on top.

Delicious! Mick might even like eggplant this way!

2011 Canning & Freezing Bulk Prices

Veggie	Peck	1/2 Bushel	Bushel	Other
Corn	x	x	x	5 doz.= \$20
Beans	\$9	\$16	\$30	
Tomatoes- Regular	x	25# @ \$9	50# @ \$17	
Tomatoes- Roma	10# @ \$8	25# @ \$12	50# @ \$20	
Peppers-Green Bell	x	\$8	\$15	
Peppers-Colored	x	\$15	\$25	
Peppers- Hot Hungarian	\$5	\$10	\$17	
Peppers- Sweet Bananas	\$5	\$10	\$17	
Peppers- Cubanell	\$5	\$12	\$20	
Peppers- Poblano	\$5	\$12	\$20	
Eggplant	x	\$10	\$20	
Broccoli	x	\$12		
Potatoes	x	x	x	25# minimum @ \$.50/lb
Summer Squash/Zucchini	x	\$15	\$30	
Butternut Squash				10# minimum @ \$.70 /lb
Wheat Flour				#4/lb @ \$6
Picklers	10# @ \$12.50	x	x	
Cabbage				10lb minimum @ .35/lb

You may have noticed the cracking on the tops of your tomatoes. This is a condition we cannot help. The recent rains cause this. Tomatoes are like straws and take up water for the plant through the stems and right to the fruit. When it is dry and then wet they suck up too much and the skin of the fruit cracks. We have tried to sort out the best ones and apologize if you get one too cracked. The newer ones look better but more rain is on the way. Greenhouse tomatoes look so smooth and nice because farmers can control their water supply. This method of growing keeps them with an even flow of water. Mother Nature isn't as reliable.

