



The Nibbler

Your source of CSA News 2011

Week 12/16



Next Farm Tour
This coming Sunday
**September 11,
2011**

We will start at 3:30
Rain or Shine
Set GPS for the best route to
1711 Netcher Rd.
Jefferson, Ohio 44047



Bulk Orders:

Each week we are sending out a listing of our bumper crop. We hope this helps all of you who are planning to freeze or can some of the season's flavors. If you do not see something this week feel free to ask if it might be available in a limited amount. We do take requests and fill them as available amounts come on. Reminder a complete listing is on the week ten newsletter.



Join us for some farm fun.

Please Note: Change

Those picking up at the Shaker Market must be there before 10:30 on Sept. 10, because of the Garlic Festival.

Garlic fever returns to Shaker Square September 10-11, 2011.

This year will be bigger and better with continuous live music, chef contests and demos, and the finest local food featuring our favorite alliums...garlic!

Tickets on sale now at
www.clevelandgarlicfestival.org



Beets and Color

Beets are available in a variety of colors. We grow the traditional deep red, the candy striped Chioggia, golden and white. When we first started growing vegetables I insisted on a small place for beets. When they all sold the guys gave me more space. As our customers for beets grew, Steve put in more. Mick still wouldn't cross the road for one. Try them roasted or boiled. Do try the tops steamed with garlic.

Fun Facts:

- Beets go back to over 5,000 years when they were harvested on the north shore of Africa. European colonists brought beets to the new world.
- In ancient Ireland Jack' O Lanterns were made from beets that were hollowed out with a candle placed inside and put on the door step to scare off demons.
- They purify the liver. That is why your urine may turn color.

Katie's Question

What kind of trees do you have on the farm?

The farm is surrounded by woods that are made up of several different trees. There are maple, birch, oak and hickory. There are willow trees near the ponds since they like water. Then last week I mentioned the pear trees. We also have plum trees that are still young to produce much in fruit. The deer like the wild apples that are here and there at the edge of the woods. There is a grove of pines that Mick planted while still in school. Other than the usual woodsy type the farm does not have many trees in the fields.



Covered Bridge Gardens

Mick, Kay and Steve Prochko

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Peters Creek Farm

Mike and Diane Hiener

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

Chiles (Peppers)

All peppers are chiles, also spelled chili. There are so many different names for chiles depending where you live. I would like to describe our varieties so you will recognize them over the remaining season. These are the names we use. Since you cannot always tell the heat of a pepper by its looks if we are including hot peppers we will mark the bags so there are no surprises.

What sets the different chiles apart is the amount of heat or the concentration of capsaicin. The concentration is measured in Scoville units, named after Wilbur Scoville, who developed the system. Bell peppers have a Scoville of 0 and a jalapeno has a measurement of 4,000-6,000. The size of the pepper does not mean it has more or less heat.

We grow a variety of peppers to satisfy the pepper lover in your family.



Bell Peppers- Bell peppers are on the sweet side. We grow several varieties of green bell peppers; these will turn red, yellow or orange. All peppers turn color as they ripen. You have also seen the white and purple varieties too. Bulk Green peppers: ½ bu@\$8, bu@\$15



Cubanelle Peppers- also sweet, these long light green peppers are excellent for eating raw or cooking with Italian dishes. Try them stuffed too. Bulk prices: Peck @ \$5, ½ bu@\$12,



Sweet Banana Peppers- The sweetest of the peppers, these are a long yellow variety. Most often added to the top of pizza. Bulk prices: peck@\$5, 1/2bu@\$10, bu@\$17



Poblano Pepper- (500-1,500) Dark green to chocolate color, this pepper gives Mexican style dishes a little kick. They are a large pepper excellent for stuffing with cheese or sausage, batter dipped or in chille rellenos. Bulk prices are the same as cubanelle



Hungarian Yellow Wax-(3,000-4,500) this light green pepper holds a lot of heat. Almost the size of the sweet banana, we have to take great care not to mix them up. We caution people when using this pepper to wash their hands thoroughly and even use gloves when cutting several of them. Be careful touching your eyes or other sensitive areas as the capsaicin will remain on the skin for long periods of time. Bulk prices are the same as sweet bananas.



Cayenne- (2-4,000) these long green or red peppers are the hottest we grow. This year we are growing an extra long variety. They can be dried easily by tying them in small groups and hanging in a dry area. Once dry they can be added to dishes all winter.

Roasting Peppers, Three Options

1. Oven Roasting Peppers

Preheat oven to 450 degrees. Roast peppers on a baking sheet in the center of the oven, turning occasionally with tongs, until the peppers are soft, wrinkled and blackened in spots, 20 to 30 minutes.

2. Gas Burner Roasting Peppers

Turn on a gas burner to high. Using long-handled tongs, hold pepper directly in the flame, turning often, until the skin is blistered on all sides and blackened in spots, 10 to 15 minutes. (Use caution and be sure to have proper ventilation. This method doesn't work on an electric stove.)

3. Grill Roasting Peppers

Preheat grill to high or prepare a hot charcoal fire. Grill peppers, turning frequently, until the skin is blistered on all sides and blackened in spots, about 10 minutes.

Tip to Peeling and Storing Peppers

Loosen the Skins

Transfer peppers to a large bowl and cover with plastic wrap. Let steam for 10 minutes. Uncover and let cool.

Remove the Skins

Working over a bowl, peel off the skin with your hands or a paring knife. Remove the stems and seeds. If you're working with hot peppers, you may want to wear gloves to protect your skin from burning.

Storage Tips

Store peppers, whole or sliced, in airtight containers in the refrigerator for up to 2 weeks or in the freezer for up to 6 months. Separating peppers with layers of wax paper or parchment paper before freezing makes it easier to remove one at a time from the freezer. Previously frozen roasted peppers will be softer in texture than peppers that have been stored in the refrigerator.

Order your Holiday Pack now to not miss out on the winter storage pack. The cost for the one time delivery just before Thanksgiving is \$50. Just let us know when you pick up your weekly share.