



Note: Next week is our last CSA week.

The Nibbler

Covered Bridge Gardens
CSA Newsletter
Week 15 of 16



Things to do this Fall

Covered Bridge Festival October 13 and 14, 2012

Ashtabula County boasts 18 covered bridges including the longest and shortest in the US. We are proud to have one here on Netcher Road. It was newly constructed in 1998. At the time we were looking for a new name for our farm. Mick suggested Covered bridge Gardens and the family totally agreed.

Each year, the second weekend of October, the county celebrates their bridges with a wonderful parade and festive activities at the county fairgrounds in Jefferson and individual activities at most of the bridges. It would take two days to see all of the bridges if you stop at each one. To find out more about what will be in store go to www.visitashtabulacounty.com Make sure to bring your camera for some perfect fall foliage shots with the bridges.

Ashtabula Carson & Jefferson Scenic Railroad takes a slow ride out through the countryside where you can step back in time on a passenger train. During the month of October they offer a Pumpkin Train where each child gets a small pumpkin. **Pumpkin Train: October 6-7, 13-14, 20-21, 27-28** Guess where they get their pumpkins. That's right. This is the third year and the numbers have grown to over a thousand pumpkins needed. Go to AC&J Scenic Train Ride at www.acjrscenic.net for more details on all their events.

Message on a bag.
This is one more reminder to pass on a message on your CSA bag telling others how you feel about your share. I truly love seeing them decorated and written on by you. They make the bags so much more personal.



This is a friend's son Nick helping himself to a pumpkin after his ride.

Holiday Pack Deadline October 7

Due to the growing conditions this summer we are limiting our Holiday Pack sign ups. There will be a deadline this year to give us time to hold back the amounts we will need to fill the bags with goodies. This year we are thinking possibly potatoes, winter squash, pie pumpkins, Brussels sprouts, local jam from local berries, popcorn, cornmeal, broccoli, cabbage, and if the weather cooperates radishes and salad greens.

If you have any questions please let us know. Each of you who have signed up will get a reminder e-mail in November of the date, time and location.

A Switch to Plastic Bags
Because we are in the last weeks I want to remind you that we will be switching to plastic bags for your deliveries. You might want to bring your own bag to carry your share home.
We are replacing the cloth bags with plastic for those with drop off points at Cleveland City Hall, PNC Bank and Erie this week and next. That way the last bags will be back in time for the last drop off. All others will get plastic next week.
We ask that if you have any extras hanging around please return them now.
If you forget your bag that last time you can return it by mail. See address below on left, or see us on one of the next market days.

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Kate's Question

Kate wants to know how long it takes to grow pecans.
Pecans, like many tree fruits, have a long growing season. From the time the trees start to bud in early April until late November the pecan pods are growing. In December and January we then begin to shake the nuts off the tree. Eight months all together. A long time compared to many of the vegetables in your bag. One of the fastest growing seeds is radishes. They are ready to pick in 21 days. Lettuce can be ready in 45-55 days. Spinach is around 40 days. We try to plant every few weeks in the spring to keep a fresh planting maturing through June and July. Sweet corn comes in several maturing times anywhere from 66- 90 days. We plant several different types at different times to hopefully, under normal conditions, have a steady supply throughout the season.
Our tomatoes are started in a heated green house and planted in our green houses in May and produce the first ripe tomatoes in late June. Those planted in the field in June take until late July to produce. Melons will take over two months to produce their delicious fruit.
Some of the longest growing plants are Indian corn, and popcorn. They are planted in May and picked in late October. But I think the longest growing vegetable is the Brussels sprouts. They are started in the greenhouse in March, planted in the fields in June and mature in late September of October.
We hope all the vegetables you have gotten this season have been worth the wait.

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



Onion and Potatoes

In your bag this week you will find potatoes and onions in the same bag. Please note they need to be separated before storing. The gases given off from the onions will cause the potatoes to spoil. Store the potatoes in a dark dry area. These onions are sweet cooking onions and should be refrigerated due to the high sugar content of the variety.

As we come to the end of the CSA season we wanted to fill the bags with some flavors of summer with the green and yellow beans and broccoli. Next week we will return to the winter squash selections. This rainbow appeared Sunday morning in our western sky, giving hope for a better growing season next year. Instead of a pot of gold, perhaps there will be a barrel full of rain.

Broccoli Cheddar Casserole

Ingredients:

16 ounces chopped broccoli
3 large eggs beaten
1 ½ cans (10 ¾ ounce each) reduced fat, low-sodium condensed cream of mushroom soup
2/3 cup light mayonnaise
1 medium yellow onion grated
1 ½ cup shredded sharp cheddar cheese
1 ½ cups square cheese crackers crushed

Preparation:

1. Heat oven to 350 degrees. Spray a 12 cup casserole dish with nonstick cooking spray.
2. In a large bowl, whisk eggs. Add soup, mayonnaise and onion, and whisk together. Fold in broccoli, cheese and ½ cup of crushed crackers. Spoon into prepared casserole dish. Top with remaining 1 cup crushed crackers.
3. Bake at 350 degrees for 1 hour, then open oven and check casserole- when shaken, all but the center should be set. If needed, cook another 5 minutes. Let stand 10 minutes before serving.

Source: Family Circle Nov. 08

Vegetable Stuffed Peppers

Serves 4-6

Ingredients:

6 medium-sized green peppers	1 small onion minced
Large pot of boiling water	1 large clove garlic, minced
1/8 tsp. Dried Cayenne pepper or ¼ fresh	3 cups corn kernels
2 cups cooked green beans	Black pepper to taste
¾ cup shredded cheese	1 Tsp. Oil

Directions:

1. Cut off the tops of the peppers, and take out the seeds. Put the peppers in the boiling water, and cook them for 5 minutes. Remove the peppers, carefully, place them upside down to drain.
 2. In a medium-sized bowl, combine the corn, beans, cheese, onion, garlic, cayenne, black pepper, and oil. Stuff the cooled peppers with filling.
 3. Stand the stuffed peppers in a baking dish, and pour a little water into the dish. Bake at 375 degrees for about 20 minutes.
- Source: WIC program cookbook 2004

Calling for all those recipes you have teased me with during the season. Over the winter I have time to organize them and upload them to the website for next year's growing season.