



Covered Bridge Gardens

CSA Newsletter

Week 15 of 15

The Nibbler



Ashfabula Farmer's Market

Ends Sunday
October 13

Shaker Square Market Continues Year Round

We will be there for
October.

"Friends become our chosen family."

This simple quote on a plaque given to us by one of our members sums up the reason we do our CSAs. It now hangs on our refrigerator as a reminder of each of you. As I have said, the "C" in our CSA stands for you the individual consumer, not a group community as in other definitions.

Over this summer we have shared so much with all of you. There have been a few babies born, with one due any day now. We have heard about your vacations and your plans for new houses and retirements. We have most enjoyed getting to know our small members. I cherish their decorations on the bags.

We hope this season has been more than just vegetables for you and you have felt connected to us and our farm as well.

Yours,
Mick, Kay, and Steve

Ashtabula County's Covered Bridge Festival

October 12-13, 2013

A weekend of county wide activities celebrating our 18 covered bridges. With the leaves turning, it's a perfect drive in the country to follow the trail from bridge to bridge.

Sorry, but there will be no winter packs this year. We decided not to do the Winter Packs this year and a good thing. Our decision was based on the fact that Mick and I had planned to get out to Arizona for the winter earlier this year. Then our son Steve announced that he was getting married November 5th in Arizona. On top of this the fall crop has failed to produce the winter squash, Brussels sprouts and cabbage we loved to put in. So all in all it was a good thing we aren't trying to fill them this year. You really would get rocks and twigs as Mick tells people.

We have included Acorn and Butternut squash and pie pumpkin this week that we purchased from another local farmer. We hope this will please our experienced members and introduce the two most recognized squash to our new members.

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There is always next year

Several of you have asked about next year already. We would love to have you all back. This week I am posting the new 2014 registration form on our website. I will be sending out an e-mail that will lead you to the site. You can send in your first payment to hold your membership now or any time over the winter to get a head start on spring. I will send out reminders starting in January. Please forward the e-mails and share this information with friends.

If you have a change in e-mail address simply go in a register for our e-mails on the website or through our app. Follow us on Facebook and look for updates on our website. Of course you can always call us with any questions. Mick carries the cell phone to Arizona and we check e-mails daily. Steve is at the farm making seed orders and early field preparations until we return to go into full production again next year.

Dried Shallots

Earlier in the season you got green shallots in your bags. We are now digging the dried mature bulbs. Though they did not grow as big as we might like, we wanted to share what there was. Most cooks buy only as many shallots as they will need for a particular recipe since their high sugar levels means a shorter shelf life. You should plan to use them soon. To keep for a longer time, store them as you would any allium in a cool, dry, dark place with plenty of air circulation. Knot them in clean pantyhose, hang from the ceiling in a dry garage, cellar or closet, and they can last up to 2 months. If they sprout, you can still use them. Remove the bitter green sprouts if you don't want a strong onion flavor. Many cooks choose to include the sprouts and use them much like chives.

Shallots may be chopped and frozen up to 3 months. However, when thawed, they will have the texture of a lightly saute'd shallot, so do not expect any crunch. This may actually be a time saver in many recipes. The younger (smaller) the shallot, the milder the taste. Large shallots will smell and taste more like their onion and garlic cousins.



Curried Celery Soup

From Bobbi Brueggeman

1 large or two small bunches of celery
2 Tablespoons butter
¾ cup onion (chopped)
1 Tablespoon curry powder
6 cups chicken broth
1 ½ teaspoons salt
Pepper to taste
½ cup flour
1 ½ cups water
½ cup half-and-half

Thinly slice celery. Melt butter, add onion and curry powder; cook for 5 minutes. Add broth, salt, pepper, and bundle of celery leaves. Bring to a boil; simmer for 15 minutes, covered. Remove celery leaves; add celery slices and simmer until tender (about 10 minutes). Mix flour and water; blend into soup with half-and-half. Cook 3 minutes more and serve.

Celery Root

This week you are getting both celery and celery root known as celeriac. Note that you can use the stalk from both in soups and stews.

Celery root is derived from wild celery, which has a small, edible root and has been used in Europe since ancient times. A number of vitamins and minerals are present in celery root, most notably vitamin C, potassium, and phosphorus.

Celeriac, also called turnip-rooted celery or knob celery, is a variety of celery cultivated for its edible roots, hypocotyl, and shoots; these are sometimes collectively called celery root. Celeriac is a root vegetable with a bulbous hypocotyl. The flesh is crispy when raw, silky smooth when cooked, and has a delicate taste which suggests the flavors of celery and parsley with a slight nuttiness. Try it mashed with potatoes and garlic.



Celery Root Hot

1 large or 2 small celery root
Juice of 2 lemons
Dash Tabasco sauce
¼ cup grainy mustard
¼ cup mayonnaise
Peel celery root and slice into thin strips. Marinate in lemon juice in the refrigerator. Mix Tabasco sauce, mustard, and mayonnaise with lemon juice marinade. Pour mixture over celery root. Serve as appetizer. Suggested: pair with white wines.

How to Store Celery Root

Since celery root is a root vegetable, it stores well and for an amazingly long time if it is kept cool. Having spent most of its life underground, it also enjoys the dark. Kept loosely wrapped in plastic in the fridge it will last up to several weeks, even longer if it was freshly harvested.

Celery root is notoriously difficult to peel because of the hairy peel and its many nooks and crannies. Celery root's skin is too tough and bumpy to peel with a vegetable peeler. You will have the best results using a sharp chef's knife, although if the root is small, a paring knife will work. Place the celery root on its side and cut off the top and bottom. (If the root came with greens attached, you can [save them for stock](#).) Cut the remaining peel off in vertical strips from top to bottom, following the shape of the root. Continue cutting until you have removed all of the skin.

You may now rinse the celery root and chop it into cubes, matchsticks, or whatever your recipe calls for. The exposed flesh will turn brown quickly, so if you wish to retain the white color, rub it with a cut lemon or have a bowl of water mixed with a tablespoon of lemon juice to submerge the pieces in as you cut them.