

# The Nibbler



Covered Bridge Gardens

CSA Newsletter

Week 11 of 15- 2014

## Fun Shapes from Nature

Over the years we have seen some funny shapes grow on the farm. It usually begins when the potatoes start coming in. Someone noticed one shaped like a duck and a photo made it to the newsletter. Then a heart shaped tomatoes inspired several pictures. This year has not been an exception. Workers found a red skin potato in the shape of a heart.

Then just after I had posted on Facebook about the clover on my boot giving us some luck this clover shaped watermelon was found. So if you find a silly shaped in your bag just use your imagination and post it on Facebook or send us an e-mail telling us what you thought it looked like.



### Last Delivery Dates

We are fast approaching the end of the CSA season. There are four more weeks to go. As a reminder here are the last delivery days.

**Oct. 1** Avon Lake and Lakewood

**Oct. 2** - Erie

**Oct. 3** - At the Farm

**Oct. 4** - Shaker Square Market

**Oct. 5** - Ashtabula Market

### Eggplant, Tomato, Green Pepper and Zucchini Casserole

- ½ cup vegetable oil
- 2 clove garlic minced
- 1 small eggplant, pared and diced
- ½ pound zucchini or summer squash, sliced
- 2 medium onion, sliced
- 1 green pepper, seeded and sliced
- 4 medium tomatoes, peeled and sliced
- Salt and pepper
- 1 teaspoon oregano
- 1 teaspoon sugar

Heat oil in a large ovenproof skillet and saute' garlic, eggplant, zucchini, onion, and green pepper until just tender, but still firm. Season with salt, pepper, sugar and oregano. Place tomato slices on top. Bake in 375 degree oven 15 to 20 minutes or until tomatoes are heated and tender. Makes 4 servings.

### Attention Cooks:

Send me your summer creations. What inspired way have you used the ingredients in your bag. Send by Facebook, e-mail or pass them on a note when you return your bags. These are usually the best recipes. If you have found a great source for recipes share that too.

### One of these things is not like the others?



Can you spot the blue stone? Well neither could the pickers. It's not just the vegetables taking on funny shapes. This stone must have wanted to make some stone soup. It was finally separated in the washing process.

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Have you ever seen blue potatoes? I bet you have heard of blue potato chips. Well now you have. These small dark blue potatoes have a great flavor to them. They can be roasted with other vegetables for some color, fried into chips or boiled and mashed to surprise your family and friends with blue mashed potatoes.

#### Storing Potatoes:

Whether you wish to store a relatively large or only a small quantity of potatoes, you should heed the following points. Only store completely undamaged potatoes, Use them first.

- Protect from both daylight and artificial lighting, which could cause them to develop green spots, rendering them inedible.
- Store where air can circulate, preferably on wooden slats.
- Protect from temperatures below freezing. The ideal storage temperature range is 37-43 degrees.

### Scalloped Potatoes

From: Ruth McDaniel "Common Sense Cooking" 1980s  
Johnstown Tribune Democrat

- |                              |                             |
|------------------------------|-----------------------------|
| 1lbs potatoes                | 1 can cream of chicken soup |
| 1 ½ sticks margarine         | ½ cup chopped onion         |
| 1 tsp. Salt                  | ½ teaspoon pepper           |
| 1 cup sour cream             | 2 cups crushed corn flakes  |
| 2 cups grated Cheddar cheese |                             |

Peel potatoes and thinly slice. Boil until just barely tender. Mix potatoes with one stick melted margarine. Add onions, cheese, soup, salt, pepper, and sour cream. Turn into 9X13 inch greased pan.

Mix corn flakes and remaining ½ stick of melted margarine; spread over top of potatoes.

Bake at 350 degrees from 1 to 1 ½ hours. This serves 6-8 generously.

### Potato Crust Cheese Pie

- |   |                         |
|---|-------------------------|
| 3 medium potato                           |                         |
| 3 Tbsp. chopped fresh parsley             |                         |
| 1 medium onion                            | 1 tsp. salt             |
| 1 egg, beaten                             | ¼ tsp. pepper           |
| 1 ½ cups shredded Swiss or cheddar cheese |                         |
| ¼ tsp. dry mustard                        | ½ tsp. paprika          |
| 3 eggs                                    | 1/8 tsp. cayenne pepper |
| 1 ¼ cups milk                             |                         |

Scrub but do not peel or cook potatoes. Shred potatoes and onion. Pat dry on paper towel. Mix with egg. Press mixture on bottom and sides of buttered 9-inch pie plate to form crust. Sprinkle with cheese. Beat together eggs and milk. Add remaining ingredients. Pour over cheese. Bake at 375 degrees for 45 minutes or until knife inserted in center comes out clean. Yield: 6 to 8 servings.

## The Melon Family

The gourd family members known as melons are the most cooling and refreshing fruit and are fondly equated with lazy summer days. Watermelon is botanically unrelated to melons. They do not interbreed as the cantaloupe and muskmelon. To add to the muddle, what we in the U.S. call a cantaloupe is not. Here it is a muskmelon. True cantaloupes have warty or scaly rinds (not netted). The muskmelons have a netted rind. We are growing a small smooth melon that will soon be in your bags also.

We are growing a wide variety of watermelons. Watermelons originated in Africa. The small seedless varieties were cultivated in India and quickly spread to other parts of the world. The term seedless is a little misleading as the melon may have small clear white seeds. They are soft and edible. This variety must be grown with a pollinator plant that produces seeded melons. The bees fly back and forth pollinating the flowers to produce the fruit.

All melons are low in sodium. They are a good source of vitamin C and A. The watermelon's sugar content does not increase once picked.

How do we know when to pick? Steven had developed a talent for reading the ready signs. On watermelon a small portion of the stem turns brown and the spot where they lay on the ground turns yellow. And if that doesn't work Steven usually picks a few and everyone stands around with a spoon tasking them. Melons do not have to be refrigerated until they have been cut.

