

The Nibbler



Covered Bridge Gardens
CSA Newsletter
Week 15 of 15- 2014



Thanks for
letting us get
our boots
dirty for you.

Ashtabula Farmer's Market

Ends Sunday
October 12

Shaker Square Market

Continues Year Round
We will be there
until October 18.

Ashtabula County's Covered Bridge Festival

October 11-12, 2014

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.

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Look for our popcorn and cornmeal with Millgate Farm at the Shaker Square Market while we are gone. Tod Mogren will be selling it for us all through the winter months. You will see our smiling faces at the market next summer.

You can purchase our popcorn at:

- The Lift Bridge Store on Bridge Street in Ashtabula, Ohio located in the historic harbor.
- The Market at Flying Fig in Ohio City, Cleveland, Ohio
- Geneva Convention Center Gift Shop in Geneva on the Lake, Ohio
- Rainbow Farms' Market during summer hours on Townline Rd., Madison, Ohio
- Grand River Cellars, Rt. 528, Madison, Ohio
- and directly contact us at mick@coveredbridgegardens.com or (440) 862-1682

The top ten reasons you know you were in a **real** CSA

- You are on a first name basis with your farmer.
- Your farmer follows your vacation posts on Facebook.
- You grab your camera to take pictures of your kids eating vegetables and post them on Facebook.
- You are proud that you are eating all the vegetables in your bag.
- You have gotten your family to eat something you never thought you would ever see them eat.
- You actually know what fennel, ground cherries, squash blossoms and purple snow peas taste like.
- When your kids are on a first name basis with Farmer Mick.
- Your co-workers ask what's in your lunch.
- You're carrying a Covered Bridge Gardens CSA bag.
- You can't look at grocery produce in the same old way.



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

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

Home Made Celery Salt

Wash and dry the stalks and leaves like herbs by hanging or in a low 200° oven over several hours. It can then be ground with salt. You can add sea salt to the mix also.

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.



Cooking with REAL Pumpkin

From the North Union Farmers Market

1. Find the pumpkin that's right for the job! Pie pumpkins are smaller, sweeter and softer textured. Look for one that is firm with no bruises and a nice orange color.
2. Wash the pumpkin under water. Cut the pumpkin in half with a serrated knife.
3. Scrape out the guts. An ice cream scoop works great. Save the seeds for roasting.
4. Microwave: Place in a microwaveable bowl with a cover add a couple inches of water and cook for 15 minutes on high. Add time until inside is easily scooped out. You can also cook it in the oven but it will take longer.
Oven Baked: Place cut side down in a shallow baking sheet lined with foil. Add a ½ inch of water and bake at 350 degrees till baked through.
5. Scoop out the insides. For a smooth consistency, mix in a blender.
6. To thicken, either cook slowly over low heat or pour into a cheese-cloth lined strainer and allow to drain into another bowl overnight in the refrigerator. Can be frozen for a later

Pie Pumpkins aren't just for pies.

If you aren't going to use it right away you might want to refrigerate it. The high sugar content in these pumpkins shortens their shelf life. I suggest following the instructions for cooking a real pumpkin.



Pumpkin Cookies

Ingredients:

2 cups sugar	2 tsp. Baking powder
2 cups shortening	1 tsp. baking soda
16 oz pumpkin puree	1 tsp. salt
2 eggs	1 tsp. ground cinnamon
2 tsp. vanilla	1 tsp. Nutmeg
4 c sifted all-purpose flour	½ tsp. all spice

Optional:

2 cups raisins	1 cup chopped nuts
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Directions:

In a bowl, thoroughly cream together sugar and shortening. Add pumpkin, eggs, and vanilla; beat well. Stir together flour, baking powder, soda, salt, and spices. Add to creamed mixture; mix well.

Stir in raisins and nuts if desired.

Drop spoonful of dough onto cookie sheet about 2-inches apart. Bake at 350 degrees for 12-15 minutes. Cookies are a cake texture when down. Remove from sheet to cool. Frost with your favorite vanilla frosting.
Makes 7 dozen