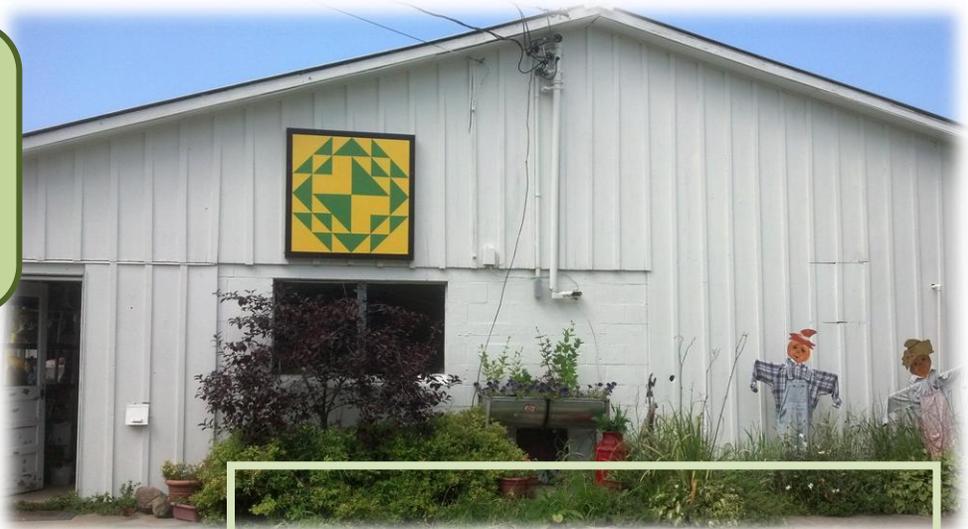


# The Nibbler



Covered Bridge Gardens  
CSA Newsletter  
Week 10 of 15- 2014



## A Family History of Quilts

I have inherited three old quilts from both sides of the family. The fabric is failing and the colors have faded in places but I love them for the work and love that went into each of them.

In 2009 Leslie Clarke and former CSA member presented us with this beautiful hand made one of a kind quilt. She is a very talented quilter and incorporated farm photos and vegetable designs in the patches and stitching. It is something we have treasured. It will be lovingly handed down in the family.



Growing up in western Pennsylvania I was familiar with the tradition of hanging hexes on barns. We went by so many on our way to my grandparents I thought all barns had them. If hanging symbols on your barn brought good harvests and warded off back luck, why not.

The true meaning of the hexes has been lost over time. I watched as the old barns were painted over or fell down. But I always loved the idea of the Dutch/German superstitions. So when Kathy McCarty asked if we wanted to be part of the Ashtabula County Barn Quilt Trail I said yes.

From their brochure: "The idea of displaying painted quilt squares on barns to create a "trail" across Ohio's Appalachian region was originally conceived by Donna Sue Groves of Adams County, Ohio. She wanted to honor her mother, noted quilter Nina Maxine Green Groves, as well as celebrate her Appalachian heritage. The first trail, located in Adams County, became a reality in 2001. Since that time, barn quilt trails have spread to 33 Ohio counties, most in Appalachian areas, and 44 other states across the nation. They attract quilters, barn enthusiasts, agrarians, artists, historians, and other tourists. Barn quilt projects incorporate art, community, and local culture with and effort to promote tourism at all levels. "

I wanted to reflect the farm's agriculture history and chose the bean and corn pattern. This bright green and yellow sign adorns the old milk house barn and looks out to Netcher Rd.

Check out more about the trail as it officially opens this October

[ahtabulawave.org/quilts/barnquilts.html](http://ahtabulawave.org/quilts/barnquilts.html).

You can also follow the new members to the trail at **Barn Quilts of Ashtabula County on Facebook.**

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## Eggplant and Tomato Gratin

Serves 4

From familycircle.com

### Ingredients:

- 2 large ripe tomatoes, cut into ½ inch thick slices
- ½ teaspoon salt
- 2 large eggplants (2 pounds total), cut into ½ inch thick slices
- ¼ cup dry unseasoned bread crumbs
- ¾ teaspoon dried oregano
- ¾ teaspoon dried basil
- 2 cloves garlic, finely chopped
- ½ cup fat-free half-and-half
- 1 ½ cups shredded reduced-fat mozzarella cheese
- ½ cup grated Parmesan cheese

Place tomato slices on paper towels; sprinkle with ¼ teaspoon of the salt. Place more paper towels on top. Let stand 30 minutes. Pat top of tomatoes to remove as much liquid as possible.

Coat both sides of eggplant with nonstick cooking spray. Heat broiler.

Broil eggplant slices on baking sheet coated with nonstick cooking spray for 5 minutes on each side or until tender. Reduce oven heat to 350 degrees. Coat 2 ½ quart baking dish with nonstick spray. Sprinkle bread crumbs over the bottom. Arrange eggplant and tomato slices, alternating, around baking dish and down center in a single layer if possible.

Sprinkle casserole with oregano, basil, garlic and remaining ¼ teaspoon salt. Drizzle with half-and-half. Top with both kinds of cheese. Cover with foil.

Bake at 350 degrees for 45 minutes. Remove foil. Bake 10 minutes or until cheese is golden. Cool 10 minutes then serve.



## Going Green

We use this term to include the Swiss chard, Tuscan Kale and Red Russian Kale we are growing. The Swiss chard has a colorful leaf and is in the beet family. Tuscan Kale has long deep green wrinkly leaves while the Red Russian Kale has a flat leaf with a slightly purple shade to it. They have been slow to grow in the wet cool summer. We did not want to have to spray the plants for the dreaded flea beetle that leaves a small hole in the leaf, so we hope you can overlook these small imperfections for the flavor. They are all best sautéed in oil with garlic until tender. Cut off the tougher stems and thinly slice the leaves.

Add them with summer squash for a quick steam at the end. Store in an airtight zip lock bag until ready to use this week.

## Eggplant:

Until comparatively recently, the eggplant was considered exotic in many Western countries. It was cultivated from a wild variety that was similar to a hen's egg in shape and color, which explains its name.

Regardless of the skin color the fruit is always white inside. Eggplant is made up of 92% water. To draw out some of the water and reduce the bitter taste before cooking, cut into slices and sprinkle with salt. Let sit for 30 minutes, rinse off and pat dry. While drying lightly squeeze each piece to remove the most water. This will reduce the amount of oil they will absorb during frying.

Among the varieties we grow are the traditional black (dark purple), and white. The white eggplant is sweeter and the skin is tender when cooked.

## Eggplant, Tomato, Green Pepper & Zucchini Casserole

- ½ cup vegetable oil
- 2 clove garlic minced
- 1 small eggplant, pared and diced
- ½ pound zucchini, 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.



Some of you might see these funny looking shapes in your bag this week. They are a summer squash called patty pans. They have an excellent squash flavor and can be used in any way you use zucchini. If you grill them for the holiday weekend brush them with oil wrap in foil and cook until tender over the coals.