

The Nibbler



Covered Bridge Gardens
CSA Newsletter
Week 13 of 15- 2014

Fall weather points from the past:

- In 2006 week 14 called for a threat of snow. That would have been the last week of September. Brrrr!
- In 2007 during week 13 we had a frost warning. Just a little too early for my taste.
- In 2008 high winds hit in week 13 causing power outages but the high tunnels with tomatoes in it withstood the blasts.
- 2009 a mild fall allowed us to extend the drop offs two weeks longer.
- In 2010 we included pie pumpkins in the bags as early as week 12. An early sign of fall that year.
- In 2011 wet weather prompted a questions about what we do on all the rainy days. We still go out and work.
- In 2013 was all about rain and more rain all season. It was the wettest in history. There were no winter squash or pumpkins last year due to a wet early summer that drowned the seeds.



It's all in the Bag

Some of you have sheepishly returned with more than one bag. In 2012 we had one member return 5 at one time so don't feel bad. Then this past week we have had two former members return bags. One even mailed them to us. Really we aren't picky and certainly don't keep a close count. As long as we have enough to pack for the next deliveries we are ok.

When we started we knew we wanted true cloth bags. The ones you carry home each week are the original ones from 2006. They have certainly held up through 9 seasons of watermelons, potatoes, and winter squashes. We have only had to retire a few for rips of broken straps.

In 2011 we first asked the members to share their feelings about their CSA share on the bags. We hope you have enjoyed the decorative way they add to the shares each week. Keep adding so others learn how much this experience has meant to you and your family.

Coming to a Close

The end is coming all too fast. There are only two more weeks of shares left. Over all this has been a good growing season and we hope you have enjoyed the harvest. We have truly enjoyed all of you this year and couldn't ask for better members.

I hope you have enjoyed the newsletters and have learned a thing or two. I know that some of our members do not read every one, so this next message will be for those who do.

We will not be offering CSA shares next year. Several factors have brought us to this decision. You know that Mick and I are turning the business over to Steve and planning to work less on the farm. The CSA deliveries and vegetable growing portion is very labor intense and more than one person can do alone. We also face rising labor, fuel and other operating costs. At this time we plan to cut back our growing practices and maintain a presence at the Shaker Square Market and the Ashtabula Farmer's Market. We plan to take it one year at a time as we go into the future.

Buying Out the Farm

This message is updated each week on our website so you can take advantage of freezing and canning this season.

This week's bounty: September 15-21

Canning Tomatoes:

Beefsteak red or yellow tomatoes: \$5 /peck \$10 / ½ Bul. & \$20 / whole bushel

Cucumbers: \$5/peck great for slicing pickles.

Jalapeño Peppers: \$3/quart (about 15+)

Winter Squash: 10lb or more squash at \$1/lb.

We have lots of winter squashes for those wanting to stock up- Acorn, spaghetti, delicate, butternut and buttercup. Mix and match.

Pie Pumpkins 10lb or more at \$1/lb

We also have small pumpkins for children's decorating projects at 50 cents each for 10 or more and tiny pumpkins at 4/\$1 for 20 or more.

Need bulk load of pumpkins for your pumpkin patch project let us know?

Contact us at (440) 862-1682 or e-mail at mcik@coveredbridgegardens.com



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



Baked Spaghetti Squash

Swap pasta for spaghetti squash to save carbs and calories.

Cut squash in half; scoop out seeds. Place cut side down in a roasting pan with ½ inch water. Cover with foil. Bake at 350 degrees for one hour or until tender. Using a fork, pull squash flesh into strands. Stir together with ¼ cup chicken broth, 2 tablespoons olive oil, chopped parsley and salt and pepper. Top with Parmesan cheese.

Gazpacho

From a fellow member

- 1 cup Corn kernels (grill kernels in a pan)
- 1 large Tomato (use a grater to puree)
- ¼ cup Onion, minced
- Juice of a lime
- Zest from a lemon or lime
- Pepper and Salt to taste
- Garlic minced

Directions:

Put all the ingredients in a bowl and mix. Serve cold.
Keeps well for about four days.

Ground Cherries

For a second week you get to enjoy this little treat. They resemble the tomatillo, Mexican tomato with their papery shell. Inside is a small sweet cherry tomato. We pick them with they ripen and fall on the ground. That is how they get their name. They certainly make the argument that tomatoes are a fruit.

Spaghetti Squash

This winter squash has a mild taste. When baked the flesh becomes stringy. Lightly running a fork through the flesh crates spaghetti noodle like strands. The mild flavor lets it blend well with tomato sauces. This is great substitute for noodles for those watching the carbs.

Believed to have originated in Central America.

Raw Pasta Sauce

4 medium tomatoes, cored, seeded, and finely chopped
¼ cup virgin olive oil

1 small garlic clove, peeled and minced

Salt and freshly ground pepper to taste

1 spaghetti squash or half pound small pasta

12-16 basil leaves

8 ounces fresh mozzarella cheese cut into ¼ inch dice

Place the tomatoes, oil, garlic, salt and pepper in a bowl (sauce maybe held at room temperature for up to one hour). Steam the spaghetti squash either in the oven at 375 degrees or the microwave until soft. Turn over on serving plate and loosen the noodle like flesh. Cover each half with half the sauce. Add the mozzarella. Tear basil leaves into small pieces and add to top. Stir ingredients together in squash shell. Serves 4.

If using the pasta prepare following package directions. Toss with tomato mix in a large bowl then add basil.

ROASTED SQUASH SEEDS

To add a crunch to salads, a topping to dishes or a great snack, try roasting the seeds from winter squash.

Remove from squash, wash, pat dry in paper towel and place single layer on baking pan. Roast in a low oven of 250 degrees for 5-10 minutes. Keep a close eye on them as some seeds are smaller than others and may not take as long. Add salt while drying if desired. Some chili pepper can add a kick too.

Once they are dry and crunchy they can be stored in an airtight container for the winter.

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