



# The Nibbler



We put our freshest into every CSA!

## Covered Bridge Gardens

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Week Fifteen/ Sixteen

*Thank You for the bags*

We are so pleased that the soy beans were a hit. Many of you were excited about having your children pull them off the stems and learn how food grows. Below is a letter from our friend Tim Liston who helps us pass out bags at Lakewood. We could not keep up with the lines if he wasn't running to the truck for more bags all evening.



The beans were as tall as him.  
Let's hope they help him grow

## End of the Season CSA Bags

Next week all bags must be returned. We will be packaging in plastic the next few weeks to eliminate the need for bag returns. You might want to bring your own bag to transfer your share into.

Hi Kay and Mick....

Well my beautiful wife Dawn has the two bundles of edamame and will be helping her Montessori school children learn how to prepare and eat them, tomorrow (Thursday). The children will learn how to remove the pods from the stems. The stems will go into the school's compost pile. The pods will be boiled in salt water and the beans eaten by the children.

It's all good.

That's all for now. Dawn and I understand how important locally grown (and preserved) food is and we are really grateful that you have permitted us to participate in your Lakewood CSA.....

Your Ever Faithful and Noble Bag Monkey....



Emma Parks (6 years old) plays her violin at the Shaker Market on Saturdays. She has been playing for 2 years. Her mother sits behind her as she entertains the customers.

## Plus Two Weeks

If you have signed up for the additional two weeks and have not paid your payment will be due by next week. You may mail you payment or bring it this week or next.

The special cost for both weeks is a total of \$35 for singles and \$50 for families sizes.

Due to the large response deliveries will be at the same locations and times as they are now.

To sign up simply send you payment in now. If you have questions contact us at [mick@coveredbridgegardens.com](mailto:mick@coveredbridgegardens.com)

Make checks out to **Covered Bridge Gardens**.

**Some of the ingredients that may be in the bags may be: tomatoes, eggplant, beans, winter squashes, popcorn, and possibly summer squash and cucumbers. All depends on the weather.**

## Ingredients:

# Poblano

## Semi-hot Pepper



**Poblano Pepper-** (500-1,500 Scovilles) Dark green to chocolate color, this pepper gives Mexican style dishes a little kick. They are a large pepper excellent for stuffing with cheese or sausage, batter dipped or in chilies rellenos. Removing the seeds removes most of the heat and leaves mild but spicy pepper.

### Mexican-Style Zucchini Tacos

#### Ingredients

- 1-1/2 tablespoons vegetable oil
- 1 medium-size white onion, chopped
- 1 pound medium-size tomatoes or plum tomatoes, cored and coarsely chopped
- 2 cloves garlic, finely chopped
- 2 large fresh poblano chilies
- 1 cup fresh corn kernels (about 2 medium-size ears)
- 4 medium-size zucchini or summer squash (about 1-1/2 pounds), trimmed and cut into 1/2-inch cubes
- 3 tablespoons chopped fresh cilantro
- 2/3 cup heavy cream
- 1 teaspoon salt
- 1/2 cup crumbled queso fresco, farmer's cheese or feta cheese
- 24 corn tortillas (6-inch), warmed following package directions

#### Directions

1. In large skillet, heat the oil over medium-high heat. Add the onion; sauté for 8 minutes or until the onion is lightly browned.
2. Meanwhile, in a food processor or blender, coarsely puree the tomatoes.
3. Add garlic to onion; sauté 1 minute. Reduce heat to medium-low; add tomato puree. Cover; cook 5 minutes, stirring occasionally. Remove skillet from heat.
4. Roast poblanos directly over gas flame or on baking sheet about 4 inches from a heated broiler; turn the chilies frequently until skin is blistered and blackened all over, about 5 minutes for open flame 10 minutes for broiler.
5. Place roasted poblanos in medium-size bowl; cover with plastic wrap. Let stand for about 5 minutes or until skins loosen. Remove blackened skin, stems and seed pods. Rinse chilies briefly; cut chilies into 1/4-inch-wide strips.
6. Uncover the skillet with the tomato mixture and place over medium-high heat. Add poblanos, corn, zucchini, cilantro, heavy cream and salt; cook, uncovered, stirring frequently, for 8 minutes or until the zucchini is crisp-tender and the liquid has thickened.
7. To serve, transfer vegetable mixture to large bowl; sprinkle with crumbled cheese. Pass around hot tortillas for do-it-yourself tacos. Makes 24 tacos.

Source: Family Circle.com



## Sweet Banana Peppers

Just as their name implies they are the sweetest of the peppers. Used on pizzas and sandwiches. They are a light green color as they grow. This time of year the peppers are turning orange to red as they ripen with even more sweetness. They can be stuffed with cheese and sausage for a sweet version of the poblano dishes.