



The Nibbler



We put our freshest into every CSA!

Covered Bridge Gardens

Mick, Kay and Steve Prochko
1681 Netcher Rd., Jefferson, O. 44047
(440) 862-1682 Cell
mick@coveredbridgegardens.com
www.coveredbridgegardens.com

Week Fourteen/ Sixteen

Peters Creek Farm

Mike and Diane Hiener
3451 South Denmark Rd. Dorset, O. 44032
(440) 813-4339 Cell
peterscreekfarm@suite224.net
peters-creek-farm.com

We are still taking orders for canning orders for corn, tomatoes and peppers until we run out or come up with other things to do with vegetables



Pumpkin Patch Sundays

Sundays only 10:00am – 4:00pm
September 20- October 25



Limited Time Offered

We are still taking orders for the extended weeks.

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

Deliveries will be definitely at Lakewood October 7 & 14, Shaker Oct. 10 & 17, and Peninsula Oct. 10 & 17. Jefferson members can pick up at the farm on October 9 and 16. Ashtabula Bridge Street members can pick up at the market Oct. 11 & 18. The other delivery points will depend on the number of participants. Those members can pick up another site if they chose.

To sign up please respond by September 20th by e-mail mick@coveredbridgegardens.com with payment due on your week sixteen pick-up. Make checks out to **Covered Bridge Gardens**.



It's time to move the pumpkins in from the field. Each one is handpicked and lifted onto the wagon then brought into the barn where they are unloaded, washed and then finally placed in our indoor display area. Since each one weighs about 5 pounds or more that's a workout.

Winter Packs

If you have not signed up for the Winter Package there is still time. This is one time delivery of the last harvest of the season. In the past this package has included: winter squash, potatoes, maple syrup, apples, popcorn, jams, garlic, frozen berries and the last of the harvest such as Brussels sprouts. The exact contents will be determined as we near the delivery date. Delivery points and dates are.

Lakewood Public Library Wednesday, November 18 (times to be determined but in the past was 5-7pm))

Shaker Square and Peninsula Markets Saturday, November 21 during market hours

Erie at normal pick up point November 22 (Time to be announced)

Ashtabula and Jefferson members at the farm on Sunday November 22 (Time to be announced)

Avon Lake and City Hall may pick up at one of these sites.

Package cost is \$40. To sign up please respond by e-mail at

mick@coveredbridgegardens.com with payment due on October 15th. Make checks out to **Covered Bridge Gardens**.

Payment must be received before delivery.

Ingredients:

The soybean is, in the truest sense of the word, a whole food. They contain all nutrients we need to survive, containing up to 48 percent high-quality protein, around 11 percent carbohydrate, and 18 percent valuable oil.

These fresh beans have the flavor of green beans. Why not they are a legume. There is no need to shell this bean. To prep pluck the pods from the stems and wash the pods. Then they can be boiled in salted water for 5-7 minutes or sautéed in lightly oiled pan. Then simply draw the soft pod through your teeth to allow the bean to pop in your mouth. You can shell them and add raw to salads.

You are asking you to

Soy Beans



Shallots



Mashed Potatoes with Caramelized Shallots

Yield

Makes 6 to 8 servings

Ingredients:

2 pounds white or Yukon gold potatoes, peeled and cut into 2-inch pieces

Kosher salt and pepper

8 tablespoons (1 stick) unsalted butter, cut into pieces

3/4 cup buttermilk

1/4 cup heavy cream

1/4 teaspoon ground nutmeg

3 medium shallots

1 tablespoon olive oil

Preparation

Place the potatoes in a large pot and cover with cold water. Bring to a boil and add 2 1/2 tablespoons salt. Reduce heat and simmer until just tender, about 15 minutes.

While the potatoes are simmering, peel and thinly slice 5 medium shallots. Heat 1 tablespoon olive oil in a medium skillet over medium heat. Add the shallots and cook, stirring occasionally, until soft and golden brown, about 15 minutes.

Drain the potatoes and return to the pot. Add the butter, buttermilk, cream, nutmeg, 1/2 teaspoon salt, and 3/4 teaspoon pepper. Mash the potatoes with a handheld masher. Fold the shallots into the mashed potatoes before transferring to a serving dish.

Make-Ahead Note: The potatoes can be made up to 2 hours in advance and kept warm in a double boiler or Crock-Pot. If the potatoes are chilled and then reheated, they will turn dry and pasty.

Nutritional Information

Calories: 358 (40% from fat)

Fat: 16g (sat 9g)

Protein: 6g

Carbohydrate: 48g

Fiber: 7g

Cholesterol: 41mg

Sodium: 164mg

Kate Merker, *Real Simple*, NOVEMBER 2007

Shallots (*Allium cepa* var. *ascloncum*) are the mildest and most delicately-flavored of all onion types. They are named after a Palestinian town of Askalon. The shallot gives dishes just a hint of onion flavor. It is an essential ingredient in many fine sauces because it disintegrates into the liquid. Onion is not a satisfactory substitute.

