



The Nibbler



We put our freshest into every CSA!

Covered Bridge Gardens

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Week Twelve of Sixteen

Peters Creek Farm

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Limited Time Offered

If you hate to see this entire end we have an idea. We have only four more weeks in this regular CSA season. This has been a very good growing season and as we come to the last few weeks of the season we have a bounty still available. We would like to extend the season into the first two weeks of October. We are pleased to offer a special extended season package. We will continue the same quality of selection and a newsletter keeping you informed of the ingredients.

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**.

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.

Stephnie's enjoying a watermelon as they ride back to the barn.



Thank you for the bags.

It really helped to get a good supply back. If your bag should rip with the weight of the melons, just let me know. I will sew it on my antique treadle sewing machine and give the bag light duty around the farm.

Ingredients:

Break open the pods to find these baby limas. Fresh lima beans have a delicate texture and the aromatic flavor unlike the frozen ones. Lima beans are almost 8 per cent protein and provide carbohydrate energy.

To shell squeeze the pod till it pops. Then pull back the pod to expose the beans.

Baby Lima Beans



Buttered Limas

Ingredients:

1 pound lima beans

1 Tbls. Honey

3-4 Tbls. Butter or margarine

Preparation:

Place $\frac{1}{4}$ inch water in a saucepan. Add honey and heat until it melts. Add lima beans. Cook over medium heat for 10-12 minutes. Add butter just before serving.

Serves 2

Source "the Fruit and Vegetable Stand" by Barry Ballister

Succotash

Ingredients:

1 pound lima beans

2 ears sweet corn

$\frac{1}{4}$ teaspoon freshly ground pepper

Preparation:

In a large pot place 1 inch water. Cover and bring to a boil. Uncover and add husked corn. Boil for 3-5 minutes. Place $\frac{1}{2}$ inch water and shelled lima beans in saucepan. Cover and cook over medium heat for 5-7 minutes. Drain lima beans and remove corn. Let corn cool. Remove all kernels from cobs and mix with cooked lima beans. Add pepper. Mix. Place in saucepan in $\frac{1}{4}$ inch water. Cover and cook for 3-5 minutes over low heat, stirring frequently. Serves 2.

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Yellow Seedless Watermelon

We hope you are enjoying all the different colors in your bag. From purple cauliflower to yellow watermelon we are trying to give you a little color. One fact many people don't know is that a red pepper is a ripe green pepper. All peppers turn color as they ripen. Some bell peppers are yellow and orange also. You'll be seeing them in the next few weeks.