



The Nibbler



Your personal source for the best summertime veggies.

Covered Bridge Gardens

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Peters Creek Farm

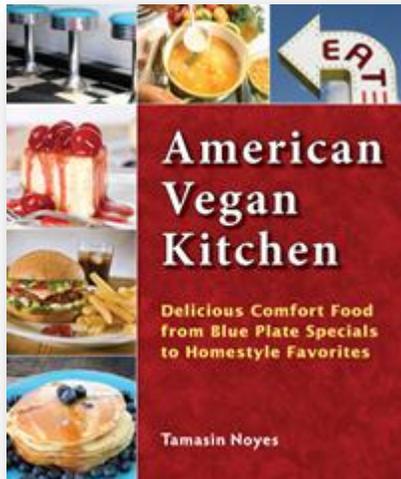
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peterscreekfarm@suite224.net
www.peterscreekfarmltd.com

Week 11 of 16

Plan your trip to the Farm

Don't forget we are offering to show you where your vegetables call home. Just call a few days before to arrange a time and date and get directions. We are available Saturday or Sundays after 3:00 pm.

If you time it right you could even help unload the truck. Some of the experiences you might have is eating corn right off the stalk, picking your own pumpkins, pick tomatoes in the greenhouse or shell some popcorn to take home. Please allow a least an hour to walk around either farm. For other days or group tours please call a week before.



Some fall event to check out:

Ashtabula County Covered Bridge Festival **October 9, 2010**
through **October 10, 2010**

Tour the area 17 covered bridges and attend the festival at the Ashtabula County Fair Grounds in Jefferson.

Kid's Pumpkin Train **October 9, 2010** through **October 24, 2010**

161 E Jefferson Street / Boarding Site
Jefferson, OH 44047
440.576.6346

Enjoy a fall foliage ride with the family for an hour's round trip. Magician and hobo on board, free popcorn to the kids and a pumpkin to take home.

Enclosed heated & decorated vintage coaches. (Guess where the pumpkins are coming from.)

Weekends at 1:00 & 3:00PM

Holiday Packs Still Available

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

Lakewood Public Library Wednesday, November 17 (times to be determined but in the past was 5-7pm))

Shaker Square and Peninsula Markets Saturday, November 20 during market hours

Erie at normal pick up point November 18 (Time to be announced)

Ashtabula and Jefferson members at the farm on Sunday November 21 (Time to be announced)

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

Package cost is \$50. To sign up please respond by e-mail at mick@coveredbridgegardens.com with payment due by October 16th. Make checks out to **Covered Bridge Gardens**.

Payment must be received before delivery.

American Vegan Kitchen

I love to learn about our CSA members and the interesting talents they have. I had a special treat this week. When I asked for members to send me recipes I never dreamed I'd get a whole book.

I want to introduce you to Tamasin Noyes. She is the proud author of "American Vegan Kitchen". She started blogging her cooking experiences at www.veganappetite.com. Encouraged by her followers she brought her tastes for vegan cooking to print. ON her blog she shares her current creations with readers and admitted to me she is working on a second book.

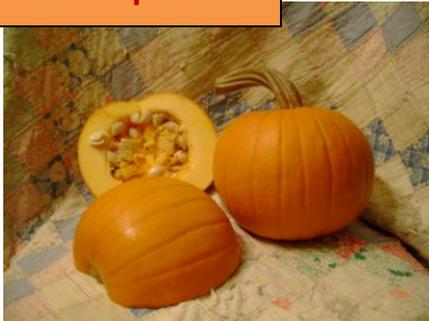
She is a regular customer and first year CSA member from Ashtabula, Ohio. I was proud to find that she used our squash blossoms to develop the Cashew Cheeze Stuffed Squash Blossom recipe on page 62. I quote from the cover, "The comfort food of America's diners, cafes, and bistros brought home to the vegan table!"

Now that I teased your appetite for more you can order your copy on amazon.com. Or follow her blog for continuing great vegan ideas with your CSA vegetables.

Tami told me she is working on her next book. I want to wish her continued success making vegetables the main characters.

Ingredients: you will find more tips and recipes at our website.

Pie Pumpkins



It may seem early to start with pumpkins but why not. These small sugar pumpkins can sit around for awhile looking fall like, then when you are ready they can turn into some sweet pumpkin muffins, bread or cookies. Just because it's call "pie" doesn't mean that's the only use for it. Remember to roast the seeds for adding to salads, snacks or soups.

Pumpkin Cookies

Ingredients:

2 cups sugar	2 tsp. Baking powder
2 cups shortening	1 tsp. baking soda
16 oz pumpkin puree	1 tsp. salt
2 eggs	1 tsp. ground cinnamon
2 tsp. vanilla	1 tsp. Nutmeg
4 c sifted all-purpose flour	½ tsp. all spice
Optional:	
2 cups raisins	1 cup chopped nuts

Directions:

In a bowl, thoroughly cream together sugar and shortening. Add pumpkin, eggs, and vanilla; beat well. Stir together flour, baking powder, soda, salt, and spices. Add to creamed mixture; mix well.

Stir in raisins and nuts if desired.

Drop spoonful of dough onto cookie sheet about 2-inches apart. Bake at 350 degrees for 12-15 minutes. Cookies are a cake texture when down. Remove from sheet to cool. Frost with your favorite vanilla frosting. You can freeze them before frosting and frost once thawed.

Additional options are to tint the frosting orange and add curls of orange zest on top. Makes 7 dozen

Cooking with REAL Pumpkin

From the North Union Farmers Market

1. Find the pumpkin that's right for the job! Pie pumpkins are smaller, sweeter and softer texture. Look for one that is firm with no bruises and a nice orange color.
2. Wash the pumpkin under water. Cut the pumpkin in half with a serrated knife.
3. Scrape out the guts. An ice cream scoop works great. Save the seeds for toasting. (look for toasted seed recipe)
4. Place in a microwaveable bowl with a cover and a couple inches of water and cook for 15 minutes on high. Add time until inside is easily scooped out. You can also cook it in the oven but it will take longer.
5. Scoop out the insides. For a smooth consistency, mix in a blender.
6. To thicken, either cook, slowly over low heat or pour into a cheese-cloth lined strainer and allow to drain into another bowl overnight in the refrigerator. Can be frozen for a later use.

Our small tomatoes this week are a mix of yellow, red and chocolate. Yes the dark green/red tomatoes are called chocolate but really taste very sweet. If you can't get by the color, just close your eyes and bit in.



A peek into our world

This is a very hectic time with most of our help in school and so much growing. I feel like I am so behind as I finish this at 9pm on a Tuesday. This time of year gives new meaning to a long day. Every day feels like two in one. The house is a mess but with only five more weeks we can live with a little mess.

Last night Steve and I walked back to the furthest point of the farm to see the pumpkins. I saw a large unusual pumpkin. I turned it over to look at and it came off the vine. So Steve says "You picked it you carry it." Around here you have to pull your own weight and by the time I carried back up to the barn it felt like my own weight. But I learned a valuable lesson. Don't turn over more than you can carry.

We are harvesting long storage crops like potatoes, pumpkins and winter squash that will be stored long into the winter. All this is going on while still picking other crops. We have new cucumbers and squash growing with late broccoli looking good. There still new flavors coming in the next few weeks. Thanks for coming along for the ride this season.