



The Nibbler



Your personal source for the best summertime veggies.

Covered Bridge Gardens

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Peters Creek Farm

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Week 15 of 16

Pumpkin Fundraiser Will Benefit Learning Garden

Steve and Andrea Caris from Pembroke Kids, Child Development Center are raising funds for their next year's school-garden by selling wonderful decorative pumpkins this Fall. Covered Bridge will supply an unusual assortment of funky pumpkins for the cause. There will be bumpy pumpkins, white pumpkins and traditional pumpkins that will inspire your imagination.



To order contact them at (440) 933-3782 and tell them how many you might want. Please place orders by October 4. Then stop by after October 6th and choose from their selection.

Pembroke Kids
32900 Pin Oak Dr.
Avon Lake, Ohio

End of the Season CSA Bags

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

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, cornmeal, Wheat flour, 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.



Sunflower Honey

Those bees did a honey of a job. We have our first supply of honey made right on our farm. As I mentioned in our newsletter on week two, Ohio Honey has been tending two hives on our farm. This week Lucy and Charlie Wellhausen brought the first harvest to their market locations. They are very excited about the light sunflower honey. To order honey from our fields or other products you can contact them at www.ohiohoney.com or see them at one of their markets.

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



DELICATA

Compared to other winter squash, the delicata has (as its name suggests) a more delicate flavor. Its flesh is moist and creamy when steamed and suggests the sweetness of sweet corn. Delicates are not recommended for soups or baking.

This small squash is the size of a large cucumber. A gourd family member it has a yellow and orange skin or green and tan and its flesh is pale yellow. Its skin is edible. The delicate is a good source of vitamin A. It can be stored in a cupboard like potatoes. If you cut it and bake only half at a time store the other half covered in the refrigerator.

Even though it might be new to us it was introduced in New York City in 1894.

How to ROAST 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.

Orange Delicata Squash

Delicata Squash

3 Tbsp. brown sugar

3 Tbs. Butter

1 tbsp. grated orange peel

1 orange peeled and sectioned.

Cut squash in half and remove seeds. Place cut side down in shallow baking pan. Bake at 375 degrees for 30-40 minutes. Turn cut side up and add remaining ingredients, divided evenly between each side.

Continue baking until squash is tender (approximately 20 minutes), basting with melted butter and juice from bottom of pan. Garnish with orange slices when serving.

This week we are introducing the sweetest pepper we grow. The yellow banana shaped pepper holds a sweetness that adds flavor to sandwiches and pizzas.

Sweet Banana



Colored Bell Peppers

The green bell peppers have started to ripen and are turning red, yellow and orange. Because they are ripening they are getting sweeter. That is why they are called for in most recipes over their green stage. The process of turning full color leaves the pepper open for spoiling on one side before the other is ready. The skin is softer and allows bugs to bore in. I estimate that only a third of the peppers make it to market without blemishes that make them unsellable. That is why they are more expensive in the stores.