



The Nibbler

Your personal source for the best summertime veggies.



Covered Bridge Gardens
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Week 4 of 16

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We Got Rain!!!
 Thank you, to all of you who washed your cars, hung out your laundry or did a rain dance. It worked. We got about an inch on Friday and another shower on Sunday. This is one time we did not mind having a dark cloud hanging over us. In fact everyone continued to work out in it just for the fun of getting wet for once. We took the opportunity to plant our Brussels sprouts. It would have been useless to plant them in dry soil. This week will see several other seeds go in like beets, kale and more sunflowers.



Looking out to the field ...



... moving under for cover...



... and not minding getting wet.

What's in your bag?
 I post each week what will be in the bags on the front page of our website as soon as I know what the list will look like. What is posted is the single size. Families can expect some additional items. You might also have some last-minute changes as conditions and qualities require. We have 280 members and we try to make all bags equal. It takes some doing to look at the row of cucumbers and estimate if there will be 300 ready.



We Stand Behind Our Product
 We strive to be your source for the best summertime vegetables. When your CSA bag is packed, we use the freshest produce at the peak of its quality. Sometime a blemish or an over ripe piece gets by us.
 If at any time you do not feel something is up to this standard, please let us know. This also applies to missing items. Check your slips. There is a single and a family slip. Once in a while some bag gets missed with an item. E-mail us so we can make it right in your next delivery.

Don't forget to follow our blogs.
 You can access them through our websites. Both sites are connected with the logo of the other's farm at the bottom of the front pages.



Mick and fellow vendor at Ashtabula's Market

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



Red skinned potatoes are an ideal all purpose potato that keeps its firmness while being boiled, baked and roasted. The potato's reputation for being fattening is undeserved: with around 75 calories per 14 ounces. It is actually a boon for the calorie-conscious-unless of course; it is heaped with butter or fried in oil. Potatoes were first introduced in the American Colonies in 1719 when Irish settlers arrived in New Hampshire.

We are including peas one more time as we come to a close of the pea season for this summer. We hope you have been enjoying them and take one last time to savor the flavor.

Scalloped Potatoes

From: Ruth McDaniel "Common Sense Cooking" 1980s
Johnstown Tribune Democrat

Ingredients:

1lbs potatoes	1 can cream of chicken soup
1 ½ sticks margarine	½ cup chopped onion
1 tsp. Salt	½ teaspoon pepper
1 cup sour cream	2 cups crushed corn flakes
2 cups grated Cheddar cheese	

Directions:

1. Peel potatoes and thinly slice. Boil until just barely tender.
2. Mix potatoes with one stick melted margarine. Add onions, cheese, soup, salt, pepper, and sour cream. Turn into 9X13 inch greased pan.
3. Mix corn flakes and remaining ½ stick of melted margarine; spread over top of potatoes.
4. Bake at 350 degrees from 1 to 1 ½ hours. This serves 6-8 generously.

Storing Potatoes:

Whether you wish to store a relatively large or only a small quantity of potatoes, you should heed the following points.

Only store completely undamaged potatoes.

- Protect from both daylight and artificial lighting, which could cause them to develop green spots, rendering them inedible.
- Store where air can circulate, preferably on wooden slats.
- Protect from temperatures below freezing. The ideal storage temperature range is 37-43 degrees.

With large summer squash try making zucchini bread or pie. Another quick suggestion for large squash is making a Squash Boat. Cut the squash lengthwise. Scoop out the seeds and replace the center with your favorite cheese and/or sausage. Place in a baking dish and bake at 375 degrees until squash is tender through.

Zucchini Nut Bread

From Kay's Mother

Ingredients:

3 whole eggs
2 Cups sugar
1 Cup oil
3 Cups flour
3 teaspoons vanilla
3 teaspoons cinnamon
1 teaspoon baking soda
¼ teaspoon baking powder teaspoon salt
3 cups zucchini grated (remove seeds if they are large).
½ Cup chopped nuts optional

Preparation:

Mix together just in the order listed here. Divide the mixture between two regular size loaf pans. Bake at 350 degrees about 40-50 minutes or until knife inserted in middle comes out clean. Makes two loaves.

Zucchini Pie

Ingredients:

2C. water	2 Tbs. lemon juice
4 C. peeled and sliced zucchini	2 tsp. cinnamon
½ C. brown sugar	1 tsp. cream of tartar
½ C. granulated sugar	dash of salt

Topping:

1 C. flour	¼ C. granulated sugar
¼ c. brown sugar	½ C. cold butter or margarine

Directions:

In a saucepan bring water to a boil: add zucchini and cook 3 minutes. Drain and pat dry. Combine in a bowl: zucchini, brown sugar, granulated sugar, flour, lemon juice, cinnamon, cream of tartar, and salt. Mix gently. Transfer to a greased 1½ quart baking dish. Combine topping ingredients, flour, brown sugar, granulated sugar, and cut in the butter. Sprinkle over zucchini mixture. Bake at 375 degrees for 45-50 minutes until brown and bubbly around the edges.

Note: you will think its apples!