



The Nibbler



Your personal source for the best summertime veggies.

Covered Bridge Gardens

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Week 14 of 16

Here are some local events that might bring you into our corner of the state.



Ashtabula County Covered Bridge Festival

Covered Bridge Festival
25 West Jefferson Street
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Ashtabula County Covered Bridge Festival will be celebrating its 27th Anniversary with the 2010 Festival to be held October 9th and 10th, 2010.

Go online at www.coveredbridgefestival.org

The Netcher Road Bridge (2.7 miles from Jefferson)

The bridge is constructed over Mill Creek in Jefferson Township, and it features a timber arch with inverted Haupt walls. The "Neo Victorian" design structure is 110 feet long, 22-feet wide, and 14-feet, six inches high. Construction started in 1998, and it was funded by an ODOT Timber Grant.



Oct. 2&3, 2010

The Ashtabula County Lift Bridge Area merchants are busily putting the finishing touches on the first annual Octoberfest which is happening

Saturday 12:00 pm - 5:00 pm

Sunday, 11:00 am - 6:00 pm

Located in the Historic Ashtabula Harbor area, this event will be a family-oriented affair with games and contests and pig roasts. The LBCA will be hosting live music noon to 5:00 each day. A schedule of events will include:

- CORNHOLE TOURNEY
- PUMPKIN TOSS
- SCAVENGER HUNT
- AMATEUR BBQ COMPETITION
- PORK EATING CHAMPIONSHIP
- FACE PAINTING FOR KIDS
- PIG ROASTS
- BEER GARDEN & LIVE MUSIC
- FARMERS MARKET PUMPKIN PATCH

Covered Bridge Gardens will provide pumpkins, gourds, corn stalks and more fall harvest items for a two-day pumpkin patch at this first annual Octoberfest. We will be located in the parking area adjacent to the Lift Bridge Pizza. Come hunt through a wide selection of pumpkins to find the one that suits your carving skills.



SOUNDS LIKE FUN!

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

Spaghetti Squash

This winter squash has a mild taste. When baked, the flesh becomes stringy. Lightly running a fork through the flesh crates spaghetti noodle like strands. The mild flavor lets it blend well with tomato sauces. This is great substitute for noodles for those watching the carbs.

Believed to have originated in Central America.

Baked Spaghetti Squash

Swap pasta for spaghetti squash to save carbs and calories.

Cut squash in half; scoop out seeds. Place cut side down in a roasting pan with ½ inch water. Cover with foil. Bake at 350 degrees for one hour or until tender. Using a fork, pull squash into strands. Stir together with ¼ cup chicken broth, 2 tablespoons olive oil, chopped parsley and salt and pepper. Top with Parmesan cheese.

Baked Spaghetti Squash with Garden Sauce

Ingredients:

1 Spaghetti Squash
2 Tbs. olive oil

Finely Chop:

¼ cup peeled eggplant
2 carrots
1 medium onion
1 green or colored pepper
3 Tbs. basil
3 Tbs. fresh oregano
1-2 cloves garlic Minced
1 ½ c tomatoes chopped
1 can tomato sauce
dash of salt



Preparation:

Split squash in half; remove seeds and place cut side down in a shallow pan filled with 1 inch of water. Bake squash at 400 degrees for 30 minutes. In a large skillet, heat oil and saute' eggplant, carrots, onion, bell pepper, and garlic until just tender. Add basil and oregano and continue cooking for 3 to 5 minutes. Stir in tomatoes, tomato sauce and salt and bring to a boil. Serve over baked spaghetti squash. Serves 4.

Chiles Rellenos

Ingredients

8 medium-size poblano peppers (look for ones that are uniform and straight)
4 ounces Monterey Jack cheese
4 eggs, separated
1/4 teaspoon salt
1/8 teaspoon cream of tartar
1/3 cup vegetable oil
1 can (10 ounces) prepared enchilada sauce
Sour cream, if desired



Directions

1. Place chiles directly onto grate of gas burner over medium-high heat. Blacken chiles, turning frequently, about 5 minutes total. (Or blacken under a broiler.)
2. Transfer chiles to a bowl; cover with plastic wrap. Let rest 5 minutes to soften. Uncover and cool to room temp. Peel skin from chiles, using a paper towel to help strips of skin separate from chile.
3. With small knife, cut a slit down long side of chiles. Remove seeds and membranes, trying not to tear chiles.
4. Cut cheese into 16 thin slices. Tuck 2 slices into each chile and secure opening with toothpick.
5. Beat whites, salt and cream of tartar to stiff peaks. Fold in yolks.
6. Heat oil in a large skillet over medium-high heat. Dip one chile into egg mixture, then transfer to hot oil. Repeat with two to three more. Cook about 4 minutes, turning on all sides. Repeat with remaining chiles, keeping cooked chiles warm in 200°F oven.
7. Heat enchilada sauce in a small saucepan or in microwave. Transfer hot chiles to a serving platter and top with sauce and sour cream, if desired.

Cubanelle Sweet Pepper



Poblano Semi-Hot Pepper



We are including this week two different stuffing pepper alternatives to the green pepper. They are the sweet light green cubanelle, and the dark green semi-hot poblano for a little kick. Use your favorite pepper stuffing mix or pick a cheese and sausage that you like.

First cut off the top of the pepper and clean out the seeds. Rinse the pepper and let drain. Once dry add stuffing. You can stand them in a baking dish with a little water in the pan or wrap in foil, lie in the pan and bake at 350 degrees for 25 minutes. Bake the poblano separately or all the peppers will taste hot. If you leave some of the seeds in the poblano it will be even hotter.

Have fun trying these different flavors. My favorite is the poblano with sharp cheese.