



The Nibbler



We put our freshest into every CSA!

Covered Bridge Gardens

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Week Ten

Peters Creek Farm

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Peters Creek Farm takes Ribbons at the Ashtabula County Fair

Last Monday, August 10th was a busy day at Peters Creek Farm. It was Fair Day. Everything we wanted to exhibit at the Ashtabula County Fair needed to be on site no later than 6:00 P.M.

Diane busied herself with baking her bread and making fudge, picking out her best looking jar of homemade strawberry jam as well as picking blueberries and wild blackberries. I headed the fields with buckets looking for the elusive "best of the best". Sometimes it is easy (there is only one head of broccoli ready), and sometimes it is hard (picking 12 bean pods out of thousands!). Decisions were made and items submitted.



We waited

until the results were posted. Diane won third place for her jam, second place for her fudge and second place for her blueberries. My veggies won nine blue ribbons (broccoli, beets, red cabbage, cauliflower, cucumbers, eggplant, muskmelon, okra and bell peppers) and one red ribbon (turnips). You have already received some of these prize winners in your bags. Look for more later.

Each year our goal is to win enough to pay for our fair admission and buy a dinner of greasy fair food. Mission accomplished!

Members Sharing Ideas

Here's to all of you who are successfully been using everything in your bags. GOOD JOB!!!

Many have told me with pride that they are keeping ahead of the tide of vegetable harvest. We are trying to keep it interesting and not over power you too much. But many working families do find it hard to use everything.

For ideas on how to use all the ingredients in your bag visit Emily Braman at her blog at inyourfamilybag.blogspot.com She has been a member for several years and with a family of six couldn't get any busier.

If you have ideas on your myspace, facebook or blog, please share your address so others can learn from your wisdom.

If a picture tells a thousand words, .then this one sends a thousand smiles. This photo sent by member Kristin Koliha says it all when it comes to how good the corn is. Her son Nate isn't letting the fact that he only has three and a half teeth keep him from getting his share.

Thanks for the photo Kristin. We couldn't say it better.



Ingredients:



Eggplant:

Until comparatively recently, the eggplant was considered exotic in many Western countries. It was cultivated from a wild variety that was similar to a hen's egg in shape and color, which explains its name.

Regardless of the skin color the fruit is always white inside. Eggplant is made up of 92% water. To draw out some of the water and reduce the bitter taste before cooking, cut into slices and sprinkle with salt. Let sit for 30 minutes. Rinse off and pat dry. While drying lightly squeeze each piece to remove the most water. This will reduce the amount of oil they will absorb during frying.

Among the varieties we grow are the traditional black (dark purple) Italian (white band under the cap and more round pumpkin shape), bright neon purple colored and white. The white eggplant is sweeter and the skin is tenderer. We also grow small thin eggplants called Hansel (purple) and Gretel (white).

Simple Eggplant

- Try frying your eggplant in the same mixture used for green fried tomatoes. After dipping in egg wash coat in 50% breadcrumbs and 50% Parmesan cheese. Fry until tender in oil or butter.
- Eggplant is also good grilled. Brush with olive oil on both sides while getting one more out door grilled meal in for the season.
- The small Hansel and Gretel are perfect to slice on pizza.

Stuffed Eggplant

Cut a medium eggplant lengthwise; remove flesh and lay shell aside. Cut the flesh into cubes. Cook in small amount of boiling salt water for 10 minutes.

While eggplant is cooking, brown $\frac{3}{4}$ cup sliced mushrooms, 2 tbsp. chopped onion, 1 clove garlic, chopped, in 2 tbsp. butter. When partially browned, add drained eggplant. Then add salt and pepper to taste, $\frac{1}{2}$ cup cream. Simmer 10 to 15 minutes until soft.

Fill eggplant shell with mixture and top with 1 slice bacon chopped. Bake at 350 degrees 45 minutes.

4 servings.

Ratatouille

Source: 2005 "Market Basket"

Serves 4

Ingredients:

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| $\frac{1}{2}$ cup sliced onion | 1 clove minced garlic |
| $\frac{1}{4}$ cup oil | 2 green peppers, sliced |
| 1 $\frac{1}{2}$ cup zucchini, sliced | 1 $\frac{1}{2}$ cup eggplant, sliced |
| 1 cup chopped tomato | $\frac{1}{2}$ tsp. Oregano |
| 1 tsp. Parsley | |

Preparation:

1. Cook the onion and garlic in oil in a large skillet over medium heat.
2. Add pepper, zucchini, eggplant and tomato to skillet. Mix thoroughly and then add oregano and parsley.
3. Simmer over low heat about 45 minutes uncovered.

Bulk Orders Prices

Sweet Corn: \$20=5dozen (\$4/doz.)

Summer Squash: \$15= $\frac{1}{2}$ bushel

Green and Yellow Beans: \$25= bushel (approx. 28 pounds) \$15/ $\frac{1}{2}$ bushel

Cubanelle or Bell green peppers: \$15= bushel \$8= $\frac{1}{2}$ bushel

Hot and Sweet peppers: \$15/ bushel \$8/ $\frac{1}{2}$ bushel \$5/ peck

Semi-Hot and Poblano Peppers: \$18/ bushel \$9.50 $\frac{1}{2}$ bushel \$5/ peck

Canning Tomatoes (seconds): \$15/ bushel (approx. 50 pounds) \$8/ $\frac{1}{2}$ bushel

Ask about other ingredients you might want.



I always cook with wine. Sometimes I even add it to the food.
W.C. Fields