



# The Nibbler



We put our freshest into every CSA!

## Covered Bridge Gardens

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## Peters Creek Farm

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The response to the extended two weeks is exciting. We are getting ready to provide more of the harvest to our members. If you have not signed up do so today.

## Limited Time Offered

We would like to extend the season into the first two weeks of October. We are pleased to offer a special extended season package. We will continue the same quality of selection and a newsletter keeping you informed of the ingredients.

The special cost for both weeks is a total of \$35 for singles and \$50 for Families.

Deliveries will be definitely at Lakewood October 7 & 14, Shaker Oct. 10 & 17, and Peninsula Oct. 10 & 17. Jefferson members can pick up at the farm on October 9 and 16. Ashtabula Bridge Street members can pick up at the market Oct. 11 & 18. The other delivery points will depend on the number of participants. Those members can pick up another site if they chose.

To sign up please respond by September 20<sup>th</sup> by e-mail [mick@coveredbridgegardens.com](mailto:mick@coveredbridgegardens.com) with payment due on your week sixteen pick-up. Make checks out to **Covered Bridge Gardens**.

Fall trip to the farm.



## Pumpkin Patch Sundays

Sundays only 10:00am – 4:00pm  
September 20- October 25

We grow all your autumn decorations and produce. Shop at our indoor, display barn. You'll find pumpkins of all shapes and sizes, corn stalks, Indian corn, gourds, squash, and many other harvest ideas.  
Home of Popcorn On-the-Ear

It's also time to make sure you get your November delivery of local farm products.

## Winter Packs

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

**Lakewood Public Library Wednesday, November 18** (times to be determined but in the past was 5-7pm))

**Shaker Square and Peninsula Markets Saturday, November 21** during market hours

**Erie at normal pick up point November 22** (Time to be announced)

**Ashtabula and Jefferson members at the farm on Sunday November 22** (Time to be announced)

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

Package cost is \$40. To sign up please respond by e-mail at [mick@coveredbridgegardens.com](mailto:mick@coveredbridgegardens.com) with payment due on October 15<sup>th</sup>. Make checks out to **Covered Bridge Gardens**.

Payment must be received before delivery.

Over the next few weeks you will be seeing a different winter squash in your bag. Refer to this chart to help identify the. Several recipes can be found at the home page.

## Ingredients:

# Potatoes

### Winter Squash

A winter squash is ready to pick when your finger nail can hardly make a mark in the skin. Winter squash is a good source of vitamin C, Manganese, potassium and fiber. It is low in calories- just 40 calories in 2/3 cup diced butternut squash. Use them as a substitute for mashed potatoes.



**Acorn Squash:** Popular because of their taste and size. Rind is very hard. They are dark green in color with a yellow area on one side. Though known as a winter squash, this variety is from the same family as the summer squash.

**Sweet Dumpling (Carnival):** Flesh is sweeter and drier than other winter squash; peel is softer and can even be eaten. Looks like a multi colored acorn squash.



**Butternut Squash:** Flesh is sweet and cream, but it tends to be a little dry. They are light tan in color. The butternut squash is a new world, North American squash.



**Spaghetti Squash:** After it is cooked the flesh resembles long yellow strands of spaghetti. Great substitute for pasta. Small round yellow in color.



**Pumpkin:** Use the small sugar pie variety for baking.



**Delicata:** have a delicate nutty flavor. They can be substituted in any acorn squash recipes. They are shaped like a cucumber with green and white stripes. Thin skinned.



**Buttercup Squash:** flesh is creamy with the dryness and flavor of a sweet potato.



### Potatoes

Over the past few weeks you have been getting a few potatoes at a time in your bags. This week we are adding the Yukon to your menu.

Potatoes have the undeserved reputation for being high in calories. What makes a potato fattening is the butter and sour cream that goes on them. They are almost 78 percent water; they are high in carbohydrates and have 2 percent protein. Just below the potato skin are significant quantities of manganese, chromium, selenium, and molybdenum. Peel a potato and you lose these nutrients and fiber. You have been enjoying the red and white varieties so far.

- **Red potatoes** are best steamed or roasted and are a standard ingredient in potato salad.
- **White potatoes** are an all purpose potato for cooking, baking, steaming, mashing or frying.
- **Yukon** has a floury or mealy texture and are best for baking, frying, or making mashed potatoes.

