



# The Nibbler



Your personal source for the best summertime veggies.

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Week 12 of 16



Reminder to sign up for the

**HOLIDAY PACK**

by e-mailing:

[mick@coveredbridgegardens.com](mailto:mick@coveredbridgegardens.com).

(See last week's newsletter for details)

## Don't Forget The Wee Members of the Farm Team

I have mentioned Garth on Facebook and blog and Diane has mentioned her chickens. We both have prides of cats. We have three that I know of. We live just down the road from another farm and cats often show up at mealtime looking for a free handout. As long as they hunt while they are here it's ok. I know ours have been seen at their farm too. It's a mutual sharing of cats. There are plenty of small critter around to keep them all busy.

I'm sitting here at 6:30 in the morning on the computer, staring at our house cat. I'm not much of a cat person and Ying Yang is not much of a people cat so we tolerate each other. I think she likes summers when she is left alone with the house all to herself. She's still not happy about Garth sharing her space.



We have lots of little tiny pumpkins, bumpy pumpkins, white pumpkins and other unique ones if you are in need of several for decoration, a group, fund raiser or event. We also grow a selection of colorful gourds and bundle corn stalks. We can deliver to your pick up location.



## It's Beginning to Look a Lot Like Fall!

Many of you were surprised to see the pumpkin in your bag last week. Yes, fall is only a few days away. Over the next few weeks you will be seeing a variety of winter squash. Unlike the summer varieties, these tough exterior squash allow them to keep for several months. We do recommend storing it in a cool, dry place, like you would potatoes.

We are starting to dig our potatoes and pick the winter squash for winter storage. It looks like a bumper crop, so we are building more storage room. The squash needs to be kept cool and dry, but not allowed to freeze. An insulated room with a small amount of heat keeps it just above 36 degrees all winter. Once picked, the squash does continue to mature and no matter what we do it will not last much past December.



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

## BUTTERNUT SQUASH



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

## Winter Squash

Winter squash can be baked, steamed or simmered. They are a great source of iron, riboflavin and vitamins A and C. Winter squash have hard, thick skins and seeds. The flesh is firmer than that of summer squash and therefore requires longer cooking. We grow these winter squash varieties: acorn, buttercup, spaghetti, butternut, and turban. Winter squash is best from early fall through the winter. Choose squash that is heavy for its size and have a hard, deep colored rind free of blemishes. Depending on the variety they can be kept in a cool, dark place for a month or more.

### Michal's Butternut Squash Enchiladas

#### Ingredients:

- 1 butternut squash peeled and baked
- 1 red onion, chopped
- 1 cup fresh or frozen corn
- Grated cheese
- 1 jar salsa
- 1 package tortillas

Preheat oven to 350 degree. Saute' chopped onion in a little oil until translucent. Add the squash pulp and the corn kernels, sauté until warmed through. Take one tortilla, put 1 heaping tablespoon of squash mixture down the center, and 1 tablespoon of grated cheese. Roll up and place in a greased 9X13 pan, repeat until tortillas or filling is used. Pour salsa over enchiladas and sprinkle with cheese. Bake about 25 minutes. Can be served with sour cream and guacamole.

From CSA member Michal.



### Butternut Soup

Makes 8 servings

- 6 Tbs. Chopped onion
- 4 Tbs. Margarine
- 3 cups water
- 6 cups peeled and cubed butternut squash
- ½ tsp. dried marjoram
- 4 cubes chicken broth
- ¼ tsp. ground black pepper
- 1/8 tsp. ground cayenne pepper
- 2 (8 oz.) packages of cream cheese

#### Preparation

1. In a large saucepan, sauté onions in margarine until tender.
2. Add squash, water, bouillon, marjoram, black pepper, and cayenne pepper.
3. Bring to a boil; cook 20 minutes, or until squash is tender.
4. Puree squash and cream cheese in a blender or food processor in batches until smooth.
5. Return to saucepan, and heat through. Do not allow to boil.



Steve, Eddie and Mike loading the truck for Peninsula.



Mike at Peninsula Market.

