



The Nibbler

Your source of CSA News 2011

Week 14 /16



Katie's Question

Where do your beans grow? The answer could be everywhere if you consider we plant beans more than once in a season. We have several different patches planted a few weeks apart so hopefully in a perfect year we have beans almost every other week. We use a bean picker to make a quick job of picking. Hand picking can take an hour to fill a five gallon bucket with 15 lbs. With over two hundred pounds needed in a week it would be the only thing we would get done. The bean picker takes up the whole plant and drops the beans in bins. They are then sorted on a vibrating table that helps remove more of the small stems and leaves.



Many of you have shared with us what it has meant to be a member this year. Now it's your turn to share those thoughts with others. Get out your Sharpies and write your thoughts on your bags. This week and next you will have two bags to write on. I invite you to add to the designer bags or any other bag you are handed. It will be nice to get a bag next year and see what others across our eight pick up points say.

2011 Best of the County Awards



The dinner was served overlooking the indoor track and soccer field at the SPIRE Institute.

Ashtabula County Honors the Best in County for 2011

This week Mick received the honor with the George H. Kaull Award for Entrepreneurship by Ashtabula County. The honors were bestowed during a large gathering of area community and business leaders at the SPIRE Institute in Geneva. Mick has earned this honor for his time sharing with others how he has been able to grow his business in tough economical times. He has been the keynote spokesman at local business meetings and gives his time to the Ohio Extension Agency to help others start their own agricultural business from a practical business perspective. You can see he also cleans up quite well too.

This honor comes as we are celebrating the 75th year the farm has been in the Prochko family.

Covered Bridge Gardens

Mick, Kay and Steve Prochko

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Peters Creek Farm

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



This week we are introducing two winter squashes. The first is the Carnival. This Acorn looking squash is in the sweet dumpling family and can be used in any recipe calling for Acorn. Simply cut in half. Remove the seeds, lay cut side down in a baking dish. Add a ½ inch of water and bake at 375 degrees until the squash is tender through. Remove from the dish and turn over. Serve as is with butter in the hollow.



ROASTED SQUASH SEEDS

To add a crunch to salads, a topping to dishes or a great snack, try roasting the seeds from winter squash.

Remove from squash, wash, pat dry in paper towel and place single layer on baking pan. Roast in a low oven of 250 degrees for 5-10 minutes. Keep a close eye on them as some seeds are smaller than others and may not take as long. Add salt while drying if desired. Some chili pepper can add a kick too.

Once they are dry and crunchy they can be stored in an airtight container for the winter.

We continue our winter squash collection with the Butternut. It can be prepared as the Carnival. This squash also makes the great soup you hear so much about this time of year.

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.

Apple-Stuffed Squash

2 lbs of winter squash

Stuffing:

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| 2 Tbsp. unsalted butter | 2 Tbsp. Brown Sugar |
| ½ cup finely chopped onions | 1 Tbsp. Balsamic Vinegar |
| 1 cup peeled and chopped apples | ½ tsp. dried thyme |
| ¼ tsp. salt | |

Prepare your squash by splitting it in half lengthwise and removing seeds and pulp. Place squash in a baking dish; set aside. To prepare stuffing: Melt butter in a skillet and sauté onions for 3-4 minutes over medium heat. Add apples, brown sugar, vinegar, thyme, and salt; continue to sauté for 2-3 minutes. Remove from heat. Pierce or score squash before filling so more of the flavor of the stuffing is absorbed. Spoon stuffing mixture into the squash. Bake at 375 degrees for 1 hour or until squash is tender.

Note: to keep squash moist while baking, add ½ inch of water to the bottom of baking pan; place in pan and cover with foil.

Serves 4-6



Celery... who knew we could grow such tender sweet celery? Unlike the pale bland stalks in the produce aisles their stalks have a hardy flavor. It can be added to salads, eaten raw or added to soups and cooked recipes for a full flavor.