



# The Nibbler

Your source of CSA News 2011

Week 13 /16



Farm visitors rain or shine.



This is a farmer's idea of a pedicure



There is always something to clean.

## Katie's Question

### What do you do on a rainy day on the farm?

When it rains on the farm we still have to go out and do some field work. Last spring we were out relaying the plastic mulch that a storm had loosened on the just planted rows. Until the plants get big enough to hold the plastic mulch down themselves, this is a problem.

On rainy days we use the time to clean up around the barn. In the spring everything needs a bit of cleaning. We have to wash all the containers each week that we use to hold the harvest.

One of the things we do is give tours of the farm. Though this last Sunday the rains stopped, the sun came out just in time for guests to walk a bit around in the mud. Boy have we had mud.

And when it is truly too wet to work we take the day off. We might sleep in but then there is office work to do and e-mails to reply to.

This has been one of the wettest years on record. We appreciate your support as we have battled the elements this year.



This 4 wheeler has only gotten really stuck once when it was trying to bring in a load of watermelons.



Covered Bridge Gardens command center.

**We welcome groups of all ages**  
If you have a school group, bus tour or others who would like to visit the farm as the fall time comes on please let us know.

### Meet Katie

This is our question girl, Katie. She is four years old and comes up with the questions all on her own. She couldn't wait to take a personal tour with Farmer Mick. Here they are in the raspberry patch. Her parents wanted Katie to learn where her food comes from and see how it grows. Like all our visitors, she went home with a bag of vegetables she helped pick. The balloons in the background had floated into the field from a 9/11 celebration. Those went home with her too. I can't wait to hear what questions she will have now that she has seen the farm.



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



### Winter Squash

This week we start sharing our winter squashes. 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.

#### Delicata

Compared to other winter squash, the delicate has (as its name suggests) a more delicate flavor. Its flesh is moist and creamy when steamed and suggests the sweetness of sweet corn. Delicates are not recommended for soups or long baking.

This small squash is the size of a large cucumber. A gourd family member it has a yellow and orange skin or green and tan and its flesh is pale yellow. Its skin is edible. The delicate is a good source of vitamin A. It can be stored in a cupboard like potatoes. If you cut it and bake only half at a time store the other half covered in the refrigerator.

Even though it might be new to us it was introduced in New York City in 1894.

### Orange Delicata Squash

#### Delicata Squash

- 3 Tbsp. brown sugar
- 3 Tbs. Butter
- 1 tbsp. grated orange peel
- 1 orange peeled and sectioned.

Cut squash in half and remove seeds. Place cut side down in shallow baking pan. Bake at 375 degrees for 30-40 minutes. Turn cut side up and add remaining ingredients, divided evenly between each side.

Continue baking until squash is tender (approximately 20 minutes), basting with melted butter and juice from bottom of pan. Garnish with orange slices when serving.

#### Extend the season with a Holiday Pack

Some of you have asked what will be in your Holiday Pack. It varies from year to year but here are some of this year's predictions: wheat berries, wheat flour, cornmeal, popcorn, potatoes, pie pumpkins, a variety of different winter squashes, garlic, onions, Brussels sprouts, frozen blueberries and raspberries, cabbage, and other last flavors of the season.

All of this delivered just before the Thanksgiving Holiday. The dates will be posted by the end of the regular CSA season.

See us at your pickup site or e-mail that you want this added. The cost is \$50.

Edamame is the Japanese name for edible soybeans. They are related to the common field crop also grown in Ashtabula County.

**How to Prepare** Because of their fuzzy pods, edamame trap dust and soil. Rinse them in several changes of warm water to remove the grit. Using kitchen shears, cut off the stem end of the pods.

Bring a large pot of water to the boil. Salt heavily and add the beans and return the water to a boil. Boil the soybeans for 3 to 4 minutes. Drain and cool. To shell the beans, hold the pod with the inside curve facing you and press on the bean, it should pop out. The Japanese prefer the beans heavily salted as an accompaniment to cold beer.



#### SPICY SAUTEED EDAMAME

- 2 tablespoons butter
- One-half cup chopped red onion
- 1 cup fresh corn kernels (from 2 ears)
- 1 cup tomatoes, cored, seeded and chopped
- 1 cup boiled and shelled edamame (about 1 pound unshelled)
- 1 teaspoon chili powder
- Salt and freshly ground black pepper to taste

In a large skillet, melt the butter and add the corn and onions. Saute until beginning to soften and brown. Add edamame, tomatoes and chili powder. Saute until edamame and tomatoes are heated through. Adjust the seasoning and serve. Serves 4.

Recipes are courtesy of the Jefferson Farmers' Market