



Covered Bridge Gardens

CSA Newsletter

Week 11 of 16

Kate's Question

What happens when it gets really hot and sunny on the farm?

This season we certainly have had sunshine. We have talked about the heat, but as the days are getting shorter sunlight plays an important part. Without the sun the peppers do not ripen and turn red, the tomato plants stop producing blossoms and leafy crops like Swiss chard slow down. In the middle of summer the zucchini seems to grow overnight. As we get into September they will take longer to reach picking size.

Farmers are true users of solar energy. To learn more how we use the sun go to our blog.

<http://coveredbridgegardens.blog>



Save the date for our third annual fundraiser Cleveland Garlic Festival at Shaker Square September 8 and 9.

www.clevelandgarlicfestival.org

Covered Bridge Gardens

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Jefferson, Oh. 44047

www.coveredbridgegardens.com

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The Nibbler

Need School Lunch Ideas?

The manager of the Peninsula Market, Beth, reminds us that with school starting, comes the job of packing nutritious school lunches. Look no further than your CSA bag.

Each week have your children help unpack your bag and decide what they might like to take in their lunch that week. This week the small tomatoes are a sweet portable snack. Pre-cut cucumbers and summer squash are great to dip in a little dressing. Beth suggests cooking a little extra for dinner the night before and putting leftovers in the lunch. Chilled pasta with cut tomatoes and cheese might fill the bill. Chunked up melons can give them a refreshing lunch break. The selection will change weekly as the bags change, keeping things interesting for the kids. Don't forget about roasting your squash seeds for the lunches.

Share your family's favorites and I will post them so others might get some new ideas. Hand us a written copy when you pick up your bag or e-mail your ideas.

We Appreciate Your Comments

In the past we sent out surveys and carefully read them over. Then we began to see similar trends in the answers and realized how impersonal the process was.

What we found worked better was listening to your comments. They are very helpful and current rather than a survey at the end of the season. What we really want to know weekly is what you liked or thought could have been better. Your words of encouragement are carried back to our workers who pick the harvest and pack the bags with care.

Your questions also help us learn where we need to communicate better and give us insight on what you need to know to be better informed. Some of you asked about the edimame the early part of the season. At that time we had high hopes for a harvest. What we didn't count on was the drought. Nuts, there is always next year.

Plan a Farm Visit

Don't be shy. We love showing the place off. Call or e-mail what works for you and our people will talk to your people to set a date and time.

Rain or Shine

Set GPS for the best route to

1711 Netcher Rd.

Jefferson, Ohio 44047

(440) 862-1682

Cut on line to redeem this coupon for one free visit.
Good with other offers.



The Winter Pack in 2011

You can still purchase a

Holiday Pack-\$50

Each year we offer a one-time holiday pack delivered just before the Thanksgiving holiday.

It may seem a little early to be thinking about the holidays but time does fly. We want to give you time to consider what those holidays would be like with ingredients from your CSA farm. This one-time delivered pack will be stuffed with some of the last of the season flavors and long storage ingredients for your winter cooking.

In the past they have been filled with potatoes, popcorn, wheat flour, cornmeal, a selection of winter squash, and pie pumpkins, locally made jams, frozen summer berries, Brussels sprouts, cabbage and other late season selections. The \$50 pack is delivered just before the Thanksgiving Holiday.

To order send us an e-mail or let us know when you pick up your bag. Please let us know if you have any questions.

Ingredient Highlights: *You will find more tips and recipes on our website.*

Tip:

Want to save the sweetness of the small tomatoes for winter? Try drying them. Wash the tomatoes. Cut in half and lay out on a parchment paper lined cooking sheet. Place in a 200 degree oven and roast till dry. You may want to add fresh herbs in with the tomatoes to roast together. The tomatoes will take on the flavor of the herbs. Store the dried tomatoes in an air tight container. They can be added to salads or soups this winter.

Last week I quickly introduced the winter squash. This week let me introduce the full line up. Each week I will go into more detail. You can refer to this photo index, as you get a new one each week.



Last week's Spaghetti Squash

This week you will get the acorn squash with variations in color. One of the most recognizable squash, they are known for their sweet nutty flavor. Cut in half and remove the seeds. Save them to roast like pumpkin seeds for salads, soups and snacks. Turn the cut sides down and place in roasting pan with a half inch of water. Roast at 375 degrees until a knife easily goes through the skin and flesh. Remove from the oven and turn over to serve with butter or honey drizzled over it. Or you can place face up and fill with various ingredients, such as apples, maple syrup etc. Bake as above.



Delicata



Butternut



Buttercup



Pie Pumpkin



Other Pie Squash

Acorn Squash Stuffed with Wild Rice, Dried Cherries, and Almonds

Ingredients:

- 3 tablespoons sun-dried cherries
- 3 tablespoons cranberry juice
- 3 tablespoons sliced almonds
- 1 large acorn squash
- 2 teaspoons salt and pepper
- 2 tablespoons butter, melted
- 2 ¾ cups chicken stock
- ¼ cup canola oil
- ¼ cup leeks (white part only) cleaned and thinly sliced
- 1 cup wild rice
- 1 thyme sprig
- 1 bay leaf
- 2 tablespoons butter

Directions:

Soak sun-dried cherries in cranberry juice for 1 hour and drain. Heat oven to 300 degrees. Place almonds on ungreased cookie sheet and toast for 10 minutes or until almonds smell toasty. Remove from oven and set aside.

Increase oven temperature to 350 degrees. Halve acorn squash through the stem and remove seeds. Salt and pepper to taste, then brush sides with melted butter. Place the squash halves skin side up in a 9 x 13 glass baking dish with ¼ inch water covering the bottom of dish and parbake for 45 minutes. Remove and allow to cool for at least 30 minutes.

Bring chicken stock to a boil in a saucepan. In separate ovenproof saucepan, heat the oil and add the leeks. Heat over medium heat until tender, then season lightly with salt and pepper. Add wild rice and toast for 1 minute, stirring constantly. Salt and pepper chicken stock to taste. Add thyme, bay leaf, and boiling chicken stock to leeks and rice. Cover with tight-fitting lid and place saucepan in the oven for 45 to 50 minutes or until rice is tender and liquid has been absorbed. Remove rice from oven and allow to sit for 5 minutes. Fluff with fork, remove bay leaf and thyme sprig, and stir in cherries and almonds.

Reduce oven temperature to 325 degrees. Stuff each squash half with half of the rice mixture, and then top each stuffed half with 1 tablespoon butter. Return to oven and bake uncovered for another 25 to 30 minutes or until hot and squash is tender.

Courtesy of Chef Douglas Katz, fine food & drink , Cleveland, Ohio