



Covered Bridge Gardens

CSA Newsletter

Week 14 of 16



The Nibbler

Local author premieres her latest book

If you want to support local, here is another way. One of our good market friends and former CSA member is also an author. In 2010 Week 11's newsletter I introduced Tamasin Noyes from Ashtabula, Ohio, with her first book "American Vegan Kitchen". This month she brought out her latest creation the "Vegan Sandwiches Save the Day!" There are sandwiches for breakfast, lunch, dinner and dessert. Tammy is a regular blogger and Facebook writer, sharing recipes and ideas each week. Now they are compiled in one place. Both editions are on sale at Amazon. These would make great gifts for those vegetable lovers on your list this Christmas.

We have a winner!

Last week we had a winner in the little known contest to see who returned the most CSA bags at one time. I won't personally pick on her but this Lakewood member returned 5 at one time. Just think she has been hoarding since week eight. She claims they have been by her door and she simply walked out without them each week. Finally, wracked with guilt, she returned them. Another member returned 6 on Sunday but her situation is different. We leave her bag at her brother's coffee shop and then the family all share the contents. We don't get to see her most weeks.

Really we love teasing you about the forgotten bags but we are all human. Over the past 10 years that we have been doing this we have actually lost only a few bags. There have been times when we have sent out reminders to get them in but overall, as long as we have enough to fill each week we are ok with it. All of you are so honest about it. We even have members return the next year.

Here are some of the excuses we have heard in case you need to use one.

- *My wife sent me and didn't give me the bag.* Really guys this one is getting old.
- *I came straight from work and it's at home.* Don't try this one wearing your old T-shirt, jeans and sneakers.
- *I used it for the kids swim class and forgot it.* Creative at least.
- *The dog ate it.* In that case we don't want it back.

Kate's Question



Do we really spend the winter on a pecan farm?

Yes we do. Mick and I own a portion of a pecan farm in Camp Verde, Arizona called Summer Place Pecan Farm. At our pecan grove in Camp Verde, Arizona, we grow two kinds of pecan varieties, Western and Wichita. These two types of trees produce a sweet mature nut that matches the growing conditions of the Verde Valley. These pecans have a thin shell making them easy to shell at home.

The grove is located in the high desert climate of Arizona near Sedona. The trees are irrigated and tended year round by one of the top pecan growers in the area, Dr. Richard Tinlan. He has won numerous awards for the quality of his pecans and is passing on his knowledge to Mick Prochko.

Harvest takes most of the month of December and early January. Each individual tree must be shaken, releasing a shower of nuts. In preparation large tarps are laid under each tree. A tractor with a shaker attachment is then carefully moved around the trunk. The tree is given a 30 second shake that showers pecans to the ground. The tarp is then rolled up and moved to the next tree until a substantial amount is gathered.

Once they are sorted and bagged, they are taken to a professional shelling company in Texas that shells the nuts for us. A small percentage is held back to sell in the shells. The shell is a natural protector and nuts can be stored in a freezer for a year before losing their fresh flavor.

Following the harvest Mick begins trimming the trees before the spring budding. The process prunes off the top branches and encourages the limbs to send out multiple sprouts. A third of the grove is done at a time in a three year rotation. This allows light to get down through the thick canopy in the summer, promoting more nuts. The tree also gains in strength as it sends out new limbs and healthier nuts. Mick can trim about 10 trees a day. There are 1,400 in the grove. For more details and photos go to our blog.

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Squash Mix Up

One of my favorite things to do is to find old cookbooks and look for vegetable recipes. I have a small library to turn to when I want something new. This week I was looking for a buttercup recipe. While scanning the index I found one for "Butternut Squash (Patty Pan)". If I have done nothing else this season I hope I have taught you that butternut squash, a winter squash, is nothing like the summer patty pan squash. When I looked up the recipe they certainly meant you to use the summer squash and not the winter variety with the mayonnaise. I hope the Women's Library Association of Denver Colorado made more money off the sale of the books than they did as cooks.

Kale:

Kale (*Brassica oleracea* var. *acephala*) is a member of the Cruciferae family. Kale and its relative, collard, are closely related members of the cabbage family. They probably originated in the eastern Mediterranean, where they have been cultivated for more than 2,000 years. Kale is thought of as a plain and hearty fare. It can be served in sophisticated cream sauces if liked but it tastes much better and more authentic if served plain with bacon, fatty meats or spicy sausages.

Nutritional value:

Nutritionally Speaking: Kale is a superstar! It is virtually loaded with calcium, potassium, indoles (cancer-fighting substances), beta-carotenes, and other antioxidants. It has a good supply of vitamins A and C, calcium, phosphorus and a little protein. It contains only 23 calories per 3 ½ oz.

Store kale in dry plastic bags in the refrigerator for up to three days. You can also cook the greens, and store them in the freezer in sealed plastic bags. They'll keep for months, so you can use them spontaneously in soups or casseroles when you don't have time to get to the store.

The Vegetable Cookbook
General Editor Carol Bowen
Exeter Books of New York, 1984

Steamed Kale

Source: 2005 "The Market Basket"

Serves 4

Ingredients:

1 pound kale	2 tsp. Oil
2 garlic cloves	¼ cup water

Preparation:

1. Wash the kale well. Cut off and discard any tough stems. Cut the kale into 1 inch strips.
2. Heat the oil in a large pot. Add the garlic, and cook it for 15 seconds. Add the water, and bring to a boil. Add the kale and toss it to mix well.
3. Cover the pot, and steam the kale for about 6 minutes or until the kale is just tender but still bright in color.

This week we hope to help you know the difference between the butternut and buttercup squash.



Baked Kale Fritata

Ingredients:

Vegetable Cooking Spray	3 cups chopped kale
1 onion chopped (1cup)	2 tsp. vegetable oil
¼ cup water	6 eggs
½ cup skim milk	
2 ounces cheddar cheese (½ cup shredded)	
½ tsp. salt	¼ tsp. pepper

Preparation:

1. Pre-heat oven to 375 degrees. Coat 9-inch round pan with vegetable spray.
2. Wash and chop kale. Chop onion
3. Heat oil in large frying pan on medium-high. Add onion. Saute 3 to 5 minutes, until soft and brown.
4. Stir in kale and water. Cover and cook 5 minutes. Remove pan from heat and allow mixture to cool.
5. In a large bowl, combine egg, milk, cheese, salt, and pepper. Blend in kale mixture.
6. Pour mixture into baking dish.
7. Bake 20 minutes.
8. Remove from oven and let set for 2 to 3 minutes. Slice into wedges.

Serves 6.

Buttercup Squash

Shaped like a turbine hat with a button on the bottom the squash comes in dark green or deep orange. The dark rich orange flesh cooks to a creamy texture with a sweet potato flavor that is a little dry.

Suggested cooking method:

Cut in half and using an ice cream scoop dig out the seeds. Place cut sided down in a baking dish with a little water to steam. Bake at 400 degrees or microwave until a knife easily pierces the flesh all the way through. Turnover and scoop out to mash. Add butter, brown sugar or maple syrup to taste. Can be used as a substitute for sweet potatoes.

Buttercup Casserole

This recipe was found in an old church ladies cookbook. It called for sweet potatoes from a can. I think we can do it one better.

4 Cups of buttercup squash	½ stick oleo or butter
½ Cup white sugar	2 eggs
½ tsp. vanilla	

Topping:

½ cup brown sugar	¼ cup chopped nuts
3 Tbsp. Flour	

Cook squash till soft. Scoop out the flesh and mash squash, sugar, eggs, and vanilla till creamy. Put in greased glass dish. Add topping mixture. Melt ½ stick oleo and drizzle over topping. Bake at 371 degrees for one hour.