

Note: Our last CSA week.



## Covered Bridge Gardens

CSA Newsletter

Week 16 of 16

### Kate's Question

#### How many different squashes are there?

If you search through the seed catalogs, you will find six major categories that winter squash fall under. We grow five of them that you have had in your bags this year. They are Acorn, Buttercup, Butternut, Delicate, and Spaghetti. One more in the books is the Blue Hubbard. There is a miscellaneous /novelty group with such items as grey ghost, peanut and long island cheese. We grew them this year as part of our funky pumpkin varieties. They are great conversation starters and are wonderful cooked. Each seed company gives their name to their seeds so they can be a hundred different names but they really all fall under these categories. I will continue to answer questions for Kate until the season ends for us and post them in our blog.

We hope you will continue your local farmers markets even though your CSA bags are done. The Ashtabula Market will run one more week. We will be at the Peninsula Market until the end of October. You can still stop by our tables at the Shaker Square Market until the end of November. In December the market will move indoors next to the CVS but Mick and I will be off to Arizona.

## Covered Bridge Gardens

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# The Nibbler

Here are some clever pumpkin decorating ideas.

We have learned over the years that some of you are very creative pumpkin artists. Here are a few of my tries over the years and some suggestions for you to try.

You might want to use your cooking pumpkin as a centerpiece for the holiday before cooking it. Why not adorn your squash with glued on leaves or seeds, add Mr. Potato Head eyes and mouth, or decorate with craft paints and markers. Then follow the cooking instruction below when you're done admiring it.

We have a large selection of pumpkins this year and will be bringing a few to the markets each week this month. You might want to even drive out and pick out one or two yourself. We have most cut and brought up to the barn so you can pick some out rain or shine. Just please call ahead to make sure someone is around.



### So Long

We end this season with mixed emotions. We are tired and ready for a break from the delivery pace, but we will miss all of you. We have gotten to know you better and have shared so much. There have been births, birthdays, soccer games, vacations and lost family members. The sixteen weeks have gone by so quickly. We have gone from spring green onions to winter squash. But as they say in baseball there is always next year. Those fans must have been farmers. Could that be why they have a farm league?

We invite all of you to join us next year. Our 2013 flyer will be sent to you by the first of November. There will be a few changes but Mick and Steve and I will still be here. We have decided to go to 15 weeks next year and limit the membership to 125. This will be a firm number and we encourage you to sign up early. Our membership was over 150 this year. These changes come as Mick is turning the business more over to Steve and thinking more about time off. We work seven days a week from June to November. We wouldn't do it if we didn't love it. Just ask us a farm question and you'll know.



### Holiday Pack Delivery Dates (ordering deadline October 7)

For those of you who have signed up for the holiday pack please mark your calendars for the following dates and delivery sites. Just in time for the Thanksgiving Holiday you will receive a large assortment of delicious items that will last for some of the winter months.

We plan to deliver your holiday packs at the following locations and dates: Please note some times and days are different than the usual CSA days.

Peninsula and Shaker Markets: Sat. Nov. 17 during regular market hours.

Ashtabula: Sunday Nov. 18st @ 9-10 am. at the Harbor Perk on Bridge Street.

Erie Sunday Nov. 18st @1 -1:30pm at our regular pick up site.

Avon Lake Monday November 19 @ 3-5:00 at Pembroke Child Development Center.

Lakewood Monday November 19 @4-6:00 pm at the Root Café on Detroit,

Jefferson: we will arrange individual pickups the week of November 19.

You will receive a confirmation e-mail with your specific information in November. If you do not receive a notice and think you have signed up please contact us (440) 862-1682

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

### Cooking with REAL Pumpkin

From the North Union Farmers Market

1. Find the pumpkin that's right for the job! Pie pumpkins are smaller, sweeter and softer textured. Look for one that is firm with no bruises and a nice orange color.
2. Wash the pumpkin under water. Cut the pumpkin in half with a serrated knife.
3. Scrape out the guts. An ice cream scoop works great. Save the seeds for roasting.
4. Microwave: Place in a microwaveable bowl with a cover add a couple inches of water and cook for 15 minutes on high. Add time until inside is easily scooped out. You can also cook it in the oven but it will take longer.

Oven Baked: Place cut side down in a shallow baking sheet lined with foil. Add a ½ inch of water and bake at 350 degrees till baked through.

5. Scoop out the insides. For a smooth consistency, mix in a blender.
6. To thicken, either cook slowly over low heat or pour into a cheese-cloth lined strainer and allow to drain into another bowl overnight in the refrigerator. Can be frozen for a later



Traditional Pie Pumpkins



These funky looking pumpkins also cook up for delicious soups and pastries. I tried both and thought the funky ones produced a creamier pumpkin with a little more flavor for the cookies I made.



Don't forget about making warm soups as our fall temperatures dip.

### Pumpkin Cookies

#### Ingredients:

2 cups sugar	2 tsp. Baking powder
2 cups shortening	1 tsp. baking soda
16 oz pumpkin puree	1 tsp. salt
2 eggs	1 tsp. ground cinnamon
2 tsp. vanilla	1 tsp. Nutmeg
4 c sifted all-purpose flour	½ tsp. all spice

#### Optional:

2 cups raisins	1 cup chopped nuts
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#### Directions:

In a bowl, thoroughly cream together sugar and shortening. Add pumpkin, eggs, and vanilla; beat well. Stir together flour, baking powder, soda, salt, and spices. Add to creamed mixture; mix well.

Stir in raisins and nuts if desired.

Drop spoonful of dough onto cookie sheet about 2-inches apart. Bake at 350 degrees for 12-15 minutes. Cookies are a cake texture when done.

Remove from sheet to cool. Frost with your favorite vanilla frosting.

Makes 7 dozen

### Pumpkin Pie Latte

#### Ingredients:

2 cups vanilla soy milk
½ cup water
1/3 cup pumpkin puree
3 ½ Tbs. sugar
4 heaping tsp. espresso powder
2 tsp. Pumpkin pie spice
2 tsp. vanilla extract

#### Preparation:

In a small saucepan, whisk together all ingredients and simmer over medium heat, stirring occasionally for 10 minutes. Serve immediately.

Source: Family Circle Nov. 08



This family photo was taken a few years ago. Time has flown. The young man on the bales is now in high school and working for us. He has been bringing our pumpkins in from the fields this month.

A special thanks to Pam Gran for her help with the newsletter each week.