



## Covered Bridge Gardens

CSA Newsletter

Week 13 of 16



### Kate's Question

#### **What kind of wild animals do you have around the farm?**

While we aren't exactly in the middle of a safari we are surrounded by woods that are home to many different animals. Kate wanted to know if we had deer (yes), skunk (yes) and turkeys (yes). We also know there are raccoons and squirrels because of the damage we see on the corn stalks. We can often look up and see hawks and buzzards flying overhead. Fox and coyotes help to keep down the population of small rodents.

Maybe because there seems to be lots of bugs this year, I have seen more bats in the evening.

To help keep all these critters in check we do have hunters on the farm during the hunting seasons.

This is another part of managing the farm.

I mentioned a few more in week six's newsletter.

## Covered Bridge Gardens

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# The Nibbler



Cartoon at right from the Star Beacon Newspaper

**" When you come to a fork in the road take it."**

This quote from Yogi Berra takes on a whole new meaning when you think about joining a CSA. We are glad you have decided to take a fork in the road to eating healthy and local. Recent news articles about special studies reinforce the nutritional value of eating fresh, local produce. We didn't need a study to tell us this did we? Even Frank and Ernest are joining in on the eat healthy wagon.

Some of you are trying to feel better and some are just trying to taste the real flavors in vegetables. So as we round the stretch to the last few weeks of the season, we hope you have enjoyed the benefits of your fresh produce. Our CSA program is designed to give you an insight as to what it means to eat in season. At time we know it is a challenge to keep up with the bounty but that's a good problem. Even with the drought conditions, overall we have been pleased how full the bags have been and the varied selection each week. Each week we have struggled to decide what to put in you share bag to give you variety and quantity for your weekly menu. By Tuesday night I am beginning to feel better as I put the newsletter to rest and type out the first "What's in your bag" tags. But we are not satisfied until the last bag is handed out for the week.

Even though we are getting more rain this month than we have seen all summer, it came a too late for some vegetables. The potatoes for one were small and few. The beets germinated well but without rain did not develop into the usual bushy topped bulbs. Planting more was futile without rain to germinate them again. The heat bolted my basil and some of the broccoli varieties. Sweet corn grew either too fast or not at all. Our corn season was shortened by about three weeks. The dry did make some really sweet watermelons this year. I couldn't find a bad one in the lot and I ate all I could.

This late rain has made a difference in the late green beans and has revived the Swiss Chard a little. One bright spot is our pumpkins and winter squash. They hated the rain last year and loved the drier warm conditions this year. You have already been enjoying the squash in your bags. We will be bringing our pumpkins to the markets in a few weeks. Lets not rush the end of the season too fast.



As you can see everything on the farm is connected like the threads of this web I found covered in morning dew. Keeping crops, weather, wildlife, soil, sales and family all balanced is what sustainability is all about. It's what has kept the Prochkos connected for over 75 years.

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



The Delicata is one of the lesser known winter squashes. Once you try its delicate nutty flavor you will move it up on your list of choices. Not too big, it makes it perfect for one or two people. It can be prepared as you do the acorn squash and with a little butter and honey drizzled over when done, you have a wonderful fall treat.



The Acorn comes in the traditional dark green or this colorful painted variety called carnival. Some think it's too pretty to eat and let it sit on their counter as decoration until later in the harvest season. Prepare it like the acorn variety.

### 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.



### 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 or taco seasoning can add a little kick too.

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

### Broccoli-Cheddar Salad with Toasted Winter Squash Seeds

#### Ingredients:

½ cup light mayonnaise

½ cup low-fat plain yogurt

2 Tbs. apple cider Vinegar

1 Tbs. sugar

4 cups broccoli florets cut into 1/2-inch pieces

2 medium carrots, graded (about ¾ cup)

1 small onion, diced (about ½ cup)

1 cup grated reduced-fat Cheddar cheese

1/3 cup toasted winter squash seeds

#### Preparation:

Whisk together mayonnaise, yogurt, vinegar, and sugar in large bowl. Add broccoli, carrots, onion and cheese and toss to combine. Season with salt and pepper. Chill overnight, or up to 2 days. Sprinkle with winter squash seeds just before serving.