



Covered Bridge Gardens

CSA Newsletter

Week 12 of 16

Reminder to Shaker members on location change due to Garlic Festival

Please Note: Change

Those picking up at the Shaker Market must be there before 10:30 on Sept. 8.

Please note we will be located on the sidewalk in front of the CVS on the Square. It may be a little harder to find us but we will be there with your bags. Look for our "smiling faces".

We will be there by 7 am if that helps anyone who wants to come early.

If you cannot make this change please let us know.

Reminder:

There is time to order your Holiday Pack. In the past it has been filled with potatoes, popcorn, 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.

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The Nibbler

CELEBRATE NATIONAL POPCORN MONTH

In honor of this special month we are including our popcorn in your bags this week. If you haven't tried it before you are in for a treat.

Recently the Ashtabula Carson & Jefferson Scenic Railroad brought in a steam engine to pull their touring train. While the engine was here the crew got some of our popcorn and poured it right down the smokestack. After a few minutes the popcorn started to pop and flew right up in the air. It rolled down the engine and built up on the catwalk along the outside of the engine. As it began to pile up, the engineer described it as "Lake effect popcorn." I was able to video it and have it on our Facebook page.



Check your weekly e-mails to sign up for freezing and canning bulk offers. Corn, peppers, and tomatoes are truly in season, and we have plenty for large orders. Other things will be coming too. Check out the list on our webpage and ask if there are special things you are looking for.



Kate's Question

What kind of a car do you have? What does a farmer drive around in when he's out on the town? Good question. For those who see us on Wednesdays and Thursdays, you might know our little red Ford F-150. This little red wagon helps deliver the produce during the week and then makes the trip to Arizona each winter. Mick likes how roomy it is and comfortable to drive. It's what you'll see us in out on the town.

Our other farm truck is an E-350 Ford box truck. Those at Shaker and Ashtabula know how roomy the back of this truck is. This is the Clydesdale of the farm. We pack it for all the large markets we do. We have had the box truck since 2005 and it continues to serve us well mile after mile.

When I retired I sold my 10-year old Subaru and haven't bought a car for myself. I am always with Mick and one vehicle seems to work most of the time. I do miss picking the flowers with it.



Try Covered Bridge Gardens Popcorn

This week we are sharing our blue popcorn. The dark hulls give a little more crunch and the color gives it a full corn flavor. This is the same type of corn that blue corn chips are made from.

Follow the cooking directions on the bag for the stove top. It does work well in an air popper too.

Keep the bag closed tightly between uses. Store the kernels in a dry area. Popcorn stored in the refrigerator may draw moisture and not pop as well.



Butternut Squash

This squash is easily recognized for its light tan color and peanut shape. Over the past few seasons cooking shows have made this squash more popular than the acorn squash. It has the versatility to be cut up and used in soups and casseroles. Store this type of squash can be stored at room temperature for about a month or in a cool, dry place for longer winter storage.

Some Facts about Popcorn

Of the five types of corn -- sweet corn, dent corn, flint corn, pod corn and popcorn -- only popcorn pops.

During World War II, sugar was sent overseas for U.S. troops, leaving little in the United States to use for candy. As a result, Americans ate three times as much popcorn. The very first use for the early microwave oven was for popping corn. Popcorn consumption during the 1950's slumped when television became more popular and attendance at movie theaters dropped. That's why movie night at home should include popcorn.

Today Americans consume about 17.3 billion quarts of popped corn each year. The average American eats about 54 quarts. I know I do my share to keep that average up. As the oil and the water are heated past the boiling point, they turn the moisture in the kernel into a superheated pressurized steam. Under these conditions, the starch inside the kernel gelatinizes, softening and becoming pliable. The pressure continues to increase until the breaking point of the hull is reached: a pressure of about 135 psi and a temperature of 180 °C (356 °F). Each kernel of popcorn contains a certain amount of moisture and oil.

In popcorn jargon, a popped kernel of corn is known as a "flake". See we are just a bunch of flakes. Two shapes of flakes are commercially important. "Butterfly" flakes are irregular in shape and have a number of protruding "wings". This is our kind. "Mushroom" flakes are largely ball-shaped, with few wings. Butterfly flakes are regarded as having a better feel in the mouth, with greater tenderness and less noticeable hulls.

Popcorn can pop up to 3 feet in the air like in the smoke stack of the engine.

Almost all the popcorn consumed throughout the world is grown in the United States. Truly an American tradition.

It takes almost a year to go from seed to dried kernels. We plant in May and harvest the ears in late October when they are somewhat dry. Then we store the ears in cribs that allow the air to continue to dry the cob and the kernels. By February or March it has reached the 13% moisture content and pops at a good rate. At that point we begin to shell it for packaging.

Popcorn is included on the list of foods that the American Academy of Pediatrics recommends not serving to children under four, because of the risk of choking.

Butternut Soup

Makes 8 servings

6 Tbs. Chopped onion	4 Tbs. Margarine
3 cups water	6 cups peeled and cubed butternut squash
4 cubes chicken broth	½ tsp. dried marjoram
¼ tsp. ground black pepper	
1/8 tsp. ground cayenne pepper	
2 (8 oz.) packages of cream cheese	

Preparation

1. In a large saucepan, sauté onions in margarine until tender.
2. Add squash, water, bouillon, marjoram, black pepper, and cayenne pepper.
3. Bring to a boil; cook 20 minutes, or until squash is tender.
4. Puree squash and cream cheese in a blender or food processor in batches until smooth.
5. Return to saucepan, and heat through. Do not allow to boil.

