

# The Nibbler



Covered Bridge Gardens  
CSA Newsletter  
Week 14 of 15- 2014

It's the little things we will miss the most...

One of the side lines of growing shares for our members has been watching the little ones learn about vegetables and the farm. These are just a few of the many young members over time that Mick and I enjoyed seeing grow like sprouts. Thank you parents, for giving your families this experience and thank you for sharing your stories and pictures.

Note: the large bundle of greens the young man is holding was edamame we grew one year.



## Just a few more weeks to order from our bulk sales

Over the last few weeks you have had a chance to try some of the different winter squashes. If you want to order a supply let us know. They are \$1/lb and weigh about 2pounds each. We also have a supply of pumpkins, Indian corn and gourds with us at our pick up locations in Lakewood, Shaker and Ashtabula. Those at the farm can pick directly from the piles in the barn.

Watch for our weekly e-mails for details of what we have and get your orders in. Pass this on to friends too.



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Butternut is one of the most popular squash this time of year. Because of its size it lends it's self to large dishes like soups and casseroles. It also stores well so you can expect to have it almost to the New Year. You might have a favorite recipe but if not here some suggestions. Remember to roast the seeds for winter healthy snacking.

## Butternut Soup

Makes 8 servings

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

### Preparation

In a large saucepan, sauté onions in margarine until tender.

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.

Buttercup is that funny little squash you see at the market but don't know what to do with it. Well here is your chance. It has a dry sweet potato consistency and flavor. The seeds are large and great to roast. I like to cut it in half, turn cut sides down and with a little water on a dish microwave for about ten minutes. Carefully remove and turn over. Add a little salt and lots of butter, cinnamon or maple syrup .

It can also be stored for months and makes a great decorative centerpiece you can eat later.



## 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 toping. Bake at 371 degrees for one hour.

Even though we are discontinuing CSA memberships you will have our website to go to for vegetable information and recipes.