

The Nibbler



Covered Bridge Gardens
CSA Newsletter
Week 12 of 15- 2014

WE'VE COME A LONG WAY BABY

This week I thought you might enjoy a little look back to when we started packing CSA shares ten years ago. There are a few of you that have been with us that many years.

When we first changed our name from Prochko Dairy to Covered Bridge Gardens in 2000 we knew we needed a farm sign out front. Over time it has been spruced up a bit but it still helps our friends find us. The scarecrow in this photo was known as Ben Picking.

This year the front of the barn made a historic change when we joined the newly formed Ashtabula County Barn Quilt Trial. Inside we have made many improvements. The first photo is the single table we crowded around filling bags under the open roof of the barn when we first started. We soon finished off the old cow stall portion of the barn. As Josh expresses with his arms open we now have lots of room for cleaning, packaging and storing.

In the fields things change every year as we rotate the crops, but when we first started we used only a small section of the farm by our house to plant. We soon expanded to use almost every portion of the 150 acres at one time or another. You will see Mick and Steve hand planting onions in early spring with covered lettuce beds behind them in 2005. The next photo is the fields and green house today planted with a plethora of vegetables.

This growth even shows at the Shaker Market, from one tent to three and a larger truck.

I hope you have enjoyed this little trip through our farm history.



Covered Bridge Gardens
1681 Netcher Rd.
Jefferson, Oh. 44047
www.coveredbridgegardens.com

Mick, Kay and Steve Prochko
(440) 862-1682
mick@coveredbridgegardens.com

Guide for winter squash in your pack:



Acorn



Carnival



Delicata



Spaghetti



Butternut



Buttercup

Winter Squash

Winter Squash have hard, thick skins and seeds. A winter squash is ready to pick when your finger nail can hardly make a mark in the skin. Winter squash is a good source of vitamin C, Manganese, potassium and fiber. It is low in calories- just 40 calories in 2/3 cup diced butternut squash. Use them as a substitute for mashed potatoes. Winter squash can be baked, steamed or simmered. They are a great source of iron, riboflavin and vitamins A and C.. The flesh is firmer than that of summer squash and therefore requires longer cooking. Winter squash is best from early fall through the winter. Choose squash that is heavy for its size and have a hard, deep colored rind free of blemishes. Depending on the variety they can be kept in a cool, dark place for a month or more.

Acorn Squash: Popular because of their taste and size. Rind is very hard. They are dark green in color with a yellow area on one side. Though known as a winter squash, this variety is from the same family as the summer squash.

Sweet Dumpling (Carnival): Flesh is sweeter and drier than other winter squash; peel is softer and can even be eaten. Looks like a multi colored acorn squash.

Delicata: have a delicate nutty flavor. They can be substituted in any acorn squash recipes. They are shaped like a cucumber with green and white stripes and thin skin.

Spaghetti Squash: After it is cooked the flesh resembles long yellow strands of spaghetti. Great substitute for pasta. Large pale tan colored football shaped.

Butternut Squash: Flesh is sweet and cream, but it tends to be a little dry. They are light tan in color. The butternut squash is a new world, North American squash.

Buttercup Squash: flesh is creamy with the dryness and flavor of a sweet potato.

We start off the season with Acorn and Delicata, both great in the recipe below.

Apple-Stuffed Squash

2 lbs of winter squash

Stuffing:

2 Tbsp. unsalted butter

2 Tbsp. Brown Sugar

½ cup finely chopped onions

1 Tbsp. Balsamic Vinegar

1 cup peeled and chopped apples

½ tsp. dried thyme

¼ tsp. salt

Prepare your squash by splitting it in half lengthwise and removing seeds and pulp. Place squash in a baking dish; set aside. To prepare stuffing: Melt butter in a skillet and sauté' onions for 3-4 minutes over medium heat. Add apples, brown sugar, vinegar, thyme, and salt; continue to sauté' for 2-3 minutes. Remove from heat. Pierce or score squash before filling so more of the flavor of the stuffing is absorbed. Spoon stuffing mixture into the squash. Bake at 375 degrees for 1 hour or until squash is tender.

Note: to keep squash moist while baking, add ½ inch of water to the bottom of baking pan; place in pan and cover with foil. Serves 4-6

Thank you, Ruth Simon for sending this recipe idea. We hope everyone enjoys it as much as your family did.

I just tried this potato recipe from Marcella Hazan's "Essentials of Italian Cooking". I used a mixture of Yukon Gold and redskin potatoes. I think it is "greater than the sum of its parts". I have abbreviated the instructions.

Baked Potatoes, Onion, Tomatoes, Apulian Style @ 400 degrees.

Ingredients:

2 lb potatoes Oregano, 1 1/2 tsp fresh, or 3/4 tsp dry

2 c. onions, very thinly sliced

Black pepper, freshly ground; salt to taste

1lb ripe tomatoes, diced 1/3 c. Extra virgin olive oil

3/4 c. grated Romano cheese 9 x 13 inch baking dish

Wash potatoes (I did not peel), slice no thicker than 1/4 "

In a large bowl, stir together up to 1/2 c water, and all ingredients except for the oil.

Grease the dish with about 1 Tb oil

Put the vegetable mixture into the dish, level it off.

Drizzle with the remaining oil (less, if you prefer)

Bake at 400 degrees on an upper rack for about 1 hour, or until done.

Turn the potatoes every 20 minutes, or so, during cooking.

When done, allow to sit for 10 minutes before serving.