



# The Nibbler



Your personal source for the best summertime veggies.

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Week 13 of 16

## Digging for Gold

By Pamela E. Gran

Early in the autumn season  
Out in the field on a morning cold,  
Farmer Mick strode about with reason,  
Preparing to dig for Yukon Gold.

With each heft of the iron hoe  
He unearthed a buried treasure.  
Moving aside dirt with booted toe,  
He revealed a find too great to measure.

Into the kitchen with his yield he walked,  
Calling to Kay with each step he took.  
Mashed potatoes, he said as they talked,  
Is what I'm hoping for supper you'll cook.

The golden bounty soon was cleaned and peeled.  
Next it was boiled to a perfect state.  
Some beef, a salad, and bread were revealed,  
Then finally the pair sat down and ate.

The potatoes were delicious and sweet,  
Made all the better with a sweep of butter.  
It's my very favorite thing to eat,  
Kay was pleased to hear Mick utter.

They were happy for the potatoes they had.  
They thought CSA members would agree.  
Mick and Kay were truly glad  
And knew members this gold they'd be happy to see.

## 13=Lucky

Cross your fingers, rub your lucky penny or wear your lucky socks, we have made it to week 13. Every year, just my luck, this is the week I run out of ideas for the newsletter. This year I am going to think of it as week 16-4. My father always turned everything into a math problem. He was born 5 days after the 4<sup>th</sup> of July.

We need to focus on four lucky weeks of beautiful produce waiting to be picked. You can tell from the bags and our market tables we are enjoying a plethora of flavors.

We have had several lucky things happen this season. Just a few weeks ago Mick found an arrow head in the field. It was a rare find. It was about the size of a fifty-cent piece.

We have seen many baby animals this season. A mother skunk and offspring would follow the tractor in the field. They eat small rodents and are very helpful to have around. A deer and twins have been grazing in the field next to our house. Just a mile away our neighbor has triplets they have been watching grow. Sunday morning a flock of turkeys blocked the road as we left for the market. And of course we have been watching Garth grow in his first summer on the farm. He's out barking at something as I type.

But the luckiest thing of all is our wonderful CSA members. We have enjoyed your friendship the most. You are understanding, appreciative, thoughtful and have made this season truly a fun experience. We hope you have found it all you expected it to be and more.

Good Luck,  
Kay

*Thank you to the Shaker members who found us last week in the muddle. It was a wonderful sunny day that made the challenge of finding us enjoyable. Please thank your friends who went the extra distance to locate your CSA people. This week we will be back on the street in our usual spot.*

Keep those recipes coming. If I don't get them all posted now, they will be among the selections by next season. Imagine me sitting in Arizona at Christmas in a little cottage under the pecan trees typing away on my lap top while enjoying sunshine. Did I mention the rustic deck and a cup of hot tea? Well you get the picture.

## Ingredients: *You will find more tips and recipes at our website.*

This week we have fresh dug Yukon Gold potatoes. They have grown larger than before as you can tell by one laying next to a blackberry pearl.

According to about.com, "Yellow-flesh potatoes are common in Europe and South America. In fact, yellow flesh potatoes are actually considered the norm in most countries outside North America, so naturally, immigrants to North America were accustomed to and preferred potatoes with yellow flesh.

We have the potato-breeding program of the University of Guelph in Canada to thank for the Yukon Gold. Led by potato breeder Dr. Gary Johnston and sponsored by Agriculture and Agri-food Canada, a research team spent years experimenting, finally achieving success by cross-breeding a North American white potato (Norgleam) with a wild South American yellow-fleshed variety (W5279-4). The result was the **Yukon Gold**, the first Canadian-bred potato to be marketed and promoted by name. It received a Canadian license in 1980 and soon began exportation to the United States.

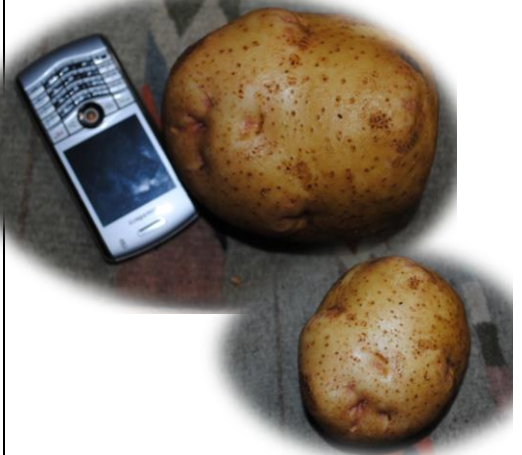
Yukon Golds are slightly flat and oval in shape with light gold, thin skin and light yellow flesh. They can be identified by the rosy pink coloration of the shallow eyes.

*Anthoxanthins* are the compound which gives the gold potato its beautiful yellow color. These flavonoids are also found in onions, apples, and cauliflower.

### Yukon Gold Potato Cooking Tips and Hints

The texture of Yukon Gold potatoes falls in the middle between Idaho potatoes and red potatoes. Its slightly lower starch content than the Idaho or russet gives it a combination of mealy and waxy textures. This makes it an all-purpose potato good for just about any cooking process, so feel free to experiment using golds in any recipe calling for traditional white potatoes."

## Yukon Gold Potatoes



## Acorn Squash

According to ehow.com "Acorn squash is shaped much like an acorn with longitudinal ridges, and appears deep green in color on the outside and yellow-orange on the inside. Acorn squash is not normally peeled. The squash is typically cut in half and baked, and may then be filled with toppings. Although baked acorn squash is quite healthy, the addition of butter or other heavy fillings will add to the fat and calorie content. A nutritionally sound alternative is to thinly slice the acorn squash, then steam or microwave it and serve with light seasonings."



### How to Cook Acorn Squash

#### Things You'll Need:

- 1 acorn squash, cut in half, seeds removed
- 1/2 Tbsp butter, per half
- dash of salt per half
- 1 Tbsp brown sugar per half
- 1 tsp maple syrup, per half

1. Prepare Squash for Cooking  
Preheat oven to 400 degrees F. Wash the outside of the squash. Cut squash in half and remove seeds with a large spoon. Take a knife and just make a few, shallow cuts in the squash (called "scoring"), so that the next ingredients can really soak in. Don't cut all the way through the skin, though. Place both halves in a small baking dish.
2. Add the Flavoring Ingredients  
To each half add: 1/2 Tbsp butter, a dash of salt, 1 Tbsp brown sugar and 1 tsp of maple syrup. No need to stir or mix.
3. Place the dish into the preheated oven, and cook for about 1 hour and 15 minutes. It might take a little more, or a little less, depending on the size of your acorn squash, and how your oven heats. When the squash is done, it will be very soft and a little browned. Better to be a tad overcooked than undercooked with this one! Makes 2 servings.

Source: ehow.com