



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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PRODUCTION IS LOCATED AT 5640 COUNTY A WEST, just west of intersection with Hwy 31

Garden and Weather Report

The weather this week looks like a repeat of a week ago with some serious heat coming in this Labor Day

Weekend. I had hoped we were through with temperatures approaching the century mark, but alas, it is not to be! For-

tunately we do not have many things left to worry about in the heat with the possible exception of our fall broccoli. It has not headed out yet so we may be okay with that. Broccoli just does not like heat so fingers crossed that it will stay in the plant just a little longer! I will say this though, I can take a few hot days knowing they are followed or preceded by cool mornings and more temperate afternoons. Fall is right around the corner. I know this because I looked at the calendar and the US Tennis Open is playing right now as I am typing this - all precursors to fall! Oh and the Acorn Squash



was ready to harvest. I guess I needed to add something relevant to the newsletter!

I think we also better talk about the rain situation. We have received about .60 inches this past week. Enough to keep from irrigating and enough to make harvesting a very muddy event over the weekend. It doesn't look like we are expecting rain in the upcoming week, which is fine as

everything is somewhat winding down and the over 3 inches we got recently is keeping everything moving the right direction! Check out the Celosia above, I will be doing flowers again in Weeks 13 and 14 for all of you.

This year the flowers have been amazing, as have been the weeds in the flowers. I try to keep up but as you see pictures of flowers, you will notice some of the weeds we just do not seem to have time to get to those with vegetables our priority, especially after a 3.5" rainfall! We do what we can to keep at the weeds, but it is a least favorite task!

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What's bugging us?

As we are harvesting the squashes, I cannot believe we made it



through a season without Squash bugs, Alleluia. I cannot remember a season without them. I did find one little nest of eggs on the zucchini earlier, but absolutely nothing on any of the other squashes. I must have done something right this year, just wish I knew what it was so I can repeat it in 2024.

What's Inside

This is Week 12 - B Week of the 2023 Season



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PRODUCE of the Week



This week we are featuring the carrots we harvested this week and celery.

Wild carrot (subspecies *D. carota carota*, also called Queen Anne's lace) is native to Eurasia and is thought to have been domesticated in Central Asia around 1000 ce. Prehistoric seeds have been found in archaeological digs, suggesting that the plant was used medicinally before the domestication of its edible root.

The orange carrots we know so well today only originated in the 17th century, produced by the Dutch following a cultural selection process. They soon became popular, then European colonisation introduced this root to the American continent.

Carrots are the second most popular vegetable in the world, after potatoes. Carrots are rich in nutrients that promote your health. They contain antioxidants, which may help protect your cells from damage and prevent conditions like cancer and heart disease. Vitamin A, which is plentiful in carrots, is crucial to ongoing eye health.



The celery in your box is a new variety that I tried this year. This celery is not like the Pascal that is grown in California and dominates the grocery aisles. I typically use this for cooking and I will put a recipe on page 4 for you to keep. We have weeks of celery for you so what you want to do is to chop and freeze it, leaves and all to add to soups in the winter. The flavor is just unbelievable.

Cool Celery facts: Celery is native to the Mediterranean region. The ancient Greeks used the veggies as flowers to reward winners of athletic games. The veggie is mentioned in Homer's *The Iliad*. It was first used as a food in Italy in the 1500s. The first record of the veggie was made by the French in 1623.

Two stalks of celery contain only 15 calories. Aside from its low calorie count, celery contains dietary fiber, vitamin K, and small amounts of vitamins A and C, calcium and iron.

Wash your Vegetables before cooking or eating raw.

Week 12 Produce

Garlic #
Onions
Summer Lettuce
Tomatoes
Egg Plant * OOB
Cabbage #
Celery
Acorn Squash #
Beets #
Carrots
Peppers
Cucumbers *
Kale - OOB

*omitted from 1/2 bu boxes
#smaller size or quantity in 1/2 Bu
OOB - out of the box

Storage Information

Please make sure that you wash all your vegetables. I may do an initial rinse on lettuces and those types, but you will need to wash again. This week all vegetables should be kept in the **mid** 30 degree range (I keep the temp at 34) in your refrigerator except tomatoes. Room temp for those and the Egg Plant as well. Both can be kept at 55 degrees but who has a fridge for that?

Garden and Weather Report

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With the muddy fields, we are rinsing everything but you will need to make sure you wash everything again. We took the carrots out this morning and the soil was perfect for lifting them out. We put John Mizer on the tool we use to undercut because he is the perfect weight to get the implement down 10 or 12 inches to the bottom of the carrots. Talk about using our workers to the maximum. I used to manually dig the carrots and it would take hours - this was done in a matter of about 20 minutes. Of course picking them up and cleaning - another story! We did rinse them for you but cleaning better will be necessary.

We do have peaches left over from last week that you can stop in and purchase during store hours - Wednesday and Friday, 4 to 6 p.m. and Saturday 8 a.m. to Noon. We will have tomatoes available on the racks again, just like last week for you to take and I am putting the eggplant on the table as well. This year looks to be a tomato in excess year - we are taking off gigantic heirlooms and the reds are getting bigger by day as well. Remember, if you would like a 1/2 or full bushel of canning tomatoes, please just email me your request. We do have some Marzanos, but a limited amount unfortunately. I will try to get a dozen quarts roasted for you to buy in the store and next year, I promise we will have more so that you can roast and freeze them yourselves.

A reminder to mark your calendar for Saturday, October 7th. We will have our harvest festival from Noon to 3:00 p.m. Come out and pick out your pumpkin, we will have something to eat and of course the store will be open. We will also have tours of the garden for you in haywagons - fun fun fun!

Enjoy your box!

Cheri

This Weeks Photo's



To the left - Ron and John “lifting” carrots out of bed. Above is Amy coming in last Saturday with celery and cabbage and pictured below is Chloe hanging out in the Celosia with Broom Corn behind her.



Celery and Beet Juice

Ingredients

2 Beetroot , diced
1 Stalk Celery
1 inch Ginger
pinch Black Salt (Kala Namak) , to taste

To begin making the Beetroot And Celery Juice Recipe, get all the ingredients ready and all you need to do is add the raw cut vegetables into the Juicer.

Extract the first juice and add more water to get the 2nd extract out from the pulp.

Pour the juice into a jar, add the salt and lemon if required. Check the taste and adjust the consistency of the juice by adding more water if required.

You have the first of the winter squashes in your boxes this week. My favorite way to fix any of them is to simply cut them in half, remove seeds, place a boat-load of butter, salt and pepper in the center, wrap them in foil and bake at 350 to 375 degrees until they are soft - up to an hour depending on the size of the squash.

Storage onions & acorn squash



Russian Cabbage Borscht

1 ½ cups thinly sliced potatoes
1 cup thinly sliced beets
4 cups vegetable stock or water
2 tablespoons butter
1 ½ cups chopped onions
1 teaspoon caraway seed (Optional)
2 teaspoons salt
1 celery stalk, chopped
1 large carrot, sliced
3 cups coarsely chopped cabbage
black pepper to taste
¼ teaspoon fresh dill weed
1 tablespoon cider vinegar
1 tablespoon honey
1 cup tomato puree
sour cream, for topping
chopped tomatoes, for garnish

Place sliced potatoes and beets in a medium saucepan over high heat; cover with stock, and boil until vegetables are tender. Remove potatoes and beets with a slotted spoon, and reserve stock.

Melt butter in a large skillet over medium heat. Stir in onions, caraway seeds, and salt; cook until onions become soft and translucent. Then stir in celery, carrots, and cabbage. Mix in reserved stock; cook, covered, until all vegetables are tender, about 10 minutes.

Add potatoes and beets to the skillet. Season with black pepper and dill weed. Stir in cider vinegar, honey, and tomato puree. Cover, reduce heat to medium low, and simmer at least 30 minutes. Serve topped with sour cream, extra dill weed, and chopped fresh tomatoes.

Celery and Carrot Soup

2 tablespoons extra virgin olive oil
1 small onion, minced
1 small carrot, peeled and thinly sliced
1 celery rib, thinly sliced
½ teaspoon dried tarragon
2 cups vegetable broth
½ cup dry white wine

Heat extra-virgin olive oil in a medium saucepan over medium-high heat. Sauté onion in hot oil until tender, about 5 minutes. Stir in carrot, celery, and tarragon; cook, stirring occasionally, until carrots are tender, about 5 more minutes.

Pour in broth and wine; bring to a boil. Reduce heat and simmer for 15 minutes. Serve hot.

Check Allrecipes.com for add'l recipes