

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

Hello from the Gardens! This is a truly transition week in the garden. We really have a combination of the last of some spring crops and the beginning of the summer harvest. We were able to harvest lots of mini white cucumbers for you now as those blossoms



have turned into delicious little cucumbers. You will find anywhere from 2 to 4 in your boxes this week. We also have begun harvesting our Provider Green Beans. Once again, the germination was so scattered for about 3 weeks that they are really challenging to harvest. I have three 100 foot beds with two rows in each bed and the difference in the maturity of the plants is unbelievable. So what I have done this week is an either/or selection for the beans and peas. I also did this with the cauliflower and broccoli we had left. That means you will get one or the other in your box.

If you do not get beans this week, do not worry. I have 1,000 row feet of bean plants and they will be producing plenty of beans for everyone in a few weeks. We also have some other left overs and so you may find a "surprise" in your box. It will be something not listed on the Produce list on page 2. I will randomly place some of these in boxes to keep from having to put them into the compost pile in the coming weeks! If you find one of the surprises in your box - you may want to buy a Lotto ticket!

Now about those darn zucchini plants - they are FINALLY BLOSSOMING and putting on little zucchinis. I hope to have those in your boxes next week because once they appear, they grow really fast and furiously. I have also spotted a few eggplant and the peppers are coming on as well. You will find a large cubanelle pepper in your box this week. They are sweet and great in salads or added to pizza!

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What's bugging us?

We are starting to see cucumber beetles on our squashes.



They are not on the cucumbers at all. We will have to spray afternoons because they love the blossoms and we cannot interfere with the honey bees' morning adventures. I finally noticed those disgusting Japanese Beetles eating the Zinnia leaves and other plants. They actually dive bomb my head when I am knocking them into my bucket of soapy water.

What's Inside

This is Week 6 - B Week of the 2023 Season



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PRODUCE of the Week



Wash your Vegetables before cooking or eating raw.

Week 6 Produce

Blueberries
Red Oakleaf
Romaine
Cauliflower or Broccoli *
Tendersweet Cabbage #
Fennel
Dill Clamshell
Large Cubanelle Pepper
Green Beans or Purple Snow Peas
Chard *
Kale #
Mini White Cucumbers #

*omitted from 1/2 bu boxes
#smaller size or quantity in 1/2 Bu

Storage Information

Please make sure that you wash all your vegetables before consuming them. I may do an initial rinse on lettuces and those types, but storage for items like Romaine and other lettuces keep fresher without rinsing and adding water to the storage bins. This week all vegetables should be kept in the mid 30 degree range in your refrigerator.

This week we are featuring Mini white cucumbers and Michigan blueberries.

Blueberries may help lower blood pressure and prevent heart disease. In fact, blueberries are one of the healthiest fruits for you. Studies show that they help protect against aging, cancer and damage to your DNA. A standard serving of 100 grams (3/4 of a cup) provides 65 calories and 15 grams of carbohydrates.

Our favorite boost of blue isn't new – blueberries, native to North America, have been part of life here for 13,000 years. The first highbush blueberry bush was successfully cultivated for commercial production in the early 1900s, and today, we grow nearly 1 billion pounds of blueberries in North America each year. Blueberry bushes can grow all over the U.S., and farmers in 26 states produce blueberries commercially. More than 98% of that production happens in just 10 states, spanning the country from coast to coast: Oregon, Washington, Georgia, Michigan, California, New Jersey, North Carolina, Florida, Texas and Minnesota.



Miniature White cucumbers are small, averaging 5 to 10 centimeters in length, and have a cylindrical shape with curved, blunt to slightly pointed ends. The skin is thin, bumpy, and lightly covered in black-tipped spines, ripening from green when young to shades of white, pale yellow, or bright yellow with maturity. Underneath the surface, the pale-yellow flesh is tender, aqueous, and crisp with a snap-like quality. The flesh also encases a narrow, central cavity filled with pliable, ivory seeds suspended in a pale green, gelatinous liquid. Miniature White cucumbers have a mild, sweet, and subtly green flavor without the bitter taste commonly associated with other white cucumber varieties.

Miniature White cucumbers are best suited for fresh, cooked, and pickled applications. The cukes have thin skin that does not need to be peeled before eating. They are a source of vitamin K to promote faster wound healing, vitamin C to strengthen the immune system.

Garden and Weather Report

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We had a great day today. We harvested over 2,000 garlic heads with our amazing crew that included Justin and Therese Miller's two daughters. They were heading to Horse Back Riding Camp but stopped by for an hour and not only helped their father with picking up the garlic, but also picked over 6 pounds of peas for me. I totally ignored child labor laws because I could not keep Evelyn and Fiona from volunteering and helping - they were amazing. They are pictured on Page 1 and you can see them working hard below.

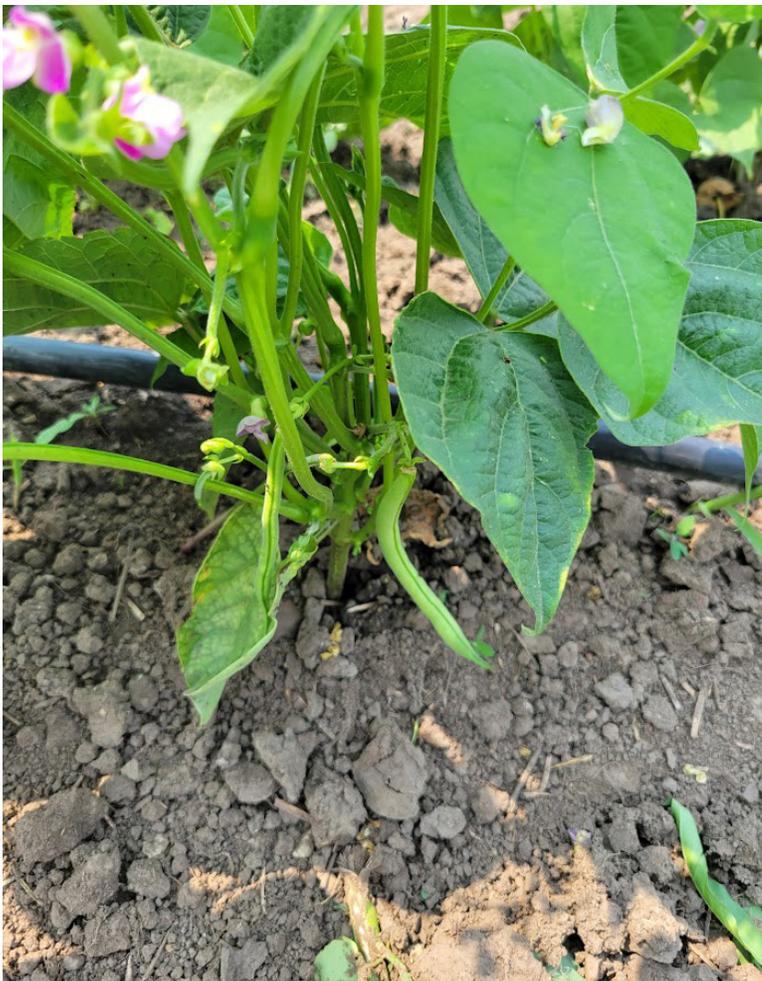
Garlic needs to dry for several weeks before I can begin putting it into boxes. I will save back 600 heads for next year's seed garlic, but the rest is coming your way!

We have brought in enough blueberries for two weeks in the boxes with extra for you to purchase if you would like to freeze them for the winter. We always freeze about 5 lbs ourselves to put on ice cream, in pancakes and muffins. If you would like a 10 pound box - the cost is \$37.50. If I break up the 10 lb boxes, the cost will be \$4.50 per pound. The red berries you will see in the blueberry pint in your box are Currants from our garden.

Enjoy your box!

Cheri

This Weeks Photo's



Pictured to the left is a green bean plant with one stinking bean and tons of blossoms that will become beans in the very near future! When we typically harvest a 100 foot bed of beans we get about 40 pounds of beans, not yet but that time is certainly coming. Pictured below is my Garlic Crew - Chloe in the foreground, the Miller girls with their Dad, Kris Coen and John Mizer. Not pictured is Ethan who was instrumental in getting the first 1000 hanging. I will have a picture of all of them hanging for you next week.



I am going to put in more summer salad recipes this week since we have such great spring lettuce in boxes!

Fennel - if you do not have a favorite recipe for this, simply cut off the fronds and freeze the bulb. I will have a recipe for you later - Tomato Bisque Soup that used Fennel bulbs. Put the fronds in a salad.

Shaved Fennel Salad

1 fennel bulb, shaved paper thin with a mandoline or meat slicer
2 tablespoons extra virgin olive oil
1 tablespoon fresh lemon juice
1/8 teaspoon chopped fresh thyme leaves
1 tablespoon chopped flat-leafed parsley
2 tablespoons shaved Parmesan cheese.

In a medium bowl add shaved fennel, olive oil, lemon juice, thyme leaves, parsley, and Parmesan cheese. Gently toss all of the ingredients together.

Some additions I saw were shaved carrots added or thinly sliced radishes - salt and pepper

Tips & Recipes

Cucumber Salad with Dill

1/2 cucumber, very thinly sliced
salt and ground black pepper to taste
1/4 cup sour cream, or to taste
1/4 cup vinegar, or more to taste
1/4 cup plain yogurt
2 tablespoons mayonnaise
1/2 lime, juiced
2 teaspoons white sugar
1 teaspoon dill
1/2 red onion, thinly sliced
1/2 stalk celery, thinly sliced

Place cucumber slices in a colander. Generously sprinkle salt over cucumber; let sit until water starts to bead on the slices, about 10 minutes. Drain water from cucumber slices

Whisk sour cream, vinegar, yogurt, mayonnaise, lime juice, sugar, and dill together in a large bowl until dressing is smooth. Mix cucumber, onion, and celery into dressing until evenly coated; season with salt and pepper.

Coleslaw w/my grams's dressing recipe!

The Tendersweet Cabbage in your box makes the best slaw ever! If you have Kohlrabi left in your fridge, you can also add this to the cabbage, grate some carrots in for color and here is the best dressing recipe. It is the best because the slaw stays great for days with this dressing.

In a small sauce pan on the stove bring to a boil:

1/3 C White Tarragon Vinegar

2/3 C Vegetable oil

1 C white sugar (didn't say it was healthy)

If you are only using half the cabbage - do 1/4; 1/2 & 3/4Cups for the dressing.

Pour over the shredded cabbage, let sit for 45 minutes and refrigerate - overnight for best flavor!

Coming soon - GARLIC



Don't forget to check the Internet for additional recipes. There are some great ones at Food Network or All Recipes.