



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

16000 B 38th Street, Kenosha, Wisconsin 53144 - 815-494-1251 - cdoetch53@gmail.com

Garden and Weather Report

Hello from the Gardens! You all must have done some serious rain dancing. We received about 3/4 of an inch of rain out at the Somers Farm and are expecting some additional precipitation tonight. When it comes over time it is much better. It allows the first rain to soak in. I do believe that the vegetables in the garden grew 6 inches overnight. But the weeds loved it too - they grew at least 10 inches overnight. My pictures today will have weeds in them as we will get to them this week but not before my Tuesday morning photo shoot! It was a little muddy this morning.



But not too bad. I am hoping that we are entering a more regular rain pattern, fingers crossed for that. The plants just love the water that Mother Nature provides! With that said, the tomatoes have really taken off. Pictured in the center are a couple of Chocolate Cherry tomatoes that are just about ripe and we have actually begun snacking on the few Sun Golds that we are finding at the base of the plants. It will be just a few weeks and we will have them for all of you. The Cherry tomatoes are always the first to ripen, and those Sun Golds are so sweet I call them garden candy!

• Continued on page 3

What's bugging us?

Isn't that a cute little butterfly to the right? You would think so but this is actually one variety of a cabbage moth and right now they are flying and playing in the garden all around the cabbage, cauliflower and other plants they like to lay their eggs in. The green caterpillars that much on our vegetables. We will spray BT for these which will help contain them.



What's Inside

This is Week 4 - B Week of the 2022 Season



News - pages 1-3
Recipes - page 4
Produce for the Week - page 2

PRODUCE of the Week



PLEASE MAKE SURE YOU
WASH ALL YOUR VEGETABLES

Week 4 Produce

Fennel
Radishes
Spring Onions
Romaine Head Lettuce
Bag of Red/Green Leaf Lettuce
Head of Crispino Iceberg Lettuce
Kohlrabi
Garlic Scapes
Sugar Snap or Purple Snow Peas
Broccoli
Beet Nuggets
Kale or Chard

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 Fennel and our second type of Pea - PURPLE SNOW.

Fennel is a flowering plant species in the carrot family. It is a hardy, perennial herb with yellow flowers and feathery leaves. It is indigenous to the shores of the Mediterranean but has become widely naturalized in many parts of the world, especially on dry soils near the sea-coast and on riverbanks.

It is a host plant for the Black Swallowtail butterfly. We must have found two dozen of their caterpillars on the fennel last year. We would share the fronds with them as the bulb is what is most often used.

When I looked up the benefits of this vegetable I was totally amazed. Beside the typical claim that additional fiber gives you, the bulb of this plant really has some cancer, bone health and immune system benefits through selenium which is present in Fennel. The selenium found in fennel appears to stimulate the production of killer T-cells and modulates the immune system in other ways. With all the information we absorbed the last two years on T-cells with the Covid pandemic, I was interested in this aspect.



Selenium found in fennel is absent in many other fruits and vegetables. It contributes to liver enzyme function and helps detoxify some cancer-causing compounds in the body. Selenium can also prevent inflammation and decrease tumor growth rates.

Fiber intake from fruits and vegetables like fennel is associated with a lower risk of colorectal cancer. All this came from Wikipedia -

Purple snow peas are typically harvested when young, approximately 5 to 7 days after flowering, and are favored for their mild, subtly sweet flavor, tender texture, and visually attractive nature. Purple snow peas share a similar flavor profile to green snow peas, but the purple pods are still considered rare and are not produced on a wide scale. Chefs and home cooks use Purple snow peas as an edible garnish in fresh preparations or as a lightly cooked vegetable.

We have been growing and saving these seeds because of their unique appearance.

Garden and Weather Report

continued from page 1

We will also have green beans soon. They have finally blossomed and are putting on beans. The rain was really needed as I like to have beans for most of the summer and I had seeded another bed but without rain (and we went almost two weeks with none) the seeds do not germinate. The rain last night will hopefully get them going. We were just about to water all the seeds I planted a couple weeks ago but thankfully old Mom Nature came through!

We have more Sugar Snaps coming this week and I am also going to throw in the Purple snow peas featured on page 2 so you may get those instead of the the Sugar Snaps. They are really beautiful looking peas. We are just about done with the Spring Romaine and Crispino lettuces. We have some in the cooler so they will be in your box this week. I made a salad out of them for the Fourth and the Crispino had some brown in the center which I just cut around. I cannot tell from the outside so I am going to put them in this week, but we are no longer harvesting any more from the garden. The Romaine is still tasting and looking good. Summer Lettuces are just around the corner though! These next few weeks are typically a transition from the Spring crops to the Summer - forward and onward we go!

Cheri D.

This Weeks Photo's



To the left is a summer lettuce called Cherokee. The summer lettuces absolutely loved the rain last night as did the purslane weed next to it. Below is a picture of a tomato plant that is loaded with blossoms. I am thinking it is going to be another great year for tomatoes!



Tips & Recipes

If you do not want to try any of the Fennel Recipes - you can cut the fronds off and freeze the bulb. In September I will put a Tomato Bisque Soup recipe in for you that uses the fennel bulb you have previously frozen!

Stir Fried Snow Peas and Mushrooms

1 tablespoon sesame seeds
1 tablespoon olive oil
½ pound snow peas
4 ounces fresh mushrooms, thinly sliced
2 tablespoons teriyaki sauce

Cook and stir sesame seeds in a medium skillet over medium heat until lightly browned, about 5 minutes. Remove from heat; set aside.

Heat oil in the skillet over medium-high heat. Stir in snow peas and mushrooms. Cook until tender, 3 to 4 minutes.

Transfer snow peas and mushrooms to a medium bowl. Toss with toasted sesame seeds and teriyaki sauce; serve warm.

Recipe from Allrecipes.com

I also have put snow peas in many salads I make - they add a sweetness to the salads.

What's next-BEANS!



Baked Fennel with Parmesan Serves 4

2 fennel bulbs
1 tablespoon butter
¾ cup half-and-half cream
¾ cup creme fraiche
¼ cup grated Parmesan cheese

Preheat the oven to 400 degrees F (200 degrees C). Cut the base off of the fennel bulbs, and cut a cone shape into the base to remove the core. You can see the core because it is whiter than the surrounding green. This is optional, but helps the fennel cook faster. Slice the fennel vertically (upright) into 1/4 inch thick slices.

Melt the butter in a large skillet over medium heat. Add the fennel, and fry for about 5 minutes. Stir in the half-and-half and creme fraiche until well blended. Transfer to a shallow baking dish. Sprinkle Parmesan cheese over the top.

Bake for 30 minutes in the preheated oven, or until the top is golden brown and the fennel is tender enough to pierce with a fork.

Red Snapper with Fennel - Serves 6

Red Snapper
⅓ cup extra-virgin olive oil
3 cloves garlic, minced
1 bulb fennel, thinly sliced
1 shallot, minced
½ cup chopped fresh parsley
1 (4 pound) whole red snapper
salt and pepper to taste
¼ cup dry white wine
2 tablespoons lemon juice
3 tablespoons minced garlic

Preheat an oven to 300 degrees F (150 degrees C). Spray a 9x13 inch baking dish with cooking spray.

Heat 4 tablespoons of olive oil in a skillet over medium heat. Stir in 3 cloves minced garlic, fennel, and minced shallot. Cook and stir until the fennel has begun to soften, about 5 minutes. Remove from heat. Transfer vegetables to a bowl, and stir in chopped parsley. Reserve cooking oil. Season the fish all over with salt and pepper to taste, then stuff snapper with fennel mixture. Use kitchen twine to tie the snapper together in three places. Place the snapper into the prepared baking dish, drizzle with the white wine, lemon juice, and reserved oil. Sprinkle with 3 tablespoons of garlic.

Bake in the preheated oven until the fish is no longer translucent, and flakes easily with a fork, about 20 minutes.

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