



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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What's bugging us?

Paige was harvesting and checking the tomatoes on Friday and



found this little lovely in the plants and then found another 21 of them. The tomato hornworm can defoliate an entire plant rather quickly so I am so thankful that my partner this year is a budding entomologist. She loves everything bug and has a real eye for them. They are very difficult to see. Way to go Paige!

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Garden and Weather Report

Hello from the Gardens. Wow, we are past the halfway mark for our season this year and we have so much more in the garden coming. I think it is pretty certain we will be extending our season so that I can give you the squash, brussels sprouts and fall beans and greens! This week we will have sweet corn. I have always put corn in from Dawn Reimer's farm located in very north Boone County, Illinois about 5 miles from Sharon Wisconsin. She is providing the corn from her first seeding as with the drought, it could be all she will have. Corn really needs consistent rain and with our "severe" drought this year, I am thankful to get this. It may be inconsistent in size.



We are truly in a drought this year. But with that said, we are always ready for that because we grow on beds. This sets us up for drought or too much rain. We lay lines down for irrigation and because we are up on beds, should we be in a situation of too much rain, the beds are a mitigation for that situation. Ron checked and we have received 11 inches to date. In a normal year that number would be 22 inches. In 2012, another drought year, we had 14 inches by this date. So we are even drier than 2012. However, the temperatures haven't been nearly as hot which has certainly helped keep the plants happier.

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What's Inside

This is WEEK #9
of the 2021 Season



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PRODUCE of the Week

This week we are featuring Eggplant and garlic.

There is no consensus about the place of origin of eggplant; the plant species has been described as native to India, where it continues to grow wild, Africa, or South Asia. It has been cultivated in southern and eastern Asia since prehistory.

Some common cultivars have fruit that is egg-shaped, glossy, and purple with white flesh and a spongy, “meaty” texture. Some other cultivars are white and longer in shape. The cut surface of the flesh rapidly turns brown when the fruit is cut open (oxidation).

There is so much information on eggplant I couldn’t begin to write all of it for you. However, the most important thing you need to know is that it is a fruit that because of its texture and lack of specific flavor, adopts whatever you cook with it, sautee it in or marinate it in. I have put a recipe on page 4 that sounds wonderful and I will be trying it as soon as I have an extra one out of the garden for us to try. I love it dipped in egg/flour/parmesan and fried.



Hardneck garlic bears a stiff stalk called a scape.

In the Old World, Egyptian and Indian cultures referred to garlic 5000 years ago.

Garlic provides us with cardiovascular benefits in a variety of different ways. In fact, so diverse are these different pathways for cardiovascular support that new studies keep discovering new ways in which garlic helps protect this body system. By far the best researched of these pathways are the antioxidant and anti-inflammatory properties found in this allium vegetable. Right alongside of this anti-inflammatory support is the antioxidant support provided to our heart and blood vessels through consumption of garlic.

Garlic is an excellent source of the antioxidant mineral, manganese, and a very good source of vitamin C, another key antioxidant nutrient. More at <http://www.whfoods.com/genpage>.

Wash your Vegetables before cooking or eating raw.

Week 9 Produce

Sweet Cubanelle or Bell Pepper
Green Beans
Summer Lettuce
Cabbage
Sweet Corn
Broccoli or Eggplant
Zucchini
Genovese Basil
Garlic Head
Cucumber
Tomatoes

Storage Information

Please make sure that you wash all your vegetables before consuming them. I do an initial rinse on lettuces and those types, but storage for items like 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 except cucumbers, zucchini, eggplant and tomatoes.

Garden and Weather Report

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We are harvesting eggplant and have about a dozen that are ready. Because they do not have a long shelf life, we will be putting them in your boxes as we harvest them. This week when you pick up your boxes there will be either a B or an E on the boxes. B is for a bundle of Broccoli Side Shoots and E will have an eggplant in it. So if you have a preference you may want to hustle over and make sure you look before you grab a box! If you miss out on an eggplant this week, no worries we have many more coming as you can see by the picture below!

PAIGE'S PATCH

As Cheri has mentioned above, tomato hornworms have been bugging us this week! It's almost a shame that they're such a nuisance, as they are large, beautiful looking caterpillars. Garnering their name from a curved spike protruding from the last segment of their body, tomato hornworms have excellent camouflage. In fact, only after noticing a large caterpillar dropping while picking tomatoes, did we realize we had them in the garden. Upon this finding, a thorough inspection of our tomatoes was in order. On our 300 plants, 22 hornworms were found in one sweep, and we both knew there were more hiding!

Action must be taken immediately with hornworms, as they can quickly defoliate a whole tomato plant and eat the fruits still on the vine! The treatment we use is an OMRI approved product called Bacillus thuringiensis (BT), also sometimes called DiPel, which is a microbe that occurs naturally in the soil. We spray BT on the leaves of the tomato plants, which will be toxic to certain insects when they eat the leaves. But fear-not, as this is 100% safe for humans, pets, and bees! We sprayed our tomatoes on Friday and came back to do an inspection on Monday. What we found was kind of cool, but also kind of gross! A grey, deflated hornworm hanging from one of our tomato plants. Dead from ingesting the BT. Clear proof that there's always an effective organic way to deal with the many hurdles that come with farming!

Check out the pictures on page 5 of the BT results on the caterpillars.

This Weeks Photo's



To the left is the first of the eggplant harvest, picking cucumbers and some mini white cukes. We will have both mini whites this week or you may get a "normal" marketmore cucumber. Above is one eggplant plant with three blossoms on it so there will be many more eggplants and I will have recipes for you should you need them for this great "fruit."

Just an fyi, we will have pickles for sale in a few weeks at the store on Saturdays. This will also be an option for you to chose for your Value added item in the last box. The pickling cucumbers are producing like crazy right now and the dill is perfect at the same time - never happened to me this synchronized in my growing career until this year.

The zucchini plants are just about finished - I know - thank goodness, right? We will have some available should you decide you just have to have one more - let me know and I will make them available for you.

Below is Maddy Heide. She will be leaving us soon, heading back to the PNW to go back to school and finish her 4th year! Bachelor of Science - you go girl!

We will miss you Mads!



Dill Pickles!!!!



Tips & Recipes

This is from Debra Bruesewitz - PASTA ALA NORMA

- 1 large eggplant , cut into cubes
- salt
- 12 oz. penne pasta
- 1/3 cup olive oil
- 2 cups cherry tomatoes or can use other tomatoes, even canned.
- 2 tablespoons capers
- 2 cloves garlic
- 1 tablespoon red wine vinegar
- 8 oz. of fresh mozzarella balls
- 1/2 cup basil leaves fresh, torn

1. Put eggplant in strainer and toss with 1 teaspoon salt. Let stand for 1 hour. Rinse and drain well. Pat dry in dish towel. Bring large pot of salted water to boil. Cook penne.,
2. While pasta cooks heat oil in large skillet. Add eggplant and cook until tender, about 8 minutes. Add cherry tomatoes, capers and garlic. Stir often until tomatoes begin to break down,. Transfer to large bowl. Add drained pasta and vinegar. Cool slightly and stir in mozzarella balls and basil.

WHAT TO DO WITH THE LAST ZUCCHINI

The easiest way to make zucchini noodles is to use a spiralizer. They make long, curly noodles in minutes. This is a great tool to add to your kitchen. Available on Amazon for less than \$30. Some food processors come with a spiralizer attachment now, too.

No spiralizer, no problem! You can also use a julienne vegetable peeler. These come in at under \$10 and might even be hiding in your kitchen gadget drawer right now.

Most mandoline slicers will make noodles, too.

You can also use a standard vegetable peeler and make wide noodles.

<https://www.inspiredtaste.net/29992/garlic-zucchini-pasta-recipe/>

This one looks really good and something I am going to try - go to the website for directions but it includes spiralizing the zucchini and the following ingredients:

- 4 medium zucchini (about 2 pounds) - 1/2 of Big Bertha, lol!
- 3 tablespoons extra virgin olive oil
- 1 tablespoon minced garlic (3 to 4 cloves)
- 1/4 to 1/2 teaspoon crushed red pepper flakes, depending on how spicy you like the pasta
- 2 medium tomatoes, chopped, see note (about 12 ounces)
- 1/2 cup shredded parmesan cheese, plus more for serving, see notes for alternatives
- 1 cup basil leaves, torn into pieces
- 1 teaspoon cornstarch, 2 tsp. cold water and salt to taste

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



To the left is a Tomato Hornworm after it took a bite of a leaf with BT!

Middle left is Charles Heide combining the rye that we use in our Pumpernickel bread. Mid right are our first decent sized big beefs for you. We will have a bag at pick up with tomatoes in them for you.

Bottom is Big Bertha, the largest zucchini squash to date coming in at 4.5 pounds, Yikes. We will be taking out the zucchini plants this week!

