



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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What's bugging us?

This insect is responsible for the spread of plant diseases such as bacterial wilt and squash mosaic virus. It is a striped cucumber beetle and I have found them on our winter squashes. We will be spraying neem oil and spinosad on these little stinkers so that they do not kill our plants.



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What's Inside

This is WEEK #10
of the 2021 Season



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Garden and Weather Report

Hello from the Gardens. Another week without measurable rain. The grass is brown outside and the fields of corn seem to be suffering with this lack of moisture. There is no forecast for rain in the near future - all bad news however the good news is - this is having little effect on our gardens. Ron is so diligent in his irrigation that other than the size of some things, we are doing just fine this year. In fact the tomatoes are loving this dry warm weather. I will have a bag for you this week that is mostly Big Beef, as they are ripening first. We will have some pints of cherry tomatoes to grab as well, first come deal and I have been roasting Marzano tomatoes already for sauce.



We have an abundance of green beans this week as well. So you will find at least a 2lb bag in your box this week and if you are wondering what to do with this many beans, check out page 4 for ideas. I have to note that the boxes with egg-plant in them were the last to go. It is apparent to me that you guys either do not like it or do not know what to do with it. I did prepare the recipe that was on page 4 last week and it was absolutely delicious, so give that a try. When I put them in the box again, I will have a Baba Ganoush recipe (Egg-plant humus) for you, also a real winner as you can make a bunch and freeze it. Paige

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PRODUCE of the Week

This week we are featuring the midwest best - Sweet Corn and Tomatoes.

I moved to Texas for about 11 years back in the 80s and the thing I missed most about not living in the midwest was the taste of Sweet Corn - oh they have it in Texas but it simply isn't the same! Climate and soils have made this amazing vegetable a staple for us in the Midwest summers. I was never able to describe the difference in taste to someone from Texas - big surprise!

Sweet corn occurs as a spontaneous mutation in field corn and was grown by several Native American tribes. The Iroquois gave the first recorded sweet corn (called "Papoon") to European settlers in 1779. It soon became a popular vegetable in southern and central regions of the United States.

Corn has several health benefits. Because of the high fiber content, it can aid with digestion. It also contains valuable B vitamins, which are important to your overall health. Corn also provides our bodies with essential minerals such as zinc, magnesium, copper, iron and manganese.



The tomato is native to western South America and Central America. In 1519, Cortez discovered tomatoes growing in Montezuma's gardens and brought seeds back to Europe where they were planted as ornamental curiosities, but not eaten.

If you thought the Italians had them first - they did not. These were part of the huge exchange that took place from Europe to the Americas and back again after 1492. Italians first grew the tomato about 1550 and apparently were the first Europeans to eat it. About 25 years later it was grown in English, Spanish, and mid-European gardens as a curiosity, with little or no interest in it then as food. The French gave it the name pomme d'amour; hence the English and early American term "love apple."

After having made good abroad, the tomato has attained great importance in its native hemisphere. Today, in the United States alone, hundreds of thousands of acres yield millions of tons of tomatoes.

Wash your Vegetables before cooking or eating raw.

Week 10 Produce

Sweet and Hot Peppers
Green Beans
Summer Lettuce
Cabbage or Fennel
Sweet Corn
Broccoli Sides
Kale
Onion
Garlic Head
Cucumbers
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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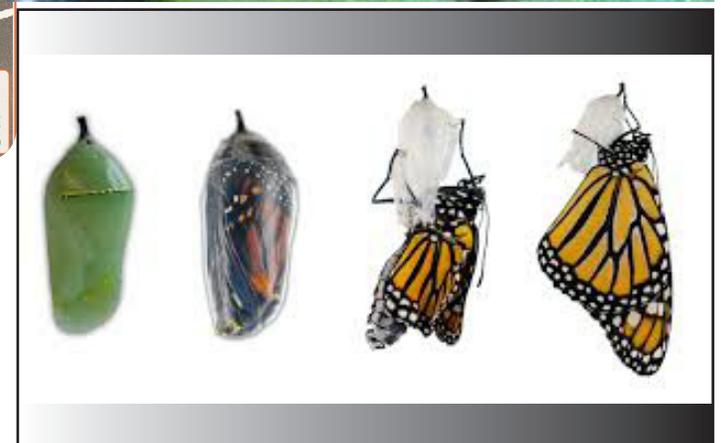
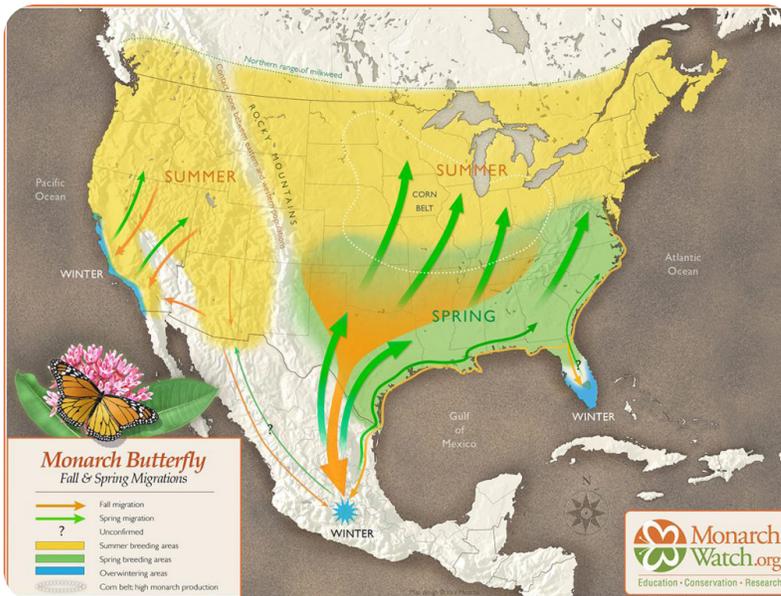
and I finished for the day on Monday and decided to take a ride through the Prairie in search of Monarch Caterpillars. These are my favorite to find and watch them mature into a chrysalis and finally a butterfly. If you think the Swallowtail is interesting, these butterflies have an amazing DNA. They have a life cycle of 2 to 6 weeks until the 4th or 5th generation of the summer. That generation some how knows to fly south. It took Ron and I years to figure out that south was better in the winter!

PAIGE'S PATCH

So with that said, how does this butterfly do it, what tells the last generation to slow down it's reproductive schedule so that it can take flight for a warmer climate, live another 6 to 9 months and then finally head back up north to begin the entire life cycle again? When people hear this, they say they'd rather be a migratory monarch, but these butterflies probably face many more risks, and are likely to have a smaller chance of getting offspring into the next generation. They live longer, but the risks and danger are incredible. Imagine this in a 4th or 5th generation, the science has several ideas how this works but nothing definitive on how they navigate a 3,000 mile flight south to their winter destination.

The monarchs begin their southern migration from September to October. Eastern and northeastern populations, up to 500,000 monarch butterflies, migrate at this time. Originating in southern Canada and the United States, they travel to overwintering sites in central Mexico. We will keep you in the loop with our caterpillars as they progress!

This Weeks Photo's



The females lay about 200 eggs individually - a lot of work. They "hole" up on fir trees in Mexico and basically hibernate saving energy through the winter until it begins to warm and they take flight. Last summer I saw an incredible sight, we must have had over 100 on evergreen trees that bordered our property in Illinois - they were over night guests and resumed their trek the next day.

The photo below is of the “spicy” beans we pickled. We took about 2 pounds and that pickled about 10 jars.

2 1/2 pounds of green beans (cleaned and trimmed)
2 1/2 C white distilled vinegar
2 Cups water
1/4 C salt
1 clove of fresh garlic peeled
1 bunch fresh dill weed
3/4 tsp red pepper flakes (opt)
Stir together vinegar, water, salt
Add garlic bring to a rolling boil
to each jar add 1 sprig of dill and 1/8 tsp red pepper flakes, pour liquid over
Seal and Hot water bath 10 min simmer
Let them cool and make sure they seal.
They need about 2-3 weeks before you put them in your Bloody Mary!
Makes 5-6 pints
I have dill in the garden if you need it.



Onions



Tips & Recipes

Now - one other easy thing you can do with green beans is blanche them and freeze them in zip lock bags. I do this every year and that way I can enjoy my own Provider green bean in the winter.

Freezing vs. Canning Green Beans – Which is Better?

Compared to pressure canning, freezing green beans enables them to retain more nutrients and a better texture, color and flavor. Freezing is definitely the way to go plus it's a lot less hassle!

How to Freeze Green Beans

Step 1: Wash the green beans and trim the ends. Some varieties have a stringy fiber that runs down them lengthwise; if so remove these also. You can either leave the beans whole or chop them into smaller pieces.
Step 2: Blanch the green beans. Bring a large pot of water to a rapid boil. Fill a large bowl with water and ice cubes. Place the green beans in the boiling water and boil for 2 minutes for small beans or 3 minutes for large beans. Drain and immediately plunge the beans in the ice water. Let them cool in the water for 3 minutes then thoroughly drain the beans in a colander.

Step 3: Freeze the beans. Place them in plastic freezer bags, pressing out as much air as possible, and place them in the freezer. Alternatively, in order to prevent the beans from sticking together when frozen, you can first lay the beans single layer on cookie sheets, freeze them for a couple of hours, and then place them in freezer bags. Label and date the freezer bags. They will last in the freezer for at least 6-8 months. They will last for a year but texture and flavor will suffer.

ROASTED CABBAGE

2 tablespoons extra-virgin olive oil
½ head green cabbage, cut into 4 wedges
1 pinch garlic powder, or to taste
1 pinch red pepper flakes, or to taste
salt and ground black pepper to taste
2 lemons, halved

Preheat oven to 450 degrees F (230 degrees C).

Brush both sides of each cabbage wedge with olive oil. Sprinkle garlic powder, red pepper flakes, salt, and pepper over each wedge. Arrange wedges on a baking sheet.

Roast in the preheated oven for 15 minutes; flip cabbage and continue roasting until browned and charred in some areas, about 15 minutes more. Squeeze lemon over each wedge.

Keep the core attached to the cabbage when cutting into wedges to help it hold together.

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