

Beaver Creek CSA

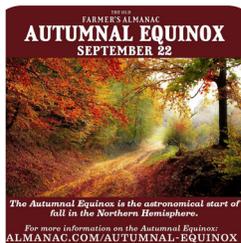
your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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Garden and Weather Report

Hello from the gardens! I cannot believe it but Mother Nature clearly can read a calendar. The Autumnal Equinox was on the 22nd and that was the same day the weather completely changed from summer to fall. How in the heck does she know? We have been receiving enough rain every few days it seems to keep mud on our boots in the fields. We just got an additional inch on Sunday. In your box this week are the last of the greenbeans which were definitely affected by the rain. We were not able to get in for days to harvest so this last group is very mature, still great to eat. You just might want to cook a minute or two longer.



Next week is the last week for the A group. Those of you that get a box every other week on the A week will have your name on the box in the walk-in with your choice of a processed item from our fields and kitchen to your kitchen. We have baked Zucchini Bread, Pumpkin Bread, Red Sauce, Quart of Serpentine Sweet Pickles or Roasted Pumpkin that I freeze for you to use over Thanksgiving for a pie. I will have other recipes for this on the additional recipe page 5 this week. We have made the pie pumpkins available for sale as well and several have gone out of the store so I thought I had better put some recipes out for it. This pumpkin is Winter Luxury and it is the best tasting pumpkin I have ever grown.

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What's up and coming

HARVEST FESTIVAL is an event we have every year and this year it will be on October



8th from 11:00 a.m. to 3:00 p.m. You can come out, bring your family, pick out your pumpkin - shop a little in the store-tour gardens on our hayride wagon! I will have another canning class in October and it looks like the only Sunday that I have is the 16th or 23rd. So if you are interested, please let me know which date works best.

What's Inside

This is Week 16 - B Week of the 2022 Season



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PRODUCE of the Week



Above is the perspective of just how big these peppers are - that is NOT my little hand!

PLEASE MAKE SURE YOU WASH ALL YOUR VEGETABLES
Once again the lettuce has gone through several rainstorms and has dirt imbedded - I have done an initial rinse, but you will need to wash.

Week 14 Produce

Delicata & Stiped Acorn Squash

Celery

Apples

Green Beans

Peppers

Beets

Onions

Garlic

Leaf Lettuce

Cabbage

Kale

Broccoli

*Flower Bouquet

*OOB = out of box!

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 lettuces keep fresher without rinsing and adding water to the storage bins. Tomatoes should not be refrigerated at all. Winter squash can stay in your house, garage wherever you won't forget it!

This week we are featuring the Apple, that fruit that keeps the doctor away. I also want to talk about last week's newsletter that had the Sun Hemp picture in it - I am certain that there has been a direct result from the Sun Hemp Ron planted last year. All my Egg Plant, the northern end of my Brussels Sprouts and peppers were planted in that area.

Take a look at the picture above left. This is by far the largest pepper I have ever grown or possibly seen. There are more down there at this end as big as this one. The Brussels Sprouts on this end of the four rows of sprouts are also very large and much earlier in their finishing than the remainder of the beds. I am guessing that the nitrogen fix and potash pull from the soil resulted in the incredible growth in this area. I took Big Red and cut her up to go into soups and pizza for the winter - you may find some rather large bells in your box this week!

Now about the apples in your boxes. I had no idea that we had two apple trees on the 6th Place border to Somers Farm. Ron noticed them, picked a few and we found that they were excellent. I believe by the taste and look of them that they are Red Delicious - not for sure. What I do know is that they are organic as we certainly did not spray them in light of the fact that we didn't realize they were even there. With that said, they are not perfect but most have none or very few blemishes. The ones that had issues, we have saved back for apple sauce, pie baking or whatever else you can think of to do with imperfect apples. In your box are the Grade 1 apples and I will have the others in the store for \$.50 a pound for baking apples.



The apple - Apples are not native to North America. They originated in Kazakhstan, in central Asia east of the Caspian Sea. The capital of Kazakhstan, Alma Ata, means "full of apples." By 1500 BC apple seeds had been carried throughout Europe. The Greeks, Etruscans, and Romans cultivated apples. They were brought to America by European settlers.

Apples grown from seed tend to be very different from those of their parents, and the resultant fruit frequently lacks desired characteristics. Generally, apple cultivars are propagated by clonal grafting onto rootstocks. Apple trees grown without rootstocks tend to be larger and much slower to fruit after planting. Rootstocks are used to control the speed of growth and the size of the resulting tree, allowing for easier harvesting.

The proverb, "An apple a day keeps the doctor away", addressing the supposed health benefits of the fruit, has been traced to 19th-century Wales, where the original phrase was "Eat an apple on going to bed, and you'll keep the doctor from earning his bread". In the 19th century and early 20th, the phrase evolved to "an apple a day, no doctor to pay" and "an apple a day sends the doctor away"; the phrasing now commonly used was first recorded in 1922.

A very long telephone game over several centuries and we get the "doctor away" version!

Garden and Weather Report

continued from page 1

This is a typical week but the last two will have a specialty item in it - next week the half share A group and the last week we will have something in everyone's box. If you do not email me your choice, you will find red sauce in your box. I will send several email reminders to choose. I will need your choice by Tuesday next week for the A group and the rest of you, by the end of the week would be great. I do not have 50 of everything, so if you really want something specifically, it will be first come first served so get your choices in early.

Beginning October 1st, I will be accepting renewals from our existing group of subscribers. I always give the best price to my existing customers that sign up early. Next year I am also adding a smaller box for 18 and 9 weeks. In the smaller boxes, you would receive smaller portions of the vegetables and you may miss out on some items. I typically try to put 12 items in the 3/4 bushel boxes each week. In the smaller 1/2 bushel boxes, you may end up with 8 or 9 depending on size of what is going in. Sharing a large 3/4 box for 18 weeks will always be the best price. But if you do not want to go that way, the 1/2 bushel may work best for you.

Here is the pricing for the Loyalty Special (with the full price in parenthesis) 3/4 Bushel - 18 weeks \$585 (\$640 full); 3/4 Bushel - 9 weeks \$375 (\$420); 1/2 Bushel - 18 weeks \$485 (\$540); 1/2 Bushel - 9 weeks \$300 (\$350).

I will also have an Early Bird Special during this time for new subscribers. Those prices are 3/4 bushel \$610 and \$395; 1/2 bushel \$510 and \$325. Just in case you have a friend that is thinking of joining us next year! I will post all of these prices on a board in the store for you all.

We also would like to add a few worker shares next year, so if you know of someone, please send them my way!
Have a great week, enjoy your box!

Cheri D

This Weeks Photo's



To the left is John Mizer picking apples for all of you this week. Ron made a platform, attached to the loader forks and up he went. He told me after he hauled out enough for 2 weeks that he is afraid of heights - hah! Lower left is my transition picture, it has a few tomatoes, squash and then Roasted pumpkin that I use for breads, pies and all other pumpkin desserts, recipes on page 5. Below is a picture I took this morning on my way in to pick apples, it is the back of the front that came through with the sun rising through the clouds and over the fields. Picture just didn't do it justice, it was amazing.



Tips & Recipes

With the onset of cooler weather, this week is Soup and Pumpkin Week in terms of the recipes. I have the best recipe for Broccoli Celery Soup that I will share. We will be putting Lacinto Kale tops in your box this week so I am including the Zuppa Toscano Soup recipe from Olive Garden and since we are giving you Dead On Cabbage in your box - a Cabbage soup recipe. On page 5 will be the Pumpkin recipes that I go to every season!

Cabbage Soup

- 1 lb of ground beef
- 1 small onion
- 3 clove garlic
- 1/2 head of cabbage
- 3 carrots
- 1 large green pepper
- 1/2 lb egg noodles

Brown beef, onion, and garlic.

Add remaining vegetables

Bring water level 1" below cabbage head.

Bring to boil - 15 minutes

throw in noodles, boil another 8 to 10 minutes for noodles

Salt and pepper to taste.

These cabbage heads will stay pretty fresh in your refrigerators for weeks. If they get some discoloration on them, simply peel that away and they will be good to go.

Zuppa Toscano Soup (copycat Olive Garden)

Ingredients

- 6 oz bacon, chopped
- 1 lb Italian Sausage, The "Hot" variety
- 1 medium head garlic, 10 large cloves, peeled and minced or pressed
- 1 medium onion, finely diced
- 4 cups chicken broth/stock, (32 oz)
- 6 cups water, (48 oz)
- 5 medium russet potatoes, peeled and chopped into 1/4" thick pieces
- 1 kale bundle, leaves stripped and chopped (6 cups)
- 1 cup whipping cream
- Salt and black pepper to taste
- Parmesan cheese to serve, optional

In a large pot or dutch oven (5.5 qt), over medium-high heat, add chopped bacon and sauté until browned (5-7 mins). Remove bacon to a paper-towel lined plate and spoon out excess oil, leaving about 1 Tbsp oil in the pot.

Add Italian sausage, breaking it up with your spatula and sauté until cooked through (5 min). Remove to paper towel lined plate.

Finely dice onion and add to the pot. Saute 5 min or until soft and golden then add minced garlic and saute 1 min.

Add 4 cups broth and 6 cups water, and bring to boil. Add sliced potatoes and cook 13-14 min or until easily pierced with a fork.

When potatoes nearly done, add chopped kale and cooked sausage and bring everything to a light boil.

Stir in 1 cup cream and bring to boil. Season to taste with salt and black pepper then remove from heat. Garnish with bacon and grated parmesan.

Cream of Broccoli & Celery Soup

- | | |
|------------------------------|---------------------------|
| 1 Cup Onion - Chopped | 1 - 2 Cups Celery Chopped |
| 4 Cups chopped broccoli | 3 Cups chicken broth |
| 1/2 tsp Worcestershire sauce | Salt & Pepper to taste |

Saute onions and celery in 3 to 6 TBS butter - Add chopped broccoli. (I basically use one large head of broccoli including the stem) saute for another 5 minutes.

Add 3 cups of chicken broth and 1/2 tsp of Worcestershire. Salt and pepper to taste, let simmer for at least 15 minutes.

Put in blender (in batches) or use an immersion blender. This is the point where you can freeze it. To serve, add 1 1/2 Cup of half and half and reheat, Grate cheddar cheese over top and serve.

Coming Soon-Brussels!



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

Teri's Pumpkin Bread

3 1/2 Cups Flour
1 Cup Brown Sugar
1 Cup Sugar
1/2 tsp salt
2 tsp baking soda
1 tsp cinnamon
1 tsp nutmeg
1/2 tsp ground cloves
1/4 tsp ground ginger

Combine dry ingredients in a large bowl, make a hole in the center to add the following:

Mix
2 Cups pumpkin
1 C oil
4 eggs
2/3 C water
1/2 C nuts
1/3 C sour cream

Bake at 350 for 1 hour
will make 2 large or 3 small loaves.

I use my frozen Winter Luxury Pie Pumpkin that I have roasted and stored in 2 cup increments. You can certainly use Libby's pie in the can but I have found that these desserts are unbelievable with the Winter Luxury Pie Pumpkin. I researched the best tasting pie pumpkins and these are them!

Just an FYI, I tried this without doing the hole in the center and putting in the liquids and the bread did not rise the same - I have no idea why, but I thought I would let you know and save you making the same mistake!

Pumpkin Crunch from Edward's Apple Orchard Cookbook.

1 Box of Yellow Cake Mix*
1 can (15oz Solid Pack pumpkin)
or 2 Cups frozen Winter Lux
1 Can (12 oz.) evaporated milk
3 eggs
1/1/2 C sugar
1 tsp cinnamon
1/2 tsp salt
1 C butter
1/2 Cup of Pecans (chopped)
(I use more than 1/2 C)
whipped topping

Preheat oven to 350. Grease bottom of 9 x 13 pan.

Combine pumpkin, evaporated milk, eggs, sugar, cinnamon, and salt in a large bowl. Pour into the 9 x 13 pan.

Sprinkle dry cake mix evenly over pumpkin mixture

Top with pecans, drizzle melted butter over pecans.

Bake for 50-55 minutes or until golden brown.

Cool . . . Serve chilled. Top with whipped topping when served.

*Most cake mixes are no longer 18.25 ounces which is what this recipe calls for - so to increase the 3 ounces, I mix up a separate cake mix and add 6 T to the box cake mix.

1 1/2 C flour (replace 25% with Cocoa for Chocolate)

1 C sugar
2 tsp baking powder
1/4 tsp baking soda.

I put this in a jar and save it for when I need to add to the cake mix. You can also make a yellow cake mix by scratch which I had to have living out in the country.

Pumpkin Bars

4 Eggs
1 Cup oil
2 Cup Flour
2 tsp cinnamon
1/2 tsp salt
1 2/3 Cup sugar
16 oz pumpkin
2 tsp baking powder
1 tsp baking soda

Beat together egg, sugar, oil and pumpkin until light and fluffy. In separate bowl, stir together flour, baking powder, cinnamon, salt and baking soda. Add this to the pumpkin mixture and mix thoroughly.

Spread in ungreased 15 x 10 pan. Bake at 350 for 25 - 30 minutes. Cool and frost with cream cheese icing. Cut into bars.

Cream Cheese Frosting

3 oz cream cheese (softened)
1/2 Cup butter (softened)
1 tsp milk
1 tsp vanilla
2 C powdered sugar

Beat all ingredients together. Add more milk, if necessary, to desired thickness.

Pumpkin Pie

I just use the Libby's recipe and substitute my frozen 2 Cups for the Can of Libby's. You can get it on Google and if you Google a Yellow Cake Mix by Scratch, you will have that as well.