



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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What's up and coming

I will be teaching a canning class with a Pressure Cooker on September 25th at



1:00 p.m. at our Kitchen at 16000 38th St. \$25.00 cost-only 4 spots left, email me pls to sign up. 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

Garden and Weather Report

Hello from the gardens!
Wow what a Sunday rain.

All day and after the totals have come in, it looks like about 3 inches at our address and according



to Farm Logs (service we subscribe to) 4 inches fell at the gardens. I surveyed the garden on Monday morning and they really held up well. We had a few puddles in a couple of low spots but most of the valleys and beds did just fine. I was amazed at how well the green beans held up as they were not put on beds but planted with a bean drill. The plants were close enough together to hold each other up!

We are out of the garden though on Monday and possibly Tuesday morning as the ground is very soft and muddy. We really needed this rain. Ron has been telling me as he has been tilling up beds that the subsoil was very dry.

A rain like this should soak down and give the subsoil some moisture. (subsoils are where the roots of plants draw their moisture from when weekly rains are insufficient). Although we haven't had a true drought year recently, our rains have been below the average for our area for the last few years. Our average rainfall is 34 inches - last year we only received 24 inches. So as you can imagine, that depletes moisture in the subsoil levels. This 4 inch rain was very much needed!

• Continued on page 3

What's Inside

This is Week 14 - B Week of the 2022 Season



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

PRODUCE of the Week



Above in front are some of our sweet peppers and next to them are some of our “hots!

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

Squash - 3 varieties
Celery
Cucumber
Beets
Green Beans
Pepper bag, hot and sweet!
Edamame
Onion
Garlic
Lettuce Bag
Arugula Bunch
Kale/Chard Bouquet
*Tomato Bag & Egg Plant
*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 our Peppers and Edamame.

Bell peppers originated in Mexico, Central America, and South America. Peppers were named by Christopher Columbus and Spanish explorers who were searching for peppercorn plants to produce black pepper. Columbus took samples of a wide variety of peppers back to Europe where they became quite popular.

Are Cubanelle peppers the same as bell peppers?

Cubanelle peppers are light green to yellow colored with a sweet and mild flavor. They like an elongated bell pepper. Cubanelle peppers are similar to banana peppers and make an acceptable substitute for recipes calling for Anaheim peppers. They originated from the Dominican Republic.

Chili peppers are eaten by a quarter of the earth's population every day, in countries all over the globe. In South America, researchers have identified starch grains of Capsicum on milling stones and cooking pots recovered from house floors in southwestern Ecuador dating them to around 6,000 years ago.

I really got into the reading of the heat of chili peppers and recommend taking a look at the history of the SHU which is Scoville Heat Units. The higher the number the hotter the pepper! The range is 0 for a Sweet Bell or Cubanelle, Jalapeno is 2.5K to 8K, Habanero peppers range from 150K to 575K and Ghost Peppers are over 1 million SHU and there are actually two peppers even hotter than that one! All I know is that I love Pablanos and Jalapenos and they are on the mild side of the SHU chart! I believe I will stick with those! In your box this week will be a variety of hot and sweet - Enjoy!



Edamame Soybeans are a bean that are harvested early “immature beans” and they are typically planted with a soybean seed that is higher in sugar for better flavor. Soybeans are used for their protein, oil or sugar content.

Soybeans were first cultivated in China some 7000 years ago, while the earliest documented reference to the term “edamame” dates from the year 1275, when the Japanese monk Nichiren wrote a note thanking a parishioner for the gift of “edamame” he had left at the temple. Centuries later in China 1620 they are referred to again, but as maodou, which translates to the term “hairy bean”.

They were first recognized in the United States in 1855, when a farmer commented on the difficulties he had shelling them after harvest. In March 1923, the immature soy bean is first referred to in text in the United States in the book “The Soybean” by C. V. Piper and Joseph W. Morse. In this book they are first pictured and shown as being eaten out of open shell pods. Edamame beans are 73% water, 12% protein, 9% carbohydrates, and 5% fat. They contain 20% or more the Daily Value, of protein, dietary fiber, and micronutrients, folate, manganese and vitamin K (26% DV). The fat content in edamame supplies 361 mg of omega-3 fatty acids and 1794 mg of omega-6 fatty acids.

We harvested the beans in your box on the stems so that you can participate in harvesting!

Garden and Weather Report

continued from page 1

This week we will have much of the same produce in the boxes as last week with the addition of Edamame. We will be harvesting tomatoes again on Tuesday afternoon (I am writing this on Monday since I have the time and the only alternative to writing is cleaning the house - YUCK!) I did take a stroll through the tomatoes this morning. The valleys have straw on them so they were not quite as wet - just a little spongy. I saw that there are still tons of tomatoes ripening. I may do another bundle of red rounds for you or give you the choice rounds or Marzanos since you have both recipes from the last couple of newsletters. (I will put the Roasted Marzano recipe on page 4 of this newsletter). As of this writing, it will just have to be a surprise for all of you. If any of you want a 1/2 bushel of either, I should have them this Friday.

We had our annual Worker Share appreciation dinner last Saturday evening. Ron and I always do this as we so appreciate all the work and help that they provide throughout the season. We took them on a Sunset/Moonrise Hayride and everything was perfect with the exception of the moonrise - it was supposed to appear at 7:43 - by the time we got back to the barn at just about 8:00 it finally graced us with an appearance - just about a full harvest moon - it was worth waiting for! Everything we prepared, except the ribs, came from our garden.

While watching the football on Sunday, I did make that Stuffed Pablano recipe from last week - omg was it delicious and easy to do. Just an fyi, you can do this recipe with any peppers and we have so many that I believe this week I will be doing another bag of mixed peppers for you with at least 3 to 4 in the bag.

As the season starts to wind down, days getting shorter, cooler nights and fall in the air, we do a boatload of processing the harvest already in. I will be baking the pie pumpkins to offer you a 2 cup portion for pies or other desserts, canning the tomatoes, pickling (already done for the most part), and jamming. So even though gardening is winding down - we still keep busy! Have a great week, enjoy your box.

Cheri D

This Weeks Photo's

Below, we did get a few puddles in some low spots, mostly in the valleys. You can see why we plant on beds!



This is just one huge pumpkin that Ron grew. While I was busy doing other things, he put in several extra rows of Giant Pumpkins and Jack-O-Lanterns for our Fall Harvest Festival. Besides the usual orange pumpkins, we always grow some specialty (weird looking) ones like the Knucklehead, Cinderella, Ghost (white) and a group of different gourds. You should have plenty to choose from when you come out on October 8th for our Festival - thank you Ron Doetch for the Giants - amazing!



Hot Green Beans

1 pounds fresh green beans, washed and trimmed
1 onions, chopped
3-4 Red tomatoes diced
1 hot yellow banana pepper, diced
½ green bell pepper, chopped
¼ cup water
3 slices bacon

Place green beans, onions, tomatoes, banana pepper, bell pepper, and water in a large pot. Bring to a boil over high heat, then reduce heat to low. Cover pot and simmer approximately 10 minutes, until green beans are tender.

While green beans are steaming, arrange bacon slices in a medium skillet. Fry over medium heat until crispy, approximately 10 minutes. Drain on paper towels. Crumble and set aside. Spoon green bean mixture and juice into a serving dish. Sprinkle crumbled bacon over top and serve immediately.

Green Beans Almondine

5 slices bacon
½ cup slivered almonds
1 pound cut green beans
¼ cup butter

Place bacon in a large skillet over medium-high heat. Cook until brown on both sides. Add the almonds to the skillet at this time, and cook, stirring until light golden brown. Remove the bacon from the skillet, leaving the bacon drippings. Crumble or chop bacon, and return to the skillet. Melt the butter in with the drippings. Add the green beans; cook and stir until tender, about 8 minutes.

Coming Soon Delicata



Tips & Recipes

Roasted San Marzano Tomatoes Can or Freeze

Roast at 375 degrees 45 minutes or until skin shrivels – Makes 2 Quarts
5 LBS of San Marzanos
1/4 Cup Olive Oil
1/2 Cup dried basil
1 Head Garlic, chopped coarsely
1/2 tsp. Sea or Kosher salt
1/4 tsp ground black pepper
Slice tomatoes in half lengthwise and place skin up on greased baking sheet. Scatter garlic with the tomatoes and drizzle olive oil over – (I make sure there is plenty of oil on the tomatoes and garlic). Sprinkle basil, salt and pepper over everything and roast.

PROCESS: By either canning in quart jars; sliding into a ziplock freezer bag or you can also do a rolling water bath of quart jars for 45 minutes required for tomatoes – **SCENE:** January 15th, snowing like crazy, take out your quart jar, you will need to puree to incorporate skins, add 1 quart of vegetable or chicken stock, 1-2 TBS or honey or sugar – best tomato soup ever!

Boiling Edamame

A simple method that only requires a pot and some water, boiling edamame is a popular cooking choice. Bring a pot of water to a boil and add enough salt so the water tastes as salty as seawater. Add in-shell edamame and cook until the beans inside the pods are tender about 5 minutes. Drain, rinse with cold water to cool, and season to taste before serving.

Steaming Edamame

Steaming the soybeans is also done on the stovetop and requires the addition of a steamer basket (or bamboo steamer if you own one and want that authentic look). First, bring about an inch of water to a boil in a pot. Put the edamame in a colander, steam basket, or bamboo steam tray. Once the water is boiling, add the vessel to the pot, cover, and steam the edamame until they are heated through and tender, 5 to 10 minutes. Remove insert from the pot. Serve the edamame warm or rinse with cold water to cool off first. Season to taste and serve.

Microwaving Edamame

If you are looking for a slightly quicker method, or don't have any more room on the stovetop, microwaving the edamame is a good option. Start with the edamame in a microwave-safe bowl. If cooking fresh edamame, splash the soybeans with a few drops of water—use wet hands and flick your fingers at the bowl to splatter a few drops of water here and there on the pods. Cover the bowl with a paper towel and microwave on high in 1-minute increments until the edamame is tender, about 3 minutes total in most microwaves. Let sit until cooled off enough to handle. Season to taste

Pan-Searing Edamame

Pan-searing is a less common method, but a decidedly tasty one. Heat a large frying pan (cast iron is ideal if you have it) over high heat until it's nice and hot. Wet your fingertips and flick drops of water onto the surface; the droplets should "dance" and sizzle immediately. Add the edamame to the pan, reduce the heat to medium-high, and cook, undisturbed, until the pods are lightly charred on the bottom. Turn the pods over and cook, shaking the pan a bit but not stirring them around too much, until both sides are charred and the edamame beans inside are tender. Season to taste and serve hot.

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