



# 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

**H**ello from the Gardens! Pictured in the center of these two columns are Spring Shallot Shoots. We have grown shallots this year and I must admit, it is the first time I have had success with these. You may find these in your box this week or you may find Green Stem Cauliflower. The cauliflower is very slowly maturing and I do not want to store it for too long as Cauliflower does not store well without shrink wrapping tightly like they do with them in the grocery stores. So I will be putting them in the box as we get them. Since it is my first experience with this type of cauliflower, I will want your feedback on them. We have plenty of cauliflower planted so you should all get the opportunity to try this. They say it is so easy to prep because the head is not compact.



And on the Shallots, I will put a recipe on page 4 for you but I understand from my sister that they make a great addition to salad

dressings. Their flavor is milder. We will be harvesting these and drying them like onions for use later as well. It is fun to try some of these in the early stages - just like the garlic scapes, milder than the actual bulb that comes later after curing.

Now I really need all of you to do some serious rain dancing for us. We are getting drips and drabs but no major accumulations that the plants really love. We are irrigating and that helps but there is nothing like a million dollar rain - that is an all day event, gentle and accumulating to an inch or more. Nothing violent, just sweet easy rain. I remember getting rain like that, do you? It just seems lately that we get a front, wind, rain that is a deluge. I can remember those all day events, bring one on again, please.

Of course the tomatoes don't care - they love this dry heat - they are putting on lots of green tomatoes right now - oh I cannot wait for my first bite, how about you? They will be here soon!

• Continued on page 3

### What's bugging us?

This week I have to tell you that the zucchini plants have just about recovered from those nasty beetles. They are growing and putting on blossoms. We continue to monitor all of our cucumber plants, zucchini and other squashes to watch for them and all the other bugs that love cucurbits!



### What's Inside

This is Week 3 - A 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 3 Produce

Green Stem Cauliflower or  
Fresh Shallots Shoots  
Radishes  
Spring Onions  
Romaine Head Lettuce  
Bag of Red/Green Leaf Lettuce  
Head of Crispino Iceberg Lettuce  
Kohlrabi  
Garlic Scapes  
Sugar Snap Peas  
Broccoli  
Arugula Bag  
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 our first type of pea, Sugar Snap, Green Stem Cauliflower or . . .

Shallot shoot, known also as spring shallots, are the immature fresh version of shallots with their bright green robust shoots still in tact with the thin purple skinned bulb and white roots. The bulb's flavor is milder and sweeter than mature shallots as they have a higher moisture content. Although the bulb is considered the best flavored part of the plant, the shoots are also perfectly edible and similar in flavor to spring onion stems.

To the upper left are the Song Cauliflower we grew for you. They are slow to arrive although they were advertised as an early cauliflower - Cauliflower is always a challenge though as it really requires about an inch of water a week - doesn't care how it gets it, hose or from the sky, but just has to have it to fruit.

Reasons to eat this veggie are it contains Many Nutrients. The nutrition profile of cauliflower is quite impressive. ...

- High in Fiber. ...
- Good Source of Antioxidants.
- May Aid in Weight Loss. ...
- High in Choline. ...
- Rich in Sulforaphane. ...
- Low Carb alternative.



Pictured above are Sugar Snap Peas and now a little history on this sweet treat.

A snap pea named "butter pea" was described in French literature in the 19th century, but the old snap pea was lost in cultivation by the mid-20th century. The present snap pea originated from Calvin Lamborn's cross between a shelling pea mutant found in 1952 by Dr. M.C. Parker and a snow pea cultivar. Researchers at Twin Falls, Idaho hoped that the cross might counteract twisting and buckling seen in varieties at the time. With this cross, snap pea was recreated and the first new snap pea was released in 1979 under the name 'Sugar Snap' - who knew?

An entire cup of raw sugar snap peas contains just 26 calories, but will help you feel satiated with fiber, protein and water and are loaded with Vitamin C.

I personally love to eat them raw as a snack or cut up and added to a salad - but you can saute them in oil, salt and pepper with a little lemon!

# Garden and Weather Report

continued from page 1

This is the week before the fourth of July and I always like to put a picture of Amber Waves of Grain for you. No problem this year. It seems everyone has planted wheat. It may have something to do with what is going on internationally - not sure - but it is certainly a beautiful sight to see the fields. First they are so early in greening up just when winter still has a slight grip on us - you can drive by a new wheat field and it is green, a telling of what is to come for the rest of our landscape. Usually by the Fourth, it has headed and is turning that amazing amber color from the song - I just love it.

And then there is that other saying - the one about corn being knee high by the Fourth of July - well it is substantially above my knee - more like hip high by the Fourth of July! Of course I am only 5 feet tall so perhaps it would be knee high on the likes of a 7 foot basketball player. This tells me that Sweet Corn is just around the corner - my other summer favorite, second only to the Ye Olde Ice Cream Shoppe. The only reason all this work in summer doesn't cause me to lose weight - butter dripping corn and Mint Chip Ice Cream - oh well, there are just some things I cannot do without. And, I figure life is for enjoying those things that we grew to love as children.

So with that said, please be safe over the 4th holiday. Enjoy your box of vegetables from Beaver Creek Gardens and DO THAT RAIN DANCE FOR ME!

*Cheri D.*

## This Weeks Photo's



Both of these fields are just around the corner from our home - I had a choice of eight fields to take a picture of - and only two were corn - four wheat and two soybeans. Really different from the way we were years ago.



## Kohlrabi

There are all kinds of recipes for Kohlrabi all over the internet.

However, my favorite way is to just simply peel (not really simple to peel) slice and cut into strips and dip in your favorite ranch dressing for a snack.

Did you know that in Europe they eat these like apples?

I put one in each of your boxes but if you find a recipe and would like a couple more, just email me and I will get them to you next week. Simply put these in your vegetable crispener and they will last for weeks. We will be putting more in your boxes in the next weeks so you can accumulate for a recipe that calls for more than one

### Directions for Snap Pea Recipe

Bring a large pot of lightly salted water to a boil; add penne and cook, stirring occasionally, for 6 minutes. Add sugar snap peas to pasta; cook until pasta is tender yet firm to the bite, about 3 minutes more. Drain.

Return pot to stove and heat olive oil and margarine over medium heat. Add mushrooms, green onions, garlic, and lemon zest; cook and stir until fragrant, about 2 minutes. Stir in lemon juice and season with salt and pepper. Add cooked pasta and sugar snap peas; toss to coat. Top with Parmesan cheese and

### What's next-fennel!



## Tips & Recipes

### Easy Shallot Vinaigrette

- ½ cup olive oil
- ¼ cup red wine vinegar
- 3 tablespoons finely minced shallot
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 1 pinch salt
- 1 pinch ground black pepper

Combine olive oil, red wine vinegar, shallots, honey, Dijon mustard, salt, and pepper in a jar with a lid. Shake until well combined.

### Cauliflower Salad

- 1 head cauliflower, trimmed and cut into bite-size florets
- ¾ cup mayonnaise
- 1 tablespoon mustard
- 1 teaspoon salt
- ground black pepper to taste
- 3 hard boiled eggs, chopped
- 1 onion, chopped
- ¾ cup frozen green peas, thawed
- ¼ cup dill pickles, chopped
- 3 slices crisply cooked bacon, crumbled (Optional)

Place cauliflower in a large saucepan and cover with water. Bring to a boil and cook until just fork tender, about 10 minutes. Drain and cool. In a large bowl whisk together the mayonnaise, mustard, salt, and pepper. Add the cauliflower, eggs, onion, peas, dill pickles, and bacon to the dressing and stir until well coated. Cover and refrigerate for 2 to 24 hours. The longer the cauliflower salad chills, the better the flavor.

### Pasta With Sugar Snap Peas, Parmesan and Mushrooms

- 8 ounces penne pasta
- 1 (6 ounce) package sugar snap peas, or as desired
- 2 tablespoons olive oil, or more to taste
- 1 tablespoon margarine
- 8 white mushrooms, sliced
- 2 green onions, minced
- 1 clove garlic, minced
- 1 lemon, zested
- 1 tablespoon lemon juice
- salt and ground black pepper to taste
- ¼ cup grated Parmesan cheese
- 2 tablespoons chopped fresh mint (Optional)

### Directions to the left

Recipes from Allrecipes.com

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