

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 hope you all had a great 4th of July. With it spanning over the weekend, we heard fireworks for 3 days! We did manage to take a day off in there and celebrate summer with a cook out in the unbelievable heat. I really dislike temperatures over 85 degrees. It is just not comfortable gardening, walking or breathing in my opinion. Nice 75 to 80 degrees is perfect weather for the garden to grow and for us to work in that growing garden! We are doing a rain dance AGAIN! A week break in irrigation is all Mother Nature gave us. With a front coming in tonight (Tuesday) we are hoping for just a half inch - we aren't greedy, just a little please! I really feel for the folks in the Pacific NW - they are not used to the heat they have been getting and most don't even have A/C - I cannot even imagine that!

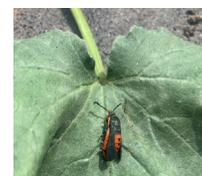


In your box this week you will find a pint of Michigan Blueberries. We were able to get these for you from Wayne Kiel, at the Heritage Blueberry Farm. He has a long standing relationship with Ron and when he called for some of our "special" soil cocktail, Ron told him he couldn't have any unless he brought over blueberries! That Ron, always ready to make a deal. We also found some beets attached to those greens this week. We pulled several different sizes and have bunched them for you. The large beets in a two bundle, mediums in 3 and smaller (I called them Beet McNuggets) in groups of five or more. Most of what we pulled were the medium sized ones. We continued to thin so that they will all eventually be much larger. If you are a beet lover, it looks like this is going to be a great summer for beets. If you are one of those people that just cannot stand beets . . . you may need to find a friend that likes them.

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What's bugging us?

This beautiful wasp is the Squash Vine Borer wasp. Tricky little devil in that she will lay her eggs at the base of the squash plant, (cucumbers and pumpkins are acceptable to her as well) and her little offspring larvae then "bore" (thus the name) into the main stem and eat away until the plant dies. We spray BT at the base to kill them before they get into the stem.



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What's Inside

This is WEEK #6
 of the 2021 Season



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Four bundles pulled today, you can see the size differences. I have put my favorite summer salad recipe on page 4, these will work for that.

Wash your Vegetables before cooking or eating raw.

Week 6 Produce

Radishes or Hot Banana Peppers
Spring Onions
Summer Lettuce
Blueberries
Kale or Chard
Broccoli
Zucchini
Kohlrabi
Cilantro bunch
Basil Bunch
Beets

Last of the radishes, kohlrabi and cilantro. We will have more radishes.

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 Romaine and Pac Choi 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 the zucchini - much warmer and even out of fridge is okay.

PRODUCE of the Week



This week we are featuring Beets and Blueberries -

The beetroot is the taproot portion of a beet plant, usually known in Canada and the USA as beets while the vegetable is referred to as beetroot in British English, and also known as the table beet, garden beet, red beet, dinner beet or golden beet.

Beets were domesticated in the ancient Middle East, primarily for their greens, and were grown by the Ancient Egyptians, Greeks and Romans. By the Roman era, it is thought that they were cultivated for their roots as well. From the Middle Ages, beetroot was used as a treatment for a variety of conditions, especially illnesses relating to digestion and the blood.

Raw beetroot is 88% water, 10% carbohydrates, 2% protein, and less than 1% fat and is a rich source of folate. Betanin, obtained from the roots, is used industrially as red food colorant, to improve the color and flavor of tomato paste, sauces, desserts, jams and jellies, ice cream, candy, and breakfast cereals.

Blueberries are perennial flowering plants with blue or purple berries. Commercial blueberries—both wild (lowbush) and cultivated (highbush)—are all native to North America. The highbush varieties were introduced into Europe during the 1930s.

They're low in calories and incredibly healthy, potentially regulating blood sugar levels and aiding heart and brain health.

Often marketed as a superfood, blueberries are an excellent source of several vitamins, beneficial plant compounds, and antioxidants.

Blueberries primarily consist of 14% carbs, 84% water, and small amounts of protein and fat.

Most of the carbs come from simple sugars like glucose and fructose, but blueberries also contain some fiber.

Bottom line, they taste great and are good for you!

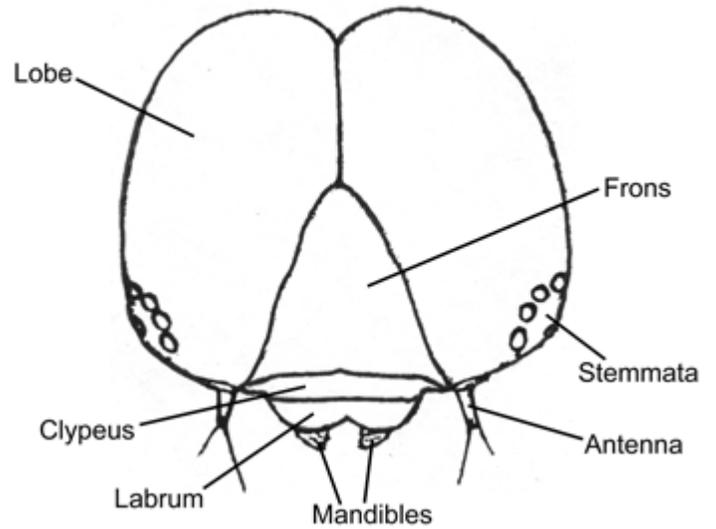
Garden and Weather Report

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PAIGE'S PATCH

Last week, we promised to keep you all in the chrysalis loop, and I'm pleased to report that all three of our caterpillars got fat and happy, and made chrysalises!! The first made his home on a smooth, silvery barked stick in the corner. The second pupated on a more mottled and irregularly barked stick. The third on some parsley greens. What's interesting though, each chrysalis that formed had uniquely camouflaged itself into its surroundings. The first chrysalis was smooth and silvery brown, the second darker brown and rougher looking. The third and last chrysalis to form, became vibrant green with a yellow stripe down each of its sides. How could one species of caterpillar all look so different? More puzzling, how do they know how to match their environments? Being a total bug enthusiast, I offered to look into it!

What I found was so interesting! I learned that caterpillars have small simple types of eyes, called stemmata, that can detect the surrounding color when it starts to pupate. The color either triggers or inhibits the release of a hormone that controls the different coloration. High levels of hormone will produce a brown pupa, and low levels produce a green pupa. How cool is that! We're very excited and hopeful that all three of these emerge in just two weeks, so that we can safely release them back to Mother Nature to go forth and populate more beautiful Eastern Black Swallowtail butterflies.



This Weeks Photo's



to the left - 3 Chrysalis - can you find them?
Below is Paige harvesting garlic



The picture below of the peppers are what I believe to be a “mildly hot” if there is such a thing - banana pepper. We lost some of the peppers in the crazy late May frost so I bought in some plants from a nursery and then did the cardinal sin of not marking them. So I am not quite sure what these are exactly. I had Paige and Maddy take a bite and they said they had great flavor but were a little spicy. So I think that these would do very well on hot dogs, pizza and even a hamburger cut up into small rings - give them a try if you get them in your box. Not all of you will get these - some will get radishes instead - a big surprise in your box this week!



Next? - Cuke blossom



Tips & Recipes

BEET & GOAT CHEESE SALAD - SERVES 4

3-4 medium beets - scrubbed, trimmed and cut in half

1/3 cup chopped walnuts

3 tablespoons maple syrup

1 (10 ounce) package mixed baby salad greens

1/2 cup frozen orange juice concentrate

1/4 cup balsamic vinegar

1/2 cup extra-virgin olive oil

2 ounces goat cheese

Place beets into a saucepan, and fill with enough water to cover. Bring to a boil, then cook for 20 to 30 minutes, until tender. Drain and cool, then cut in to cubes.

While the beets are cooking, place the walnuts in a skillet over medium-low heat. Heat until warm and starting to toast, then stir in the maple syrup. Cook and stir until evenly coated, then remove from the heat and set aside to cool.

In a small bowl, whisk together the orange juice concentrate, balsamic vinegar and olive oil to make the dressing.

Place a large helping of baby greens onto each of four salad plates, divide candied walnuts equally and sprinkle over the greens. Place equal amounts of beets over the greens, and top with dabs of goat cheese.

Drizzle each plate with some of the dressing.

Roasting Beets in the Oven

If you've ever tried cooking beets, then you know they come home from the store like hard little rocks (and make everything in sight turn pink). Instead of struggling with peeling and slicing to get them into the pot, go easy on yourself and make oven roasted beets. No peeling, no slicing and all of the flavor!

How to Prepare Beets

Oven roasted beets are not only delicious, but so easy to work with. You'll wonder why you ever tried to wrestle with them raw!

Scrub beets to remove any dirt/debris. Trim off top and bottom and if the beet is large, cut it in half.

Line a baking pan or piece of foil with parchment paper. Add beets.

Sprinkle with olive oil, salt and pepper. Seal the foil.

Roast for about an hour.

Super easy peasy right? The best part to this easy side dish is that the skins will just wipe right off! Aren't you glad you didn't bother peeling them?

You can refrigerate to use later in a salad, freeze them to use much later.

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