



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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Garden and Weather Report

Hello from the Gardens. Another week has passed and I have to wonder where the time goes. This is Week 13 and we have only 2 weeks left of our regular season. Fortunately for all of you we are going into overtime this year. The squash has just really begun to put on some size so this week you will see a Spaghetti Squash in your box. It is not quite ripe so you will need to leave it in the sun (window or outside) until it completely yellows. We just needed to start putting these in and with our early start, the squash isn't quite ready. These do very well off the vine and ripening so we will start with Spaghetti Squash. We shall see what comes next - not sure what will be ready.



The weather has been cooperating moisture-wise but OMG the heat is just too much for me. We are getting in the garden early and then spending the afternoons processing all those tomatoes for you. We have canned about 18 San Marzano quarts and are starting on Cheri's Red Sauce tomorrow. We will send a separate email to all of you so that you can choose the value added item that I always put in the last box. We will have the two sauces, zucchini bread, pumpkin bread, 2 cups of frozen pumpkin puree for you to use for Thanksgiving desserts, quarts of dill and quarts of Somers Serpentine Sweet Pickles!

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What's bugging us?

We have had a few Japanese Beetles on many of our crops but most have seemed to disappear as have the cucumber beetles, the flea beetles and we never saw a large amount of squash bugs - this year will be the year of the Squash Vine Borer and not much else that drove us crazy - had to be the dry weather that they did not like!



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What's Inside

This is WEEK #13
of the 2021 Season



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This is several weeks ago and quite green - they are beginning to yellow and completely yellow is ripe!

Wash your Vegetables before cooking or eating raw.

Week 13 Produce

Pepper potpourri
Trail of Tears or Provider Beans
Greens Mix
Cabbage
Spaghetti Squash
Swiss Chard
Fun Radishes
Brussels Sprout Tops/Tatsoi
Egg Plant
Tomatoes
Beets

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 your spaghetti squash, eggplant and tomatoes!

PRODUCE of the Week

This week we are featuring Spaghetti Squash and our unusual peppers!

Spaghetti squash or vegetable spaghetti is a group of cultivars of *Cucurbita pepo* subsp. *pepo*. They are available in a variety of shapes, sizes, and colours, including ivory, yellow and orange, with orange having the highest amount of carotene. Its center contains many large seeds. When raw, the flesh is solid and similar to other raw squash. When cooked, the meat of the fruit falls away from the flesh in ribbons or strands that look like, and can be used as an alternative to, spaghetti.

Spaghetti squash contains many nutrients, including folic acid, potassium, vitamin A, and beta carotene. It is low in calories, averaging 42 calories per 1-cup (155 grams) serving.

I personally like to eat it just like any other squash, with butter and pepper. It is a delightful addition to any dinner in lieu of pasta which is loaded with carbs (for all you low carb peeps).

We have many different sizes of it this year and I am hoping to put in boxes for 2 weeks.



Since Paige's Patch is talking about the peppers, let's also talk about the Brussels Sprout tops that you may have chosen. We will be putting a T or B on the boxes so you can choose between the Brussels Sprouts tops (B) or Tatsoi (T). Both of these are greens, but the Brussels Sprout tops are best served warm - saute in butter or olive oil with salt and pepper - they taste like . . . yes Brussel Sprouts.

We take the tops of the Brussels Sprout plant and trim it off so that the plant will put it's energy toward making those little sprouts, bigger sprouts! I typically top them end of July or early August, but this year, they were slow to grow so I just topped them this week. These will probably be in the bonus box at the end of September. There are sprouts, but they need to fill out before I will serve them up!

Garden and Weather Report

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We really have fun processing. It is work, but so rewarding. I just love the taste of summer on a cold winters day - try the San Marzano Roasted and make it into the best tomato soup you will ever taste.

PAIGE'S PATCH

Hello everyone! Today I'm going to be highlighting one of the sweet peppers that you'll be getting in your box this week. This exotic looking pepper, called the Mad Hatter, is new to us by chance. Earlier in the season, we unfortunately lost about a dozen of our pepper plants to a late frost. It was too far into the season to start new plants, so we were forced to buy replacement plants in. The Mad Hatter pepper was one of the varieties we picked up, and neither Cheri or I had heard of it before, but we took a chance on it and oh my goodness, what a delight it has turned out to be.

As it so happens, this pepper variety has ended up being our biggest, bushiest plant, with an absolutely incredible amount of fruits on it! Upon first glance, the Mad Hatter has the appearance of a hot pepper with its bonnet shape, and small size, but it is surprisingly sweeter and more flavorful than any other pepper we've tried! Fantastic sliced onto salads, pickled, stuffed with cheese, or just by itself, it's hard to go wrong with this one. The Mad Hatter is definitely a new staple of ours, here at Beaver Creek. Let us know what you think of this unique, little pepper!!

This Weeks Photo's



To the left are the peppers in a bag in your box - great grilled and the bottom 3 are Mad Hatters - love the name! Pictured above is in another bag in your box. This is a variety of greens, some spicy, some . . . well less spicy!

Tips & Recipes

Pictured below is the last lady that came out of her Chrysalis on Friday. I placed her on some Golden Rod where she hung out for a couple of hours drying her wings.

I slice up the tomatoes and typically add either goat or feta cheese to this with Italian dressing. A little basil adds a different flavor to the tomatoes and is excellent as well or cut a cucumber with this. The tomatoes featured below are all on our table for you to choose - Big Beef, Carbon, Brandywine and Amish Gold. Makes a great dish to take to a party too!

If you have a mind to try canning this year, I will be offering a canning class sometime this fall - I am waiting for cooler weather and will let you know a date to sign up.



Tomato varieties



Although it is still very hot outside - soups are on my mind. These recipes can be made and frozen FOR WINTER!

TOMATO BISQUE - from Liz Cardella

Makes 8 Cups - work time 30 min., cook time 45 min.

Saute in 2T olive oil - 1 C chopped onion, add 1 T garlic minced

Add and simmer:

4 C Tomatoes - any type will work, seeded and diced - add first

1 1/2 C fennel bulb, trimmed and diced

1 C russet potatoes, peeled and diced

1/4 C grated peeled carrots

Add and simmer:

4 C chicken broth

3 T basil, chiffonade

2 T fresh lemon juice

2 T dry sherry

1 t each of fresh thyme and oregano

1/2 t salt and 1/2 t pepper - simmer all for 20 minutes, cool and puree in blender in 1/2 batched until smooth.

ROASTED SAN MARZANO TOMATO SOUP

Roast at 375 degrees 45 minutes or until skin shrivels -

Makes 2 Quarts

5LBS of San Marzanos - (24 to 30 tomatoes)

1/4 Cup Olive Oil

1/2 tsp. Sea or Kosher salt

1/2 Cup dried basil

1/4 tsp ground black pepper

1 Head of garlic - peeled, chopped coarsely

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 zip-lock 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

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



Trail of Tears, in U.S. history, the forced relocation during the 1830s of Eastern Woodlands Indians of the Southeast region of the United States (including Cherokee, Creek, Chickasaw, Choctaw, and Seminole, among other nations) to Indian Territory west of the Mississippi River. Estimates based on tribal and military records suggest that approximately 100,000 indigenous people were forced from their homes during that period, which is sometimes known as the removal era, and that some 15,000 died during the journey west. They froze and starved to death in this move.

The term Trail of Tears invokes the collective suffering those people experienced, although it is most commonly used in reference to the removal experiences of the Southeast Indians generally and the Cherokee nation specifically. And the beans that we grow are the heritage bean that the Cherokee people took on the trail with them from Georgia to their final destination - Oklahoma.

The roots of forced relocation lay in greed. The British Proclamation of 1763 designated the region between the Appalachian Mountains and the Mississippi River as Indian Territory. Although that region was to be protected for the exclusive use of indigenous peoples, large numbers of Euro-American land speculators and settlers soon entered. For the most part, the British and, later, U.S. governments ignored these acts of trespass. In 1829 a gold rush occurred on Cherokee land in Georgia. Vast amounts of wealth were at stake: at their peak, Georgia mines produced approximately 300 ounces of gold a day. Land speculators soon demanded that the U.S. Congress devolve to the states the control of all real property owned by tribes and their members. That position was supported by Pres. Andrew Jackson, who was himself an avid speculator. Congress complied by passing the Indian Removal Act (1830). The act entitled the president to negotiate with the eastern nations to effect their removal to tracts of land west of the Mississippi and provided some \$500,000 for transportation and for compensation to native landowners, a pittance compared to the price of gold! I tell this story because I think it is important even today to reflect on our history and I love the Trail of Tear Beans!

My thought is that this bean was taken because it is so versatile. You will be getting the green bean from the plant. Since it is an heirloom bean, it does still have the string for you to pull when you trim. If we let this mature, it will turn into a small black bean that is excellent in soup.

