



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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Upcoming Events

Bonus Box - September 23rd. I will send a reminder to all of you that week .

HARVEST FESTIVAL - Saturday, October 9th - 1 to 4 p.m. Hayrides, snacks and fun stuff!

Canning Class-October 2nd - 9-12 Please send an email if interested, more information to follow.

Loyalty Special Prices thru 11/30:

18 Weeks \$575

9 Weeks \$350

(full prices will be \$650 & \$410)

Full prices applicable in 2022

Garden and Weather Report

Hello from the Gardens. We are now at the last scheduled week of our CSA. I cannot believe how fast this summer went by. When we hit that three week patch of no rain in June and high temperatures throughout the summer, I wondered what kind of year we would have. I can now say that Mother Nature (our partner) was very kind to most of our crops. We had excellent variety and although some of those that wanted more water (like cabbage) were smaller than in a normal rain year, we were able to get them in your boxes. I have taken the "What's Bugging Us?" out this week to feature upcoming events as a reminder to put these on your calendar!



We will have a bonus box on the 23rd that will include Brussels Sprouts and Butternut Squash as they are not quite ready. I wouldn't expect them in the first half of September, but with the early start this year due to a very warm spring and a shortened season, (I had to decide in January when Covid was running wild) we are finishing quite early this year. Next year we will go to an 18 week season and that will get us to at least the beginning of October if we have another early start. Paige and I have been processing like crazy to get everything for your boxes on Thursday - we are ready, but it has been a little nuts.

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What's Inside

This is WEEK #15
of the 2021 Season



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As you can see by the picture to the right, we have tons of San Marzano tomatoes!

Wash your Vegetables before cooking or eating raw.

Week 15 Produce

Specialty Item
 Delicata Squash
 Acorn Squash
 Carrots
 Spaghetti Squash
 Kale tops
 White & Black Radishes - very hot!
 Red Oakleaf Lettuce
 Egg Plants
 Tomatoes
 onion
 Chard

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 squash, eggplant and tomatoes!

PRODUCE of the Week

This week we are featuring our winter squashes and Chard.

Chard or Swiss chard is a green leafy vegetable. In the cultivars of the Flavescens Group, the leaf stalks are large and often prepared separately from the leaf blade; the Cicla Group is the leafy spinach beet.

I like to use it in any recipe that calls for spinach. It is also excellent just blanched. I have blanched it myself, frozen it and then brought it out and substituted it for spinach in Spinach Lasagna.

The large, firm leaves are mild, sweet, earthy and just slightly bitter; on the whole, it's a bit milder than spinach. The stalks -- which can be white, yellow, red, purple, pink, striped and so on -- resemble flat celery with a sweet taste slightly reminiscent of beets. Swiss chard's leafy green leaves are tender with a bitter taste when eaten raw. Once cooked, the bitterness dissipates, turning into a mild, sweet taste similar to spinach. In it's raw form it has plenty of Vitamin C.

In your box you will also find two new squash varieties, Acorn and Delicata.



Most of you are very familiar with Acorn Squash. I used to absolutely love that squash and it was my favorite until I started growing squash for my CSA. I found that I really enjoyed butternut and that became my new favorite for a few years until I came upon the squash pictured above, Delicata.

As the name indicates, it is a delicate squash both in texture and taste. The flesh is so smooth and sweet that although the squash is smaller and has less flesh, it is truly delicious.

The picture above also shows a rather large "frankenstein" squash. By that I mean some little bee hit the blossoms of the spaghetti and delicata on the same trip through my squash patch. I have eaten these before and they are a great combination of the spaghetti squash with a little more sweetness that the delicata brings to the table.

The squash is best when it shows some yellow and orange in between the green stripes. So if the one in your box isn't there yet, put it on your counter for a couple of days, maybe a week.

Garden and Weather Report

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I am posting the Loyalty Special prices on page 1 and they will be posted on the blackboard at the White Barn. These are for all of you that participated this year in our CSA. Signing up early with the Loyalty Special will be good through the end of November and the savings are in the range of \$50 to \$75 to get on board now for next year. This really helps me in planning for next year. We are going to an 18 week 3/4 bushel box only but will have a 9 week (every other week) subscription for those of you that found a weekly box a little much for you and your fridge!

PAIGE'S PATCH

We want to talk a little bit about the history of preservation of summer harvests. Obviously, if you live south, you can pretty much grow year round, but for those of us northerners, we have to think about preserving our harvest for those winter months coming. Preserving by many methods have been going on for literally eons. And our ancestors used many of the methods we still use today, including freezing. They just weren't able to go into their freezer portion of their refrigerator. In ancient Rome, they were hooked on the Greek vegetable, Asparagus (who isn't)! They enjoyed eating in season and were the first to preserve it by freezing. Fast chariots and runners took asparagus from the Tiber River to the snowline of the Alps where it was kept for six months until the Feast of Epicurius. Wow, the effort that took and we only have to blanch, freeze or hope that Mexico has a crop for us in the winter months!

During the first years of the Napoleonic Wars, the French government offered a hefty cash award of 12,000 francs to any inventor who could devise a cheap and effective method of preserving large amounts of food. The larger armies of the period required increased and regular supplies of quality food. Limited food availability was among the factors limiting military campaigns to the summer and autumn months. In 1809, Nicolas Appert, a French confectioner and brewer, observed that food cooked inside a jar did not spoil unless the seals leaked, and developed a method of sealing food in glass jars. Who knew war caused the invention of canning - Ugh! We also have done a lot of drying in addition to the canning and freezing for winter.

So all this has gone on for years, think of pioneers and their root cellars. We are just the fortunate generation where preserving has become much easier, thankfully!

THIS WEEKS PHOTOS



Above is Paige and me looking like we have had some fun! And we have. It has been out pleasure to provide 15 weeks of vegetables for all of you - bonus week and Harvest Festival to follow for more goodies. We will have the store open every Saturday from 8 to 11 a.m. (actually we are always there until 11:30) - until the Harvest Festival on October 9th



We had great help this year - Pictured above is Emma, Annie and Ethan. Not pictured, but were certainly amazing help are Teresa Barker, Maddy Heide, Charles Heide, Ann Heide and of course my wonderful husband Ron Doetch. Without Ron, truthfully, none of this would have been possible - he is "my righthand man," my mentor (he started me out on this journey in 2009 - actually 1998 when we moved to our 5 acres) and the love of my life!

VERY IMPORTANT:
PLEASE READ . . .

I will pack the boxes this week with your names on them as each of you have a specialty item in it that you selected. Not certain how this will work in our current refrigeration system - but I will have instructions out there for you. Please make sure you grab the box with your name on it so that you and everyone else receives what they have selected!

The bonus week - bring back your boxes and we will set up a store for you to pick your own bonus box. We will have bags for you to take your bonus veggies home in!



Colorful carrots again in your box. Below is a picture of a section of garden we named Aruba, other sections were Jamaica, Bermuda, Bahamas - sound familiar?

Aruba Section



Tips & Recipes

ROASTED DELICATA SQUASH

INGREDIENTS

2 medium delicata squashes, scrubbed clean
1 delicata 1 acorn will work on this as well
2 tbsp. extra-virgin olive oil
1 tsp. curry powder
Kosher salt
Freshly ground black pepper

Preheat oven to 425°. Cut ends off of squash, then cut in half lengthwise. Scoop out seeds. Cut squash into ½” half moons.

On a large baking sheet toss squash with oil and curry powder. Season with salt and pepper.

Roast until golden and soft on the inside, about 20 minutes, flipping halfway through

GARLICKY SWISS CHARD

2 bunches Swiss chard, stems removed
1 tablespoon olive oil
2 garlic cloves, minced
Large pinch crushed red pepper flakes
Salt

Stack chard leaves on top of one another (you can make several piles) and slice them into 1/4-inch strips.

Heat oil in a very large skillet (or use a soup pot). Add garlic and red pepper flakes and sauté for 30 seconds, until garlic is fragrant. Stir in the chard, coating it in oil. Cover pan and let cook for about 2 minutes, until chard is wilted. Uncover, stir and cook for 2 minutes longer. Season with salt.

MY FAVORITE WAY TO EAT ANY SQUASH

I just love to simply cut them in half, take out seeds

Put butter in center and then season

You can season with just salt and pepper or . . .

lots of people like to put cinnamon, cloves and other fall like spices on their squash - have it your way!

This works for Acorn, Delicata and Spaghetti!

We didn't have a ton of Delicata this year - if you find you like it, you can count on me planting at least triple the area I had for it this year.

I will have extra squash in the bonus box too - we will put all left over and butternut in those boxes!

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