



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

16000 B 38th Street, Kwenosha, Wisconsin 53144 - 815-494-1251 - cdoetch53@gmail.com

What's bugging us?

Oh yes, they're back! I hope I am not jinxing myself but I do not think they are back in nearly the numbers that we had them last year. We are finding them on the egg plant right now and of course the basil. In the last two days we have probably knocked off 2 dozen on the eggplant . . . so not too bad and we can only hope it continues this way.



• Continued on page 4

Garden and Weather Report

Hello from the Gardens. Another week with very minimal rain, the promise of it and the disappointment when it comes in spits and drizzle. Kenosha County, along with the Illinois Counties just south of Kenosha County are experiencing a drought. Of course we are irrigating and that does keep the plants growing, just not as fast as a true 1 inch rain each week. Those tears from Mother Nature provide so much more than just water, it picks up nutrients as it travel down to us, one of which is nitrogen, absolutely essential in plant health. Without rain, we are adding compost to almost ev-



erything. The picture in the center of this page is Cheri adding compost to the peppers and eggplants, a rather dirty job if you look closely! I was actually too dirty to get in my car after this!

We are hoping for that promised inch at the end of this week. But Ron always says drought begets drought. Once you are dry like we are it is very difficult to pull the rain our way. We will water and water up the fall lettuces and just not count on Mom Nature for anything - that way she cannot burn us! The boxes are full even without her help as we have been through this before!

• Continued on page 3

What's Inside

This is WEEK #7
of the 2021 Season



News - pages 1-3
Recipes - page 4



PRODUCE of the Week



Wash your Vegetables before cooking or eating raw.

Week 7 Produce

Peppers
Spring or Fresh Onions
Summer Lettuce
Blueberries
Kale
Broccoli
Zucchini
Carrots
Parsley
Fennel
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 the zucchini - much warmer and even out of fridge is okay.

This week we are featuring Fennel and colorful carrots.

Fennel is a flowering plant species in the carrot family. It is a hardy, perennial herb with yellow flowers and feathery leaves. It is indigenous to the shores of the Mediterranean but has become widely naturalized in many parts of the world, especially on dry soils near the sea-coast and on riverbanks.

Most recipes that call for fennel are referring to the bulb, the swollen bottom end of the plant. The fennel bulb is enjoyed raw, where its anise flavor is most pronounced, and cooked for a sweeter, mellower version of itself. But don't pitch the rest!

The entire fennel plant is not only edible but delicious. Young, tender fennel stalks can be sautéed as you would celery. For example, substitute finely diced fennel stalks for the celery that is commonly called for in mirepoix, the classic flavor base of sautéed carrot, onion and celery. Check online for a variety of uses of the stalks and fronds. I will have a recipe on page 4 for you.

The carrot is a root vegetable, most commonly observed as orange in color, though purple, black, red, white, and yellow cultivars exist, all of which are domesticated forms of the wild carrot, *Daucus carota*, native to Europe and Southwestern Asia.

The provitamin A beta-carotene from carrots does not actually help people to see in the dark unless they suffer from vitamin A deficiency. This myth was propaganda used by the Royal Air Force during the Second World War to explain why their pilots had improved success during night air battles, but was actually used to disguise advances in radar technology and the use of red lights on instrument panels.

So all those Moms that made their children eat carrots to see better - what a ruse! And the joke, have you ever seen a rabbit with glasses - hah!

Garden and Weather Report

continued from page 1

In your box this week you will find carrots. These have been my growing nemesis for years. They take 14 days minimum to germinate and in this time often the weeds take over. The soil needs to be perfect before they will even germinate. I have grown them in the past but often times we ended up tilling them in. But this year I seeded a small 50 foot row and they did great! That is what is in your box this week. The broccoli in your box may include some side shoots - these are the plant making sure it can throw off seeds and I find these even more tender than the actual primary head.

PAIGE'S PATCH

We have our first butterfly!! First in, first out - out of our light brown chrysalis emerged a beautiful female eastern black swallowtail butterfly! Swallowtails in general are some of the largest most colorful butterflies in our area. As with many butterflies, eastern black swallowtails have differences between male and females, or sexual dimorphism. Females are larger with a more prominent blue patch and smaller yellow markings. While males are the opposite, smaller in size, less blue, and more yellow! If you want to attract these beauties to your yard, plant flowers with flat tops or clusters of tiny flowers. They love Zinnias and Cosmos. Some native favorites of butterflies are Purple Coneflower, Bee Balm, Joe Pye Weed, and Prairie Blazing Star! In September/October they will go into their Chrysalis and they will overwinter by adding a type of antifreeze to their system. Isn't nature amazing, DNA messaging is unbelievable.

This Weeks Photo's



It's a Girl!! What a transformation from the caterpillar lower left and now a beautiful Eastern Swallowtail Lady! She will dance from flower to flower, successfully mate - takes about 40 seconds, lay eggs 200+ one egg per host plant that will hatch in 10 days to caterpillars that will eat for about 3 weeks to Chrysalis and 2 more weeks to adult butterfly - repeat. Life span of the butterfly only about 6 - 12 days.

If you are not inclined to make this salad with the fennel, carrots and beets, you can always grill the fennel or cut the bulb and freeze it. I will have a recipe later this season that will include tomatoes and a fennel bulb - Tomato Bisque soup - absolutely delish!

We are putting peppers in again. I have to say that they are all really flavorful, some are hotter than others. Most of what we are putting in boxes right now are mildly hot - lol. Pepper, the word itself, indicates spice - so even the sweet bells and cubanelles have that "spicy" flavor to them. What they are missing though is the capsaicin that is in hot peppers. The more capsaicin, the hotter the pepper.

Cucumbers are slow to grow but we should have them soon!



Next? - tendersweet



Tips & Recipes

With all the Zucchini in your boxes you need to have this!

Cheri's Pineapple Zucchini Bread

3 Eggs; 2 Cups Sugar; 2 tsp. vanilla; 1 Cup Vegetable Oil (Beat until Fluffy then add:

2 Cups peeled, grated and drained zucchini; 3 Cups flour; 1 Cup crushed pineapple drained; 1 tsp. salt, 1 tsp baking powder, 1 tsp baking soda, ½ Cup Raisins, 1 Cup chopped nuts (optional)

Pour into 2 Greased/floured large loaf pans – bake at 350 degrees for one hour. Let cool for about 10 minutes and remove from pan to continue cooling on racks. You can put in zip lock bag and refrigerate. It will keep for a month in refrigerator. You can also freeze and keep through the winter. I love to bring it out and take it when invited to someone's house during the winter. It is great with coffee in the a.m. and wonderful as a dessert.

BEET, FENNEL
CARROT SALAD
from Williams & Sonoma

3 Tbs. fresh lemon juice
2 Tbs. extra-virgin olive oil
1 tsp. kosher salt
1/4 tsp. freshly ground pepper
1 small fennel bulb, trimmed and fronds reserved
2 large carrots, peeled and ends trimmed
1 medium golden beet, peeled and ends trimmed
1 medium red beet, peeled and ends trimmed
1/2 cup (1/2 oz./15 g) packed fresh flat-leaf parsley leaves



In a small bowl, whisk together the lemon juice, olive oil, salt and pepper. Set the vinaigrette aside.

Insert the angel hair blade into a spiralizer. Cut a slit in one side of the fennel bulb, stopping near the core to create slices. Spiralize the fennel and place in a large bowl.

Spiralize the carrots, golden beet and red beet, stopping to remove the strands every 3 to 4 rotations. Add to the bowl with the fennel. Add the parsley and fennel fronds and toss to combine. Drizzle with the vinaigrette to taste and toss until well coated. Serve immediately. Serves 4 to 6.

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