



# Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS  
beavercreekgardens.org

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## What's bugging us?

This picture is amazing. It is Mother Nature's way of taking care of the dreaded tomato horn-



worm. Those white items on the worm are larvae from a wasp that literally sucks the life blood out of the tomato hornworm. If you see this on your tomatoes, leave it alone, they will hatch, lay more and kill your hornworms!

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## Garden and Weather Report

**H**ello from the gardens! We are entering the final four weeks of our season. Although as promised, there will be an additional Bonus (free) box on the 23rd of September. We will also have extras available to subscribers at the Harvest Festival on October 9th - that would be items like squash, pie pumpkins and who knows what else will be available if we do not have a frost by that date. For all subscribers on the 9th of October I will be taking subscriptions for next year with a "Special Loyalty Price" for all of you veterans of our CSA. Next year we will go to full 3/4 bushel boxes and 18 weeks, offering a half subscription of 9 weeks as well. More details to follow in coming weeks.



**T**he garden is doing great although now that the rain has stopped, the weeding begins. Fortunately for me, Ethan (pictured on page 4) is still with us and loves weeding, right Ethan? As I am writing this, I have my windows open, fresh cool air is coming in and yesterday it felt a little like fall to me in the early hours of the day. Fall is my favorite season, always has been even before I started my CSA. I love the change of the season to fall, cool temps, great colors, what is not to love about a changing Maple tree? We also get to watch the Monarch migration begin. I typically plant lots of Monarch loving flowers.

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## What's Inside

This is WEEK #12  
of the 2021 Season



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Mizuna and Arugula grown under row cover no beetles. The tatsoi not under row cover is much different from the first box, it grew more like Bok Choy and the flea beetles found it! UGH!

## Week 12 Produce

Sweet and Hot Peppers Bag  
Italian Flat Jumbo Beans  
Provider round beans  
Mizuna & Arugula Bag  
Tatsoi  
Beets  
Onion  
Garlic Head  
Cucumbers  
Tomatoes  
Daikon Radishes  
Kale

## 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 cucumbers, zucchini, eggplant and tomatoes.

# PRODUCE of the Week

This week we are featuring our Weeds Bag (Mizuna and Arugula and named weeds by my bestie, Jody) and our amazing peppers!

Arugula is a lesser known cruciferous vegetable that provides many of the same benefits as other vegetables of the same family, which include broccoli, kale, and Brussels sprouts. Arugula leaves, also known as rocket or roquette, are tender and bite-sized with a tangy flavor. Arugula is frequently served raw in salads. The peppery flavor pairs nicely with other strong flavors like salty cheeses, bright citrus, and more. It's also used to top cooked pizzas or whirled into pesto. The greens can also be sautéed for a mild side dish or added to soups, pasta, and other dishes.

Mizuna with its dark green serrated leaves, has been described as a "piquant, mild peppery flavor...slightly spicy, but less so than arugula. As a salad green mizuna can be steamed, boiled, stir-fried or used to complement other greens mixed together for a salad. This is my favorite way of eating it - mixed in with other greens in a salad!



We have about 150' of various pepper plants and they are so prolific this year. Peppers and tomatoes both love drought conditions!

The Cubanelle, also known as "Cuban pepper" and "Italian frying pepper", is a variety of sweet pepper of the species *Capsicum annuum*. When unripe, it is light yellowish-green in color, but will turn bright red if allowed to ripen. We grow them for their mild taste and easy to freeze qualities. With what you will find in your bag this week, you can do what I do with them and that is freeze them. I cut them in circular pieces, flash freeze them and then place them in ziplock bags marked "Pizza add ons."

Ron will buy rather plain pizzas and then add these with a little of our basil pesto to the tops and "voila" a great custom pizza. We also will saute them, add them to eggs - multiple uses throughout the year.

# Garden and Weather Report

This is to seduce them into my garden to fuel up for their long trip south to Mexico! Watch in September as you will see them heading southwest! You do have two types of green beans in your box this week. The round beans are a 3rd pick which usually means they are a little tougher - steaming them is best, Recipe on page 4 for those Italian Flat Jumbo beans!

## PAIGE'S PATCH

As Cheri has mentioned, our first monarch has emerged from its chrysalis! If you've ever raised butterflies, once they emerge you've probably wondered what they are - is it a girl or a boy? Like the Eastern black swallowtails we raised earlier, monarch butterflies have slight differences in the patterns of their wings that indicate whether they're female or male, also known as sexual dimorphism. The monarch that we raised had thick black veining, and no black spot on the forewing - making this a female! The male monarch butterflies tend to be larger and have thinner black veining, and a small black spot on their forewing. Knowing these indicators can be a fun tool when watching them outside, but unbeknownst to you, you might be watching a look-a-like called the Viceroy!

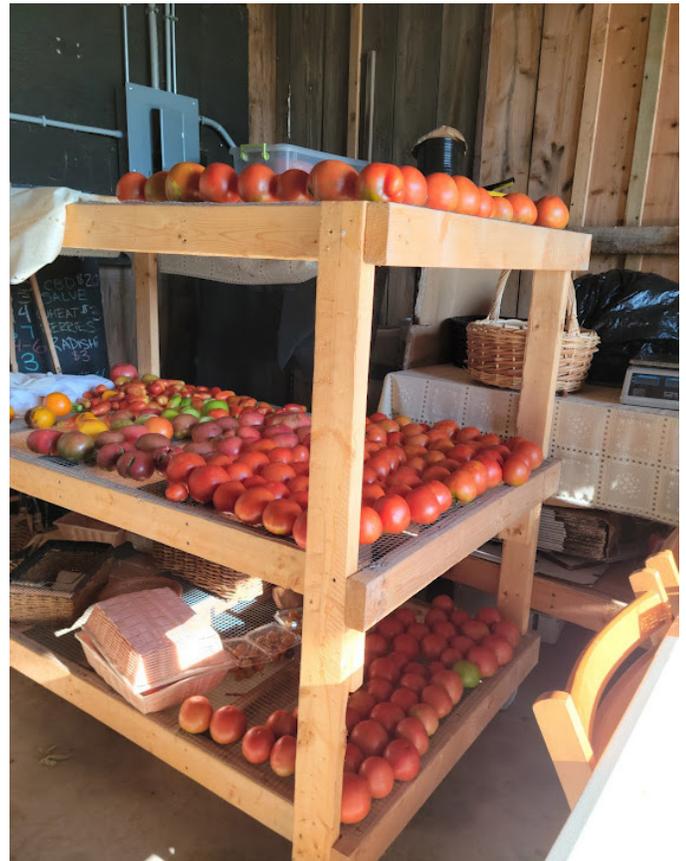


Monarchs and Viceroys are commonly mixed-up. In fact they're so similar, the two species are considered Mullerian mimics! Mullerian mimicry is when one species, in this instance the Viceroy, evolves to look like a different species that has a better natural defense system, the Monarchs. Specifically, monarch caterpillars' consumption of milkweed makes them slightly toxic to birds. Not toxic enough to hurt them, but toxic enough to make them sick and throw up! So how can you tell a Viceroy from a Monarch when they've become so well adapted to look like the real deal? The easiest way to tell, is to look for a black line crossing the veining on the forewing, and they are generally smaller than monarchs. Even knowing the differences, it can be hard to tell as they're fluttering around!

## This Weeks Photo's



Pictured above is our first Monarch out of the chrysalis. She is a she (no black marks on her wings indicating male hormones) is clinging to the chrysalis allowing her wings to dry. She flaps them quite a bit before taking flight. To the right is just the beginning of what we estimate to be about 8,000 pounds of tomatoes on our plants this year. If you want to can or freeze, let me know!



The photo of the eggplant is just a reminder that they will be coming in force in the next couple of weeks. I will have them on the extra table in the meantime and if any of you that do not pick up at the farm want one to 3 included in your box, simply email me and I will mark the box with the eggplants in them with your name!

Bottom picture is of our teenage help this summer. Emma left us this week to go back to school for her junior year and Ethan is still working the month of August for us but will leave at the end of this month for his senior year. They have been great help this summer and I believe that there is nothing like farmwork to help mold our youth! They learn where their food comes from the how to get it the table over the summer!



## Back to School!



## Tips & Recipes

### ARUGULA, FENNEL AND ORANGE SALAD

- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ¼ cup olive oil
- 1 bunch arugula
- 2 orange, peeled and segmented
- 1 bulb fennel bulb, thinly sliced
- 2 tablespoons sliced black olives

Whisk together the honey, lemon juice, salt, and pepper; slowly add the olive oil while continuing to whisk.

Place the arugula in the bottom of a salad bowl; scatter the orange segments, fennel slices, and olives over the arugula; drizzle the dressing over the salad to serve.

### STUFFED CUBANELLE PEPPERS - Allrecipes.com

- 1 pound bulk Italian turkey sausage
- 2 tablespoons olive oil, divided
- 1 cup finely chopped onion
- 1 teaspoon minced garlic
- 1 cup Italian-seasoned bread crumbs
- ½ cup Monterey Jack cheese
- ½ cup mozzarella cheese
- 1 egg
- ¼ cup cooked rice
- ¼ cup grated Romano cheese
- 2 tablespoons chopped fresh parsley, or to taste
- salt and ground black pepper to taste
- 8 Cubanelle peppers, stemmed and seeded

Preheat oven to 350 degrees

Cook and stir sausage in a skillet over medium heat until lightly browned, 5 to 8 minutes. Drain excess grease and transfer to a bowl.

Heat 1 tablespoon olive oil in the skillet; cook and stir onion and garlic until fragrant, 3 to 5 minutes. Stir in sausage, bread crumbs, Monterey Jack cheese, mozzarella cheese, egg, rice, Romano cheese, and parsley. Season with salt and pepper. Transfer to a bowl.

Wipe out skillet and heat remaining 1 tablespoon oil over medium heat. Cook and stir Cubanelle peppers until lightly browned, 3 to 5 minutes. Stuff Cubanelle peppers with rice mixture, using a teaspoon to push it into the tip. Arrange stuffed peppers in a 10x13-inch baking dish; cover dish with aluminum foil.

Bake 350 for 45 minutes, remove foil, cook additional 15 minutes

### RON'S SAUTEED ITALIAN FLAT GREEN BEANS

He made this for me over the weekend - YUM!

2 pieces of bacon cut up into 1" pieces - cook and then add chopped onion saute until the onion begins to carmelize - then add 1/2 lb of green beans cut up in 2 - 3" pieces. Add 1/2 C water, cover and steam until the beans change color Take off cover and stir - cook until all liquid is gone -

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