



# 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?

We are evidently not through with bugs just yet. Ron found this lovely little beetle in our squash and pumpkin patch and had to spray once again! I have always seen the striped cucumber beetles but this year we have had both, as if one wasn't enough. These really can suck the life out of the plants. Fortunately, our fruit has set on our plants so it won't hurt them as much!

• Continued on page 4



## Garden and Weather Report

**H**ello from the Gardens. We are now finally getting some cool fronts through and they are bringing some rain, not a lot but enough to help keep us from watering as much. The biggest difference is in the humidity, it has finally dropped and we can actually be in the gardens in the afternoon again without coming out soaking wet. Just love 90 degrees with 80% humidity - NOT! The forecast for our last two weeks is a very pleasant temperature in the 70s with nighttime in the upper 50s - perfect for finishing up those veggies that are still ripening, like the tomatoes and the squash. We will have a great last couple of boxes for you. Don't forget - bonus box September 23rd.



**W**e will have our processed goods in the last box. You will need to email me your choices. We will have the following to choose from: Red Sauce; Roasted Marzano quart; Dill pickles; Somers Serpentine Sweets Quart; Roasted Pumpkin (2 cups of frozen puree for a pie at Thanksgiving); or we will put a small Winter Luxury Pumpkin in your box so that you can roast and freeze it yourself; Zucchini Bread; or Pumpkin Bread. Please email me a first and second choice. If I don't hear from you - I will choose for you. Next year with a longer season, we will add some other items to this list, like some jams!

• Continued on page 3

## What's Inside

This is WEEK #14  
of the 2021 Season



News - pages 1-3  
Recipes - page 4  
Pictures page 5



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 14 Produce

Peppers  
San Marzano bucket  
Greens Mix  
Leeks  
Spaghetti Squash  
Toscano Kale  
Giant Daikons - very hot!  
Red/Green Lettuce Mix  
Egg Plants  
Tomatoes  
Beets  
Parsley Bunch

## 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 Lacinato (Toscano) Kale and San Marzano Tomatoes.

Lacinato kale grows 60 to 90 centimetres (2 to 3 feet) tall and has dark blue-green leaves with an “embossed texture”; its taste is described as “slightly sweeter and more delicate [...] than curly kale.” The lacinato variety is sometimes called dinosaur kale because its bumpy leaves may resemble what dinosaur skin looked like, and perhaps because the unique appearance of the leaves is evocative of primordial flora. Because of its taste, “slightly bitter and earthy”, it has been called “the darling of the culinary world”

Lacinato kale dates to the 18th century in Italy. This cultivar is popular among gardeners because of its colour and texture, and was amongst the plants Thomas Jefferson recorded in his 1777 garden at Monticello.

In Tuscan cuisine, lacinato kale is often used in ribollita (literally: “reboiled”), a thick, hearty soup made up of ingredients cooked for a meal the day before. It is commonly used in pastas and soups, but can also be eaten raw, in a salad.



San Marzano tomatoes are an amazing Roma tomato. I grow these just so that I can roast them a couple of times to get that smell of a Pizza kitchen in my kitchen - it is a truly delicious smell.

San Marzano tomato, is a variety of plum tomato, considered by many chefs to be the best of its kind in the world

San Marzano tomatoes originate from the small town of San Marzano sul Sarno, near Naples, Italy, and were first grown in volcanic soil in the shadow of Mount Vesuvius. One story goes that the first seed of this tomato came to Campania in 1770, as a gift from the Viceroyalty of Peru to the Kingdom of Naples, and that it was planted in the area of San Marzano sul Sarno. Tomatoes actually all came from South America and then were transplanted in Italy, not the other way around! San Marzano tomatoes have been designated as the only tomatoes that can be used for Vera Pizza Napoletana (True Neapolitan Pizza)- YUM



## Tips & Recipes

### Baba Ghanoush

3 Med Eggplant, roasted until black and then cool.

1/4 C lemon juice

1/4 C Tahini

3 T Extra Virgin Olive Oil

4 cloves garlic

1/2 tsp cumin

1 tsp salt - 1/3 C parsley, minced

Scoop roasted eggplant into food processor, add other ingredients, parsley last - pulse.



### Canned Marzano



### Tortilla Soup

10 Roma tomatoes, cored and quartered

5 cloves garlic, salt & pepper to taste

3 TBS olive oil, 1 large yellow onion diced

8 Cups chicken broth

3/4 lb. tortilla chips; 1 dried chipotle pepper/stemmed & seeded

1 Avocado, peeled, seeded, sliced

1/2 C sour cream, 2 limes cut in wedges and cilantro

Puree tomatoes and garlic (right here you can freeze this in a zip lock bag to finish the soup on a nice cool October day) - thaw and continue . . . Heat oil in large stock pot over low heat, add onion, salt & pepper. Cook until caramelized (10 min.) stir in puree. Add chicken broth and chili pepper. Cook uncovered for 20 minutes then stir in chips cook until soft. Remove and discard chili pepper. Serve hot with avocado, sour cream, cilantro, (I just drop these in) lime wedges and additional chips.

### Easy Zuppa Toscano Soup (Olive Garden)

1 pound spicy Italian ground sausage - use mild for kid-friendly

4 tablespoons butter

1/2 white onion - diced

1 tablespoon minced garlic

6 cups chicken broth

2 cups water

yellow potatoes - cut into 1-inch pieces

3 teaspoons salt - or to taste

1 teaspoon black pepper

2 cups heavy cream

4 cups chopped Toscano kale

chopped bacon or bacon bits and grated parmesan cheese for topping - optional

In a large pot saute sausage 5-6 minutes until browned set aside.

In the same pot, add butter and saute onions over medium heat until translucent. Add garlic and saute for another minute until fragrant.

Add chicken broth, water, potatoes, salt, and pepper and bring to a boil.

Boil until potatoes are tender. Stir in kale, and heavy cream. Add sausage. Taste and add salt and pepper if needed. Serve garnished with grated parmesan cheese if desired.

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



This week I was visited by my niece, Melissa, her daughter Kate and son Marshall. Marshall has stayed the week and has been extremely helpful in the garden. He helped yesterday with loading tomatoes on our 3 tiered racks. Today he helped pick and wash the daikon radishes. We start them very young in our family - he is only 7 1/2 but already working in the gardens and learning to drive the Gator!

Melissa went through the garden on Saturday and took some amazing pictures that I wanted to share with all of you. She caught some great shots in the Showcase Flower Garden where we have been picking for your bouquets!