



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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What's bugging us?



We did battle with the fellow pictured to the right. He is the dreaded flea beetle. We were able to harvest Arugula and Mizuna in spite of those little bugs. I planted the crop in the green house to give it a head start which helped and we were relentless in our organic attack - Neem Oil!

We also covered the broccoli and cauliflower this year. When it
• Continued on page 4

Garden and Weather Report

Hello from the Gardens! We welcome all of you to our 8th season for our CSA, those of you that have been with us for many years will recognize much of the great produce and recipes. I do always try to incorporate some new recipes for you each week as well. Those of you that are new to the CSA this year - everything will be a first for you.



We have had an incredible spring. We had a very warm start in March that was followed by a very chilly April. But we took advantage of the early warmth and because of that, we will have peas earlier than normal (next week) and our beets have taken off like crazy, so they will be early as well.

We have an abundance of beautiful Romaine Lettuce so we are putting two heads in your boxes this week and next. We will also have plenty of greens for the

next few weeks. In fact, if you are new, the first couple of weeks are largely greens and other vegetables that are planted early and can survive cold temperatures, like radishes and onions.

We did notice today that the garlic scapes are beginning to come through the center of the garlic, so those will be in next week too.

I have to tell all of you that my worker shares planted about 400 tomato plants two weeks ago. It was an incredible site and I wish I had taken a picture, but I was too busy organizing and driving the tractor for the additional 5 beds we transplanted. Within about 4 hours, we completed 12 manually planted beds most were 150 feet long and 5 beds of peppers and egg plant.

The long range forecast for our area is that we will have an above normal temperature range this summer which is perfect for those tomatoes, peppers and eggplant.

• Continued on page 3

What's Inside

This is WEEK #1
of the 2016 Season
It's a B Week



News - pages 1-3
Recipes - page 4
Produce for the Week - page 2



Blossoms & Peas



Zucchini coming!

Wash your Vegetables before cooking or eating raw.

Week 1 Produce

Pac Choi**
Radishes
Spring Onions
Romaine Head Lettuce**
Bag of Red Romaine lettuce
Beet Greens
Broccoli Raab/Cilantro
Spinach**
Mizuna Arugula Mix
Kale

*Not in Individual boxes

**Smaller size in Individual boxes

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 Romaine and Pac Choi 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.

PRODUCE of the Week

This week we are featuring our Broccoli Raab and Beet Greens.

Beet Greens are the leaves on top of the beet that are often cut off the beet. They are, however, the most nutrient rich part of the plant and provide amazing health benefits.

We are actually thinning the beets and giving you just the thinned beet greens (you may notice a tiny beet attached). These are excellent for juicing or can be utilized very similarly to spinach or chard.

Beet greens are in the same family as chard and although they are green, the veins take on the color of the beet root which can be red, gold or white.

They have carotenoids, beta carotene and lutein in them. Lutein is notable for its contribution to eye health.

Beet greens should be cooked so as to sweeten them, boiling them is best and these can be substituted for spinach in any of your favorite cooked spinach recipes. I will have a recipe on page 4 for you.



Pictured above is Broccoli Rabe (Raab) also called Rapini. Rapini has many spiked leaves that surround clusters of green buds that resemble small heads of broccoli.

Small, edible yellow flowers may be blooming among the buds. The flavor of rapini has been described as nutty, bitter, and pungent. Rapini is a source of vitamins A, C, and K, as well as potassium, calcium, and iron.

In Europe, it is used mostly in southern Italian cuisine (in particular Basilicata, Apulia, Campania, and Sicily) and also in Roman cuisine. It is also popular in Portuguese cuisine and in that of Galicia in Spain.

I use it chopped and put in scrambled eggs or an omelet. It gives a great flavor cooked this way as well. It is loaded with great vitamins and minerals. You can simply chop and put it in your salad as well.

Garden and Weather Report

continued from page 1

The rainfall forecast for this summer is normal (whatever that is!) We, of course, will water and have laid down lines on those important peppers, tomatoes and egg plant. I am certain we will have dry spells, we always do and we will be ready for them. Ron typically watches the week ahead weather and if it looks like a dry week, he will begin to water so that it cycles through the field in the week with little or no rain. Many of the vegetables we grow need an inch a week, like broccoli and cauliflower. It is such a funny thing to watch - rainfall. Just this week everyone east of us got from .75 to 1.5 inches and we got sprinkled on! So if it is raining in your yard, don't assume it is raining over here. Ron's son John lives in St. Charles and came over on Sunday. He said his garden is soaking wet and was amazed at how dry we were - St. Charles is not even 50 miles away.

Today we are getting incredible winds - that dries the soil very fast too. We will need water this week for sure. I have the fall plants already out hardening off on my wagon and I have had to water the trays twice today because of the wind.

We have a few house keeping items. I want to make sure that you remember to let me know several days in advance if you cannot pick up your box and want to switch days or weeks. Please remember to bring your empty boxes back when you pick up the next box. I start the season with enough for each of you to have one packed, one empty and a spare. I will remind you to bring them back if I notice I am running short!

If you are picking up in Crystal Lake, McHenry or Loves Park, please remember that there are specific times for these locations. Please try to be on time. The sooner you pick up your box and get those crops into your refrigerator, the longer they will stay fresh for you. They are brought out of the field and placed in my cooler at about 36 degrees. Getting them cold and keeping them cold (not breaking that chain) keeps them better for you. The minute they are taken from the field, they begin to degrade, so not breaking that chain of cold is very important. I will give you information on proper storage temperatures for items throughout the year below the produce list on page 2.

This Weeks Photo's



Fennel blowing on left in 30 mph winds - 5 beds of tomatoes planted below!





Tips & Recipes

What's bugging us?

warmed up enough, I took off the cover and put diamataceous earth (DE) around the base of each plant - that would be over 1200 plants if you can imagine. With that, we did not get an infestation of the cabbage root maggot like we did last year - the broccoli and cauliflower look great this year, above!

ADDITIONAL RECIPES:

My best friend and 8 year member of our CSA, Jody Anderson, calls the Asian Greens, Pac Choi and Broccoli Rabe, WEEDS! She will chop them up and put them in with the Romaine lettuces in your box for an unbelievably flavorful salad!

I add them often to omelets or scrambled eggs in the morning.

What's new?

Click on the code below to see what's going on at Beaver Creek Gardens!



Simple and Delicious Beet Greens

Serves - prep time 20 minutes

- 1 bunch of beet greens, stems removed
- 1 1/2 teaspoons extra-virgin olive oil
- 1 clove garlic -
- 1/8 teaspoon crushed red pepper flakes
- salt and pepper to taste
- 1 lemon quartered

Bring pot of salted water to boil - add greens and cook uncovered until tender, about 2 minutes. Drain in Colander then immerse in ice water for several minutes until cold. Drain well and coarsely chop. Heat the oil in large skillet over med heat. Stir in garlic and red pepper flakes; cook and stir until fragrant, about 1 minute. Stir in the greens until oil and garlic is evenly distributed. Season with salt and pepper. Cook just until greens are hot and serve with lemon wedges.

PAN STEAMED ASIAN GREENS (Pac Choi, Broccoli Rabe in your box)

- 1 pound Asian greens 4 to 8 inches long, such as baby bok choy, choy sum, yao choy, or small Chinese mustard greens
- 1/2 cup water
- 2 tablespoons oyster sauce or soy sauce (optional)
- 2 to 3 teaspoons toasted sesame oil (optional)
- 1 tablespoon toasted sesame seed

1. Remove and discard yellow, damaged, or tough leaves from 1 pound Asian greens 4 to 8 inches long, such as baby bok choy, choy sum, yao choy, or small Chinese mustard greens. If head or stalk is thicker than 2 inches at the base, cut lengthwise into halves or quarters to make about 1 inch thick. Immerse in water and swish to dislodge grit. Drain.
2. Set a 5- to 6-quart pan over high heat. When hot, add 1/2 cup water and the greens; cover and cook until barely tender to bite, 3 to 5 minutes. Drain greens and pour into a serving bowl.
3. If desired, drizzle with 2 tablespoons oyster sauce or soy sauce and 2 to 3 teaspoons toasted sesame oil; sprinkle with about 1 tablespoon toasted sesame seeds.

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