



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

20506 Beaverton Rd • Poplar Grove, IL 61065 • 815-494-1251 • CDoetch53@gmail.com

Garden and Weather Report

Hello from the Gardens!
Yes that is a huge tomato below - it weighed in just under 2 pounds and Ron and I ate it sliced with egg salad on top - YUM!



ripening! I am certain this will go down as my best tomato year ever in eight years.

This is week 10 and the end of the first half of the season. I cannot remember ever having such an issue deciding what to put in

So as you can see on page 3, we have so many tomatoes this year that I think I could actually give you all about 10 pounds for the next couple of weeks and still not make a dent. I will bring or send as many as possible to the off site pick ups and at the farm, be prepared to take away as much as you can carry! The scariest part is that there are many green tomatoes still out there on the vines

boxes because I have so much to choose from this year. For those of you that have been members for years, remember 2012 when I was able to fill the boxes, just did not have the variety of produce during the drought, this is the payback for your patience that year! The rain has been almost perfectly timed (exception being cauliflower) for production.

• Continued on page 3

What's bugging us?

Once again, I unfortunately have to complain about those darn beetles.



I have never seen anything like this year. They move from field to field, crop to crop. We have sprayed the fall broccoli continually and they just keep on coming back. I am growing the fall greens in flats rather than direct seeding so that I can get a head start on them. I hope this works or that the weather turns and they go under-
• Continued on page 4

What's Inside

This is WEEK #10
of the 2016 Season
It's an A Week



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

PRODUCE of the Week



Amaranthus & Ground Cherries

Wash your Vegetables before cooking or eating raw.

Week 10 Produce

Rutabaga**
Tendersweet Cabbage*
Sweet Corn**
Walla Onions & Garlic
Celery
Beets**
Tomatoes
Ground Cherries
Carrots**
Summer Lettuce
Cucumbers**
Kale
Peppers**

*Not in box, **smaller size or amount

Storage Information

Egg plant, peppers and onions can all be stored at much warmer temperatures. Tomatoes should never be kept at temperatures below 50 degrees. Refrigeration will affect texture and the taste. All the rest of the box should be kept in the cold sections of your refrigerator.



This week we are featuring the Carrot and Ground Cherry.

The carrot is a root vegetable, usually orange in colour, though purple, black, red, white, and yellow varieties exist. Carrots are a domesticated form of the wild carrot *Daucus carota*, native to both Europe and southwestern Asia. Wikipedia

Although carrots are available throughout the year, locally grown carrots are in season in the summer and fall when they are the freshest and most flavorful. Carrots are perhaps best known for their rich supply of the antioxidant nutrient that was actually named for them: beta-carotene. However, these delicious root vegetables are the source not only of beta-carotene, but also of a wide variety of antioxidants and other health-supporting nutrients. The areas of antioxidant benefits, cardiovascular benefits, and anti-cancer benefits are the best-researched areas of health research with respect to dietary intake of carrots. There is much more at <http://www.whfoods.com/>

In your box you will find a half pint of ground cherries.

Husk cherries, also commonly referred to as ground cherries or husk tomatoes, are small pale orange fruits wrapped in a crinkly, paper-like husk. They look a little bit like small tomatillos. Their flavor is mild, yet quite sweet and very unique. I've heard them compared to a cross between a tomato and a pineapple. They're also quite similar to the cape gooseberry.

You can tell from the look of them that they are related to the tomatillo, but are much sweeter and can be eaten raw, added to a salad makes a very nice touch to the salad. I also saw a recipe to add them to salsa countering the cilantro and hot that is in salsa.

Falling to the ground when ripe should make them easy to pick but their size is a challenge. I think next year I will plant these on biodegradable mulch to make the harvest go a little easier and certainly faster!

Garden and Weather Report

continued from page 1

It has been so much fun growing this season, watching the beautiful tomatoes form, ripen and go out to you all. The lettuce this year has been wonderful. We have Romaine and additional summer lettuces still coming. The fall broccoli has survived the multiple flea beetle attacks somehow - and I will have beets through the fall for you. We also have some flat Italian Beans that will be in your boxes next week - lots more to come!

The forecast for the next month is warmer than normal with normal rainfall. This should help the squash finish up and the 2 acres of Edamame beans on Beaver Creek West finish up as well. We did plant those a couple of weeks late, so I was hoping for a warm August to be able to have those finish up in time for all of you. They had blossoms last week and I suspect there are beans on them by now. Ron also planted Butternut Squash in that field along with the Edamame beans - it looks absolutely beautiful as you can see from the picture below.

With the warm August weather, I have been having thoughts back to the summers of my youth. I remember many warm August months, grass turning brown and locusts trilling in the trees. The past few unusually cool summers were a nice, but this year we really are having a summer to remember!

Once again I want to remind you to SAVE THE DATE of Saturday, October 1st from 10-2 p.m. We will be having our annual Harvest Festival that is for our CSA members and other weekly supporters of our farm, past subscribers/members and those of you that frequently shop the extra items!

This Weeks Photo's

To the left - about 600 tomatoes on racks. Below, edamame field from Beaver Creek West





What's bugging us?

Con't from Page 1
ground to torment us next year. I haven't seen squash bugs on the winter squash yet, but I am watching for them!

ADDITIONAL RECIPES:

Ron and I love Parsley buttered carrots and he makes them in the microwave. I will add some parsley to your box this week even though it is not listed and the recipe to the right calls for Lacinato (Tuscano) Kale, which I will also put in your box.

The parsley buttered carrots are simple, slice the carrots and place in a micro wave dish with the parsely chopped and sprinkled over and a little water on the bottom of the pan - 3 minutes on, 3 minutes off and 3 minutes on - butter over and eat!

What's new?

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



Tips & Recipes

From - Diane Prohaska

Roasted Carrot Salad

Serves: 4

1 3/4 lb. carrots (about 10 medium), peeled and halved lengthwise and crosswise

3 Tbsp. extra-virgin olive oil

1 tsp. salt

1/2 tsp. pepper

8 oz. lacinato kale (1 small bunch), coarse stems removed and leaves cut into bit-size pieces

3 Tbsp. fresh lemon juice

2 Tbsp. grainy mustard

1 tsp honey

1/4 cup finely chopped pitted dates (1 1/2 oz.)

1/4 cup shaved pecorino or Parmesan

1) Place a rack in center of oven; preheat to 450 deg. F. In a medium bowl, toss carrots with 1 Tbsp. oil, 1/2 tsp. salt and 1/4 tsp. pepper. Arrange in a flat layer on a large baking sheet. Roast, stirring occasionally, until golden brown in spots and tender, about 20 minutes.

2.) Rub kale with remaining 1/2 tsp. salt and 1 Tbsp. lemon juice until softened. Divide among 4 plates. Whisk together mustard, honey and remaining 1/4 tsp. pepper and 2 Tbsp. lemon juice. Slowly whisk in remaining 2 Tbsp. oil.

3.) Top kale with roasted carrots. Drizzle with dressing and sprinkle with dates and cheese. Season with additional pepper, if desired, and serve.

PER SERVING: 271 Calories,13g Fat(2g Sat.),4 mg Chol.,8g Fiber,6g Pro.,37g Carb.,1,008mg Sod., 2mg Iron,211mg Calcium

Just a note from my experience. Make sure that the kale gets nice and soft.

RUTABAGA PUREE - 2 TBS butter; 2 large shallots, chopped, 1 large rutabaga, peeled and chopped (coarsely); Coarse salt and freshly ground pepper; 1/2 C low sodium chicken stock; 1/4 t fresh thyme, chopped and 2 TBS mascarpone cheese.

Melt butter, cook shallots and rutabaga, stirring often, until both begin to soften. Season with 1 tsp salt, add stock and thyme. Cover and bring to a boil, reduce heat and simmer til tender 20 to 25 minutes. Puree vegetable mixture with mascarpone in food processor until smooth. Season with pepper. Garnish with additional thyme.

From MARTHA STEWART LIVING

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