



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

What's bugging us?

The Japanese beetles seemed to be heading into the soil to lay eggs, reproduce and do whatever else they do below ground - ick! I finally noticed cucumber beetles in the cuke beds. They are really late this year and we are well into our cucumber harvest so I do not think they will be bothering the production this year. Squash bugs - we are killing them!



• Continued on page 4

Garden and Weather Report

Hello from the Gardens!
We received the perfect amount of rain last Thursday, 1.25

inches and last night we got another .25 to make weeding a little easier - yuck! This weeding thing is simply not fun, but so



necessary unfortunately. We do not use herbicides so the only alternative is to weed which is what Deb B, Benj and I did as we harvested green beans. There is little left to weed, but it really helps in picking beans if you have the bed somewhat weeded.

We picked some egg plant and because it has a very short shelf life, we will be putting it in boxes as we get it out. This Wednesday, Crystal Lake will find an egg plant in their box and on Friday, we will put one in the

Loves Park boxes. I am keeping track so that all of you will get egg plant over the next weeks.

Egg plant will hold outside refrigeration for about 2 days and in refrigeration for 5 to 7 days. So when you get your egg plant, plan to eat it as soon as possible. I will have an eggplant with parmesan cheese recipe on page 4 for

all of you this week. I made it for Ron and I last night, really easy and very good. One small egg plant was more than enough for the two of us. As I said last week, it is slow to arrive and maybe in the next few weeks we will be harvesting it in droves, there are enough blossoms to think that! I remember one hotter summer when I would go out and get 50 to 100 in one day - not so this year.

I was talking to Deb B today
• Continued on page 3

What's Inside

This is WEEK #10
of the 2017 Season
It's an A Week



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



This is a picture of hardneck garlic which is the garlic I grow for you. It is grown by planting the actual cloves in the fall. It is what produces the scapes for you.

Wash your Vegetables before cooking or eating raw.

Week 10 Produce

Summer Lettuce

Beets

Tomatillo Bag w/garlic & Jalapeno

Celery

Onion

Pepper

Sweet Corn**

Tomatoes

Cucumbers**

Kale**

Sun Golds

Green Beans**

*Not included in 1/2 bu. boxes

**Smaller size-amt. in 1/2 bu. boxes

Storage Information

Please make sure that you wash all your vegetables before consuming them. This week all vegetables should be kept in the mid 30 degree range in your refrigerator. Cucumber and Peppers are best kept at about 45 degrees. And of course - tomatoes should never be kept in the Fridge - it breaks down their cell structure and changes the taste!

PRODUCE of the Week



This week we are featuring garlic and onions.

Garlic is widely used around the world for its pungent flavor as a seasoning or condiment.

The garlic plant's bulb is the most commonly used part of the plant. With the exception of the single clove types, garlic bulbs are normally divided into numerous fleshy sections called cloves. Garlic cloves are used for consumption (raw or cooked) or for medicinal purposes. They have a characteristic pungent, spicy flavor that mellows and sweetens considerably with cooking.

The use of garlic in China dates back thousands of years. It was consumed by ancient Greek and Roman soldiers, sailors, and rural classes and, according to Pliny the Elder, by the African peasantry.

Garlic was rare in traditional English cuisine (though it is said to have been grown in England before 1548) and has been a much more common ingredient in Mediterranean Europe. When the English came to America, they brought their anti-garlic attitude with them, and it took almost three hundred years - likely because of continuing puritanism influence - for this viewpoint to diminish, though garlic was used as a folk medicine.

I grow all three of these varieties for you. You have already received a red and a white in your box. The Walla Walla Sweet onions are drying in the greenhouse and we have just taken the storage onions out of the field and they are currently on a wagon drying in the shed.

Once these are dried, the storage capacity differs greatly between the varieties. The sweet onions, will hold dry for 2 to 3 months. The red and white onions will store for 3 months as well.

The storage onions that I grow will actually make it to the next spring if stored properly, in a cool dark place. The onion plant has been grown and selectively bred in cultivation for at least 7,000 years.

The geographic origin of the onion is uncertain because the wild onion is extinct and ancient records of using onions span western and eastern Asia. They were probably simultaneously domesticated by peoples all over the world, as there are species of the onion found the world over. Food uses of onions date back thousands of years in China, Egypt and Persia.

Garden and Weather Report

continued from page 1

and we decided that the problem with this year is that it followed last year. It is not that it is a bad year, just that last year was so incredible that any year after that would look a little anemic. If you look below, the Mexican Sunflower is NOT the same picture. This time I was able to catch a Monarch Butterfly grabbing a bite for lunch.

There have been years where I haven't seen a Monarch. This year I have seen a few and it seems that one or two grab a bite every day on my flowers. I am going to do a caterpillar search in the next week and see if I can grow a few in my store. I love to watch them eat themselves out of their skin and into a beautiful green chrysalis with gold dots, like a crown which is why I always thought they were called Monarchs. Not so. They got their name from early European colonists because of their orange and black color. The colonists were reminded of William of Orange, who became King William III of England, who knew? They are an incredible insect. Did you know that the Monarch that flies to Mexico for overwintering is the 5th generation of the butterfly that left Mexico in the Spring? That is some kind of DNA imprinting that would pass that information on so that their species continues. It never ceases to amaze me.

So here we are at the half point of our 20 weeks. It has gone by fast for me. This is the last week for corn in your boxes, but there is still more to come. We have edamame beans, Italian Flat beans, spaghetti squash to name a few things that will be in the next few boxes. The squashes this year look amazing and I cannot wait for you to see them. We did plant melons, and we do have some teeny tiny melons on the vines, but I am not certain that this year's "cool" weather will get them finished for boxes. We planted them on great soil (the old compost pile) and gave them every opportunity - we just needed heat!

Enjoy your box this week!

This Weeks Photo's



LUNCH TIME below and one of many pumpkins ripening for our Harvest Festival on September 30th!



Fall broccoli!!!



Cheri's Fried Egg Plant

Slice the egg plant into 1/2" slices, salt and let rest for at least a half an hour.

Use one or two eggs lightly beaten
Combine 3/4 C of Flour with
1/4 C of Grated Parmesan cheese
and pepper to taste.

Dip the egg plant slices in the egg
and then into the flour mix and
place into a fry pan with a gener-
ous amount of olive oil on bottom
of pan.

Brown on each side and serve!

Calories - who cares because it
tastes great, carbs - no worries
Fat equals flavor - I am sure the
egg plant is healthy for you!

What's new?

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



Tips & Recipes

Leaving this recipe in for one more week to make sure the A Group has it for their "Tomatillo Bag."

Green Salsa - from Rick Bayless Frontera Grill

- 1 bunch of Cilantro
- 10 - (1 lb) tomatillos
- 4 cloves garlic
- 1 white onion (med.)
- 1-2 Jalapenos
- 1 lime

Directions: Slice tomatillos in half place on sheet with a little olive oil and roast with garlic at 350 degrees until the skin on the tomatillos is slightly brown (the brown is a great flavor in this recipe). Place the roasted tomatillos and garlic in a food processor, add the quartered white onion, jalapenos (take seeds out to keep it from getting too hot), cilantro and squeeze a lime into - process and jar. This will stay good in the refrigerator for months. You can cut up tomatoes into this for a Pico de Gallo and serve with tortilla chips, put over eggs - and anything else you want to "spice" up!

Lauri Hellmann shared this Recipe

If you need another large zucchini, I have a few left!

Impossible Zucchini/Onion Pie - Oven 350. 40-50 minutes - Makes one 9" deep-dish pie or one 8" x 8" casserole

- 3 Large Eggs
- 1 cup Grated Parmesan Cheese
- 1/2 cup Oil (I used corn)
- 1 TBSP Parsley
- 1 Garlic Clove, minced
- 1/4 tsp Salt
- 1/4 tsp Pepper
- 3 cup Zucchini (with skin if tender) – cut to about 1/4" thick and 1/2-1" slices
- 1 large Onion, chopped fine
- 1 cup dry Biscuit Mix (like Bisquick)

In a large bowl whisk the first seven ingredients. Stir in zucchini and onion. Fold in the baking mix and immediately turn-out into a greased 9" deep pie or greased 8"x8" casserole.

Bake until golden brown – about 40-50 minutes – and top springs back slightly.

It makes its own crust and is truly a meal in a dish! I used a generous 3 cups of zucchini (probably closer to 4 cups)...and it still turned out great.

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