



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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Garden and Weather Report

Hello from the Gardens! Yes, we are now in the back half of our season. This will be the last week for sweet corn but we have much more coming that will



be almost as delicious as this year's corn was. Reimers are the producers of the corn you have been receiving and all the feedback I have gotten is that it was very good! I passed that on to Dawn yesterday.

We ended up with about an inch and a quarter of rain this past week. We did not really need it. Take a look at the picture on page 3 of the San Marzano tomatoes.

You can see the septoria creeping up the plant, killing the leaves. Fortunately, for us it is late enough in the season that the fruit is set so it won't hurt production of that. It just makes the plant look terrible with

yellow leaves or no leaves at all and red fruit hanging. This is caused by excessive moisture and we have had that this past month.

I know I am repeating myself this week, but I have never in the 8 years of this CSA seen so many tomatoes, peppers and eggplant. The sizes of everything are unbelievable as well. It is the timely rain and heat!

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What's bugging us?

I went into the squash beds and harvested the pie pumpkins only to find that the squash bugs were all over the place. Right now they are crazy in the spaghetti squash and acorn squash beds and just beginning to make their presence known in the butternut and delicata beds. Ron will be spraying with a vengeance all of these beds. These nasty little devils will kill the plant and hurt the crop too.

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What's Inside

This is WEEK #11
of the 2016 Season
It's a B Week



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PRODUCE of the Week



Pie Pumpkins above, peppers

Wash your Vegetables before cooking or eating raw.

Week 11 Produce

Sweet Corn**
Leeks**
Beets**
Egg Plant**
Tomatoes
Italian Flat Green Beans
Ground Cherries
Carrots
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 Egg Plant, Leeks and those Italian Flat Beans.

Just a quick note on the beans, sauteed with olive oil, garlic and onions - delish! Romano beans are a form of flat snap bean which originated in Italy. Like other snap beans, Romano beans are supposed to be eaten whole. They are considered ripe when they make a crisp "snap" if they are broken in half, and they have a very mild flavor and a tender texture. There are many recipes online for these beans, one of my favorites!

Eggplant. I had no idea what to do with this vegetable when I started growing it. I have since found many uses. On page 4 there is a recipe for Baba Ghanoush which is like an Eggplant humus - excellent tasting and can be frozen for later. I also put in a recipe I tried on Ron this weekend, he loved it as did I. Very easy to make and a great way to eat Lasagna without noodles.

Eggplant is a very good source of dietary fiber, vitamin B1, and copper. It is a good source of manganese, vitamin B6, niacin, potassium, folate,



Leeks are in your box this week as well. These are a great addition to any soup and can be frozen. At the end of the season I will take whatever leeks we have left and Ron will cut them up, not in too small of pieces. He then freezes them and brings them out for Chili, soup and will add them to egg dishes too. They give a very mild onion flavor to anything you are cooking.

Rather than forming a tight bulb like the onion, the leek produces a long cylinder of bundled leaf sheaths that are generally blanched by pushing soil around them (trenching).

Because they grow this way, it is very important to wash them thoroughly and even soak them before using them. The soil finds its way pretty far up that long cylinder.

Leeks are an ingredient of cock-a-leekie soup, leek and potato soup, and vichyssoise, as well as plain leek soup.

The leek is one of the national emblems of Wales, worn along with the daffodil. I thought this was a very unusual combination!

Garden and Weather Report

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I wondered earlier in the year if the fall berries would be as good as the summer raspberries were and the answer is yes, look at the picture below. They are loaded with berries and I have just begun to pick. You will see them up and coming in your boxes. In looking for bugs, I noticed that we also should have plenty of squash for you this year and plenty of pumpkins too. I harvested about 40 little pie pumpkins already which I will once again bake for you into a bread or give you the option of taking 2 cups for your Thanksgiving pie.

We will be planting additional Romaine lettuce, Arugula, Mizuna, Spinach and mixed greens for fall this weekend. I usually seed these in, but with the flea beetle issue this year, I am taking no chances and started them in trays to give them a headstart. After that, in October, we will be planting our garlic seed and that truly is the last thing we put in the garden. So, from April to October we are planting and harvesting for you.

With the abundance of tomatoes this year, if you know of anyone that does any processing, making Salsa or canning, please let them know I have bushels for sale this year. We cannot possibly eat all that we have this year and my freezers are already half full. I typically freeze tomatoes whole and bring them out when I have the time to process. It works great for me and if you end up with some extras yourself, you might try to freeze them. You can thaw them, the skin will pop right off and you can add to any soup, stew or sauce for a little taste of summer in the dead of winter. Please feel free to come out and pick away! Special U-pick prices!!!!

This Weeks Photo's

To the left - septoria creeping up - below, our fall raspberry crop!





What's bugging us?

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Here they are pictured above in their nymph stage!

ADDITIONAL RECIPES:

Baba Ghanoush

3 Medium Eggplant

1/4 C lemon juice

1/4 C tahini

3 TBS Extra Virgin Olive Oil

4 cloves garlic, finely minced

1 tsp salt

1/2 tsp cumin

1/3 C parsley, minced

Prick eggplant with fork until surface is covered with holes.

Roast or grill and cook for 40 minutes until blackened. When cool enough to handle, scoop into food processor, discarding skin, add other ingred, parsley last and pulse parsley in. Serve with chips.

What's new?

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



Tips & Recipes

Egg Plant Lasagna (Roll ups) From Deb Bruesewitz

(I made this and they tasted amazing!) Here is the You Tube Video

https://www.buzzfeed.com/merleoneal/heres-how-to-make-lasagna-roll-ups-with-egg-plant?utm_term=.qvwmJeWO0#.puPB5K38Y

Servings: 13 - 2 Eggplants sliced vertically 1/4"

2 cups ricotta cheese

1 cup mozzarella cheese

1/2 cup parmesan cheese

1/4 cup basil

1 egg

Salt & Pepper

1 cup marinara sauce

1. Preheat oven to 350°F/175°C.

2. Slice the ends the eggplants and slice them into 1/4 -inch slices and lay them out on a baking sheet covered in parchment paper.

3. Salt both sides of the eggplant slices and let them sweat for 20 minutes, then dry them with a paper towel.

4. Bake for 20 minutes, or until soft.

5. Meanwhile, in a medium-size bowl, mix ricotta cheese, mozzarella cheese, parmesan cheese, basil, and egg.

6. Remove eggplant slices from the oven and turn oven to 400°F/200°C.

7. Spoon about 2 tablespoons of the mixture onto eggplant slice then roll it up, repeating for all slices.

7. In a 11×17-inch baking sheet, pour 1/2 cup of marinara sauce, then add all the roll-ups seam down. Pour remaining 1/2 cup of marinara sauce, and top with basil and parmesan.

8. Bake for 25 minutes, or until cheese is melted and golden brown.

Sauteed Carrots & Leeks - (Allrecipes.com)

2 leeks, finely chopped

4 carrots, finely chopped

1/3 cup chicken broth

2 tablespoons butter

1 tablespoon white sugar

1/2 teaspoon dried thyme

1/2 teaspoon kosher salt

1/8 teaspoon ground black pepper

Directions

Combine leeks, carrots, chicken broth, butter, sugar, thyme, salt, and pepper in a skillet; bring to a boil. Reduce heat and simmer until liquid evaporates, about 15 minutes. Cook and stir mixture until leeks and carrots are lightly browned, 2 to 3 minutes.

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