



# Beaver Creek CSA

## your local food connection!

BEAVER CREEK GARDENS  
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### 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!



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## Garden and Weather Report

**H**ello from the Gardens! Wow, it certainly feels like fall has arrived today. We did not get any rain with the front that came in right after the Eclipse of the Sun (which was not visible due to overcast clouds bringing the front in). Too bad it wasn't today, as it is a great day to view anything! But the winds and appearance of plants and flowers tell me that fall is just around the corner. By that I mean the summer wild flowers like Queen Anne's Lace are spent and curled up. The summer raspberry leaves are all turning brown, it just smells like cool weather coming to me.



And to start off the 2nd half of our season, I am putting Spaghetti Squash in your boxes

this week! They are not quite ripe as you can see from the pictures on page 3. But I have so much squash coming that if I do not start putting them in boxes the last four boxes will be completely filled with Squash - Squash Boxes! What you need to do with these is put them in a warm sunny spot for a week or two or until they turn the yellow color of the small squash in the picture - they are ripe and ready when they are yellow.

We are also putting in two types of cabbage. Most of you will get the Savoy type which is just a more textured leaf. It does the same as any other cabbage in terms of cooking it, grilling it or cutting it for coleslaw. You will note on the back page, I do have a Borscht Recipe which incorporates the cabbage and the beets in your box.

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### What's Inside

This is WEEK #11  
of the 2017 Season  
It's a B Week



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This is a picture several Spaghetti Squash. The small one on top is ripe and as you can see, it is much more yellow.

**W**ash your Vegetables before cooking or eating raw.

## Week 11 Produce

Spaghetti Squash\*\*

Beets

Cabbage\*\*

Head of Romaine

Onions

Peppers\*\*

Bag of Oak Leaf\*

Tomatoes

Cucumber

Chard

Italian Flat Beans\*

Green Beans\*\*

Garlic

\*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 Spaghetti Squash and Italian (Roma) Flat Green beans.

Spaghetti squash — or vegetable spaghetti — is a group of cultivars of *Cucurbita pepo* subsp. *pepo*. The fruit ranges from ivory to yellow/orange in color. The orange varieties have a higher carotene content. Its center contains many large seeds. Its flesh is bright yellow or orange. When raw, the flesh is solid and similar to other raw squash; when cooked, the flesh falls away from the fruit in ribbons or strands like spaghetti.

Spaghetti squash can be baked, boiled, steamed, and/or microwaved. It can be served with or without sauce, as a substitute for pasta. The seeds can be roasted, similar to pumpkin seeds.

Spaghetti squash contains many nutrients, including folic acid, potassium, vitamin A, and beta carotene. It is low in calories, averaging 42 calories per 1-cup (155 grams) serving.

The storage time for this squash is shorter than Butternut, but it will hold once ripened for a couple of months in a cool dark place. If your squash is an ivory, let it ripen in warm sunny spot.

Italian flat beans are a form of bean with broad, flattened pods. They strongly resemble common green beans, except that they tend to be larger and flatter. Many cooks use them interchangeably with string or green beans, and some Italian recipes call specifically for the use of these beans. Specialty produce companies and some markets will carry flat beans when in season, and they can also be grown at home.

Like other beans, Italian flat beans come in two forms. The first, green bean form is eaten whole, pod and all. It is crispy and crunchy, with a mild beany flavor, and they perform best when they are very lightly cooked. Overcooked beans can get mushy and dull in flavor. They can also be allowed to mature on the vine, in which case the pods wither and split to reveal dried beans. In this form, they are sometimes called Romano beans, and they have more nutritional value, while also requiring a long cooking time to soften into digestibility.

So do NOT over cook!

# Garden and Weather Report

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I am also going to start giving you more than one onion in each of the 3/4 bushel boxes as we have a lot of those as well and you can save them in your pantry or on your counter until you need them. We still have the storage onions on a wagon. We had a great onion crop this year too! So I think 2017 is going to go down as the Beet/Onion/Squash year - they just seem to be everywhere!

The Romaine Lettuce really liked the rain and is ready for you too. I love fall Caesar Salads. We will have a few weeks of Romaine and then hopefully the fall greens will be up and ready. The Flea Beetles are pretty much gone by this time of year so these will grow over knee high and lush in fall. I am growing Arugula, Mizuna and an Elegance Salad mix for fall this year.

And, for your butterfly picture this week, a Tiger Swallowtail. These are truly magnificent. They are actually larger than the Monarch and when they fly, I can only describe it as floating in air. They use Lilac and birch as their host plant where they lay their eggs and we have several of those in our yard - they also favor the Mexican Sunflower as their nectar plant. I have never found a caterpillar from this species but they are crazy looking with a huge eyes on either side of their heads.

Do not forget to mark your calendars for September 30th - we will have our Harvest Festival/Customer Appreciation Day from 10:00 to 2:00 p.m. I walked the pie pumpkin patch, big pumpkin patch and the gourd patch. It seems to me that the rains in July really helped all the cucurbits crops which include pumpkins and squash. I have never had as many large spaghetti squash as this year. I believe the Delicata and Butternut will be the same. The pumpkins, they are much larger than usual too - so I can only assume that all that water went right into these! Wet, cool weather hurts the size of some things and certainly helps others! That Mother Nature, she is one fickle lady!

Enjoy your box this week.

## This Weeks Photo's



LUNCH TIME below for the Tiger Swallowtail and the yellow color to watch for on your Spaghetti Squash!



Fall broccoli!!! Doubled in size from last weeks' picture.



## Sauteed Italian Flat

1 lb green beans, cut on the diagonal into 3-inch pieces (Italian flat, Romano)

2 tablespoons extra virgin olive oil.

3 medium garlic cloves, cut into very thin slices (a 1/4 cup)

1 tomatoes, cut into 1/2-inch dice (8ounces)

1/2 teaspoon salt.

1/4 teaspoon pepper, freshly ground.

I only put 1/2 lb in your box so cut this recipe in half or go ahead and add some of your round beans into this too - Small boxes - you can make this with your round beans too.

## What's new?

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



## Tips & Recipes

### Lauri Hellmann shared this Recipe

Borscht – Beet/Cabbage Soup - Makes about 1 gallon

2 Large or 3 Medium Beets (1-1 ½ lb) – Fresh (uncooked) shredded

¼ - ½ Green Cabbage (1-1 ½ lb) – chopped coarse (1/4-1/2")

3 Carrots – diced

1 Large Potato – peeled and diced

1 Large Onion or Leek – diced

1 cup Diced Tomato (if using fresh: blanch and peel skin first)

½ cup Finely Chopped Celery (using more will overpower the soup)

1 TBSP Vegetable Oil

8 cups Vegetable Stock (can also use chicken or beef). Add more if soup is too thick.

¼ cup Cider Vinegar (or white vinegar). Use more if you like more “tang”.

2 tsp white sugar. Use more (or less) to taste.

Salt and fresh ground pepper.

Garnish: Fresh dill and sour cream

1. “Sweat” the onions by sautéing in the vegetable oil for a few minutes (don’t brown).
2. Add the cabbage, carrots, potato, onion, tomato, celery and stock.
3. Let simmer about 30 minutes while you shred the beets.
4. Add fresh, shredded beets and simmer another 20 minutes to cook the beet. The soup should be a deep rich magenta color.
5. Lastly, add Cider vinegar and sugar along with salt and fresh ground pepper to taste.

Do not overcook this soup. The vegetables should be just-tender: carrots, cabbage or potato are the best gauge of doneness.

As with many soups, it’s better if chilled then served the next day so all the flavors get a chance to mingle. Can be served cold or hot.

Garnish with a big dollop of sour cream and fresh dill.

PS – Some Borscht recipes contain garlic: Proceed with caution as garlic (like celery) can easily overpower the beet flavor of the soup.

Also some borscht recipes start with a beef stock and meat which is also good but is better served hot. The vegetable-only makes a nice summer soup.

PPS - The cold soup can also be pureed smooth for a velvety texture.

### How do you cook spaghetti squash?

Heat oven to 400 F. Slice squash in half lengthwise and scoop out seeds. Drizzle halves with the olive oil and season with salt. Place squash cut side down on baking sheet and roast until tender, 45-50 minutes. Use a fork to scrape out “spaghetti.”

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