



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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Garden and Weather Report

Hello from the Gardens!
Oh boy, I anxiously awaited that cool front that came through finally on Saturday afternoon. Working in the heat and humidity is exhausting even for someone like me that is used to being outside for most of the day. On Saturday, the breezes blew in from the north and it felt wonderful, a hint of fall and cooler weather on the horizon to be sure, but a welcome respite from the last couple of weeks of extreme humidity.



My hope now is that the cooler temperatures in the nights will slow down the

tomato ripening just enough so that we can catch up. I have been selling them by the bushel this year and even with that there are still ripe tomatoes on the plants that I cannot find room for on my racks.

So with that said, this week we are putting together a SUMMER FIESTA box for you! It will have an abundance of tomatoes, onions, peppers and recipes to go with all of these items. Please remember that if you do not have time to prepare the recipes, freezing is an excellent option. You can freeze the onions, peppers, and tomatoes.

• Continued on page 3

What's bugging us?

We had so many squash bugs in the winter squash beds that I am harvest-



ing them as soon as they are ready so that we can kill as many as possible in hopes that they do not find the butternut and delicata in the numbers they were in the other beds. We have sprayed what we can and it doesn't seem to do much good - Between these and the flea beetles, I am kept way too busy watching for their next line

• Continued on page 4

What's Inside

This is WEEK #12
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



PABLANO PEPPER

Wash your Vegetables before cooking or eating raw.

Week 12 Produce

8 - 10 pounds of tomatoes
4-5 pounds of onions
fennel bulb
6 large stuffing peppers
12-15 Tomatillos
6 jalapenos
Bunch of Basil
Egg plant
Cucumber
Kale
Garlic

Small boxes will have smaller amounts of tomatoes and peppers

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.

FIESTA BOX is our star of the week and we have put in the recipes for you to use the items in your box! The only consistent item in the recipes that we do not have at this time and is very much a "fiesta" item would be cilantro. I typically make my green salsa in August or early September and always have to purchase cilantro myself as it does not grow in the heat of summer. The stores that carry it must get it from the winter in the southern hemisphere or possibly Alaska? If you are not the adventuresome type and do not want to try some of these recipes, you can always freeze the tomatoes in your box to add to soups, etc. later in the year or try making some type of stuffed tomato. You can stuff with tuna salad or egg salad to make a complete meal out of the tomatoes in your box.

I will talk about basil and hot peppers though, here we go! Basil is the main ingredient in pesto which is made and added to pasta - very Italian! Here is what Wikipedia has on Basil.



Basil is possibly native to India, and has been cultivated there for more than 5,000 years. It is a hardy annual plant, best known as a culinary herb prominently featured in Italian cuisine, and also plays a major role in Southeast Asian cuisines of Indonesia, Thailand, Malaysia, Vietnam, Cambodia, Laos, and Taiwan. Depending on the species and cultivar, the leaves may taste somewhat like anise, with a strong, pungent, often sweet smell.

The poblano is a mild chili pepper originating in the state of Puebla, Mexico. Dried, it is called ancho or chile ancho, from the Mexican Spanish name ancho ("wide") or chile ancho ("wide chile"). Stuffed fresh and roasted it is popular in chile rellenos poblanos. An immature poblano is dark purplish green in color, but the mature fruits eventually turn a red so dark as to be nearly black. You will have several immature green peppers in your box which should be milder in taste - ??? And the recipe on page 4 is excellent!

Garden and Weather Report

continued from page 1

I actually do freeze all of these in 2 gallon zip lock bags. I chop the onions and peppers to freeze and freeze the tomatoes whole. I do hope you try at least one or two of the recipes. The Green Salsa is a favorite of mine. I found Rick Bayless' recipe and combined it with another that I was already making - it is delicious served with tortilla chips. The stuffed peppers recipe is from Debbie Bruesewitz and she served this as an hors d'oeuvre to Ron and I last year - YUM! I figured you can use either the pablanos or the banana or both depending on how much you are making. We have so many peppers this year and for the first time, entire bushes are turning colors. Green is the immature color of most peppers and only when they fully ripen do they turn yellow, red or orange. This year, my peppers are a kaleidoscope of colors for the first time in the eight years I have run this CSA. This is so much fun to see.

In case you did not freeze the fennel we had about a month ago, I will put a bulb that I have stored in my cooler for the last month in your box. It doesn't look pretty but it will do the trick in the Tomato Bisque Soup recipe because you chop it up and cook it. The flavor will still be there for you.

Do not forget to mark your calendar for our Customer Appreciation/Harvest Festival Date of Saturday, October 1st from 10:00 to 2:00 p.m. We will have food, garden tours, hayride for the children (or adults). I will have pumpkins for you to pick out and if it is cold, we will have the heat on in the store and a fire outside!

This Weeks Photo's

To the left, ripe tomatoes on the vine - below, red bell peppers on a plant





What's bugging us?

Con't from Page 1
line of attack - This is when growing without chemicals is really frustrating!

Green Salsa

- 1 bunch of Cilantro
- 12 large Tomatillos
- 4 cloves of garlic
- 1 white onion
- 2-4 Jalapenos
- 2 limes squeezed (opt)

Slice Tomatillos in half and roast at 375 with garlic until the skin on the tomatillos begins to turn brown - Place in food processor with cilantro, onion, jalapenos and lime - will hold in refrigerator for months. I will cut some fresh tomatoes to make a Pico De Gallo

What's new?

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



Tips & Recipes

Stuffed Pablano Peppers - D. Bruesewitz (can use the banana peppers in your box too). - Roast 425 degree oven for 15 minutes until edges are brown and cheese is bubbling.

6 Large Peppers - slice in half lengthwise and remove seeds - Mash: 2 oz. Feta Cheese; 4 oz. Cream Cheese; 4 oz. Pepperjack or sharp cheddar - add 2 T grated onion and a handful of Cilantro- use Pablano Peppers for hot and the banana peppers in your box for a milder taste.

Tomato Bisque Soup

 - Liz Cardella

Makes 8 Cups, work time 30 min. cook time 45 minutes
Saute in 2T olive oil - 1 C chopped onion 4 to 5 minutes, stirring often add 1 T garlic, minces, 1-2 minutes so that it doesn't burn.

Add and simmer:

4 Cups tomatoes, seeded and diced;

1 1/2 C fennel bulb, trimmed and diced;

1 C russet potatoes, peeled and diced;

1/4 C carrots, peeled and grated - add tomatoes first, this creates liquid in the stockpot to prevent other vegetables from burning.

Add and Simmer:

4 C chicken broth

3T basil, chiffonade (rolled and sliced into ribbons)

2T fresh lemon juice

2T dry sherry

1 tsp fresh thyme and 1 tsp fresh oregano

1/2 tsp salt and 1/2 tsp pepper

Simmer for 20 minutes and let cool - puree in blender in 1/2 batches until smooth.

FRESH BASIL PESTO

 - Simply Recipes.com

2 cups fresh basil leaves, packed (can sub half the basil leaves with baby spinach)

1/2 cup freshly grated Romano or Parmesan-Reggiano cheese (about 2 ounces)

1/2 cup extra virgin olive oil

1/3 cup pine nuts (can sub chopped walnuts)

3 garlic cloves, minced (about 3 teaspoons)

Salt and freshly ground black pepper to taste

Place everything except oil in food processor - add the oil slowly while running the processor - I have frozen pesto to bring out later and this works great too.

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