



# Beaver Creek CSA

## your local food connection!

BEAVER CREEK GARDENS  
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### Garden and Weather Report

**H**ello from the Gardens!  
This certainly is a strange August. We are staying quite cool during the day and nights which definitely is slowing down the squash ripening time. Our awesome Saturday



crew got all the Spaghetti Squash out of the garden and we had over 500, most of them were really nice sized. As you can see on page 3, we are ripening them outside on the wagon and cart. They look amazing and because we have so many, we will try to fit two in everyone's box this week!

I lived in Houston for 8 years from 1983 to 1991. That city flooded so easily that I am not surprised at what they are going through. This is all part of the extremes of climate change.

Storms that cause this type of devastation will be more prevalent in our future, I am afraid. Here in the midwest we are lucky to not have hurricanes, but snowstorms, tornadoes - we get to claim those! I just feel that the weather is different, not anything specific, just different. Our thunderstorms seem to be more

intense and frequent. Just look at what happened in Crystal Lake (my hometown) this summer - extreme weather again.

We totally harvested all the Marzano tomatoes this week so you will find a bag in your box to make the Tortilla Soup Recipe on page 4. If you do not have time to make it now, or want to wait for cooler weather, you can do what I just did. I pureed the tomatoes with the garlic and then froze them in a ziplock.

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### What's bugging us?

There are very few Japanese Beetles left in the garden, thank goodness, a few cucumber beetles and I found a bunch of squash bugs in the gourd bed - I squashed them - ha ha! Watch out for grubs though when cleaning your lettuce and cabbage. They "worm" their way into the leaves and although we look - we do not find them all!



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### What's Inside

This is WEEK #12  
of the 2017 Season  
It's an A Week



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# PRODUCE of the Week



Wash your Vegetables before cooking or eating raw.

## Week 12 Produce

Spaghetti Squash\*\*

Beets

Cabbage, Red or Savoy

Lettuce, Romaine or Oak Leaf

Onions

Peppers\*\*

San Marzano Tomatoes\*\*

Cucumber

Kale

Italian Flat Beans/Round Beans\*\*

Edamame 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 - Squash will continue to ripen in the sun and warmth.

This week we are featuring Edamame beans and San Marzano tomatoes.

The Japanese name, edamame, is used commonly to refer to the dish. It literally means, "stem bean" eda = "branch" or "stem" + mame = "bean"), because the beans were often sold while still attached to the stem. This is the way I am presenting them to you as well.

The earliest documented reference to the term "edamame" dates from the year 1275, when the Japanese monk Nichiren wrote a note thanking a parishioner for the gift of "edamame" he had left at the temple. So they have a history and you can find them at almost every Japanese Restaurant.

Edamame is typically harvested by hand to avoid damaging the crop's stems and leaves. Green soybean pods are picked before they fully ripen, typically 35 to 40 days after the crop first flowers. Soybeans harvested at this stage are sweeter because they contain more sucrose than soybeans picked later in the growing season. Pods may be boiled in water, steamed, or microwaved.

Fresh edamame will stay edible for three days when stored in the refrigerator. So tear them off the stem, store them in a plastic bag and eat them quickly for best flavor!



San Marzano tomatoes originate from the small town of San Marzano sul Sarno, near Naples, Italy, and were first grown in volcanic soil in the shadow of Mount Vesuvius. One story goes that the first seed of this tomato came to Campania in 1770, as a gift from the Viceroyalty of Peru to the Kingdom of Naples, and that it was planted in the area of San Marzano sul Sarno. Remember, tomatoes originated in the "New World" and were taken to Italy - not the other way around!

Compared to the Roma tomato, San Marzano tomatoes are thinner and more pointed. The flesh is much thicker with fewer seeds, and the taste is stronger, sweeter and less acidic. Many people describe the taste as bittersweet.

I grow these because I love the flavor and smell of them. I roast some with garlic and basil and then can them. It smells like a Pizza place in my kitchen when doing this. I think they really add flavor to any sauce so even if you decide not to make the Tortilla Soup - you can puree and freeze to add to soups later or any type of sauce you may make on a cold day!

# Garden and Weather Report

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One of the differences this year with the over spray incident and cool summer is that I do not have the number of San Marzano tomatoes that I usually have. They are one of my favorite for processing and in a "good" tomato year, we typically can fill five gallon buckets off of two plants. Not this year. It was an effort to get enough to put together a bag for you in the A week off of 50 plants - I am looking forward to next year already for my tomato do over!

In the produce section, you can read about the Edamame. I am giving it to you in your box just as the Japanese do, on the stem which is what "eda" means - stem and mame "bean" so you have your stem beans this week. Make sure you use this as soon as possible as they do lose flavor and freshness more quickly than other beans. If you have never tried these - give them a try. They are delicious and a great healthy snack!

One of my workers commented that they just did not know what to do with spaghetti squash. You can go real simple with this squash - baked and then scrape, you can just add butter, salt and pepper for a squash side dish. You do not have to make pasta sauce to pour over. It is good eaten as you would eat any squash. Or you can try the recipe on page 4 - I haven't tried this one yet, but it is on my list as it looks delish and got great reviews on her site: <http://www.wellplated.com/spaghetti-squash-casserole>. There were several others and one with spinach and ricotta that I will copy for you next week - that is right up my alley.

We are heading into Labor Day weekend and for me it signals the end of summer even though September can have many warm days. I do love the fall, and it is one of the reasons I moved back here from Houston. I missed the changing seasons. Seasons are such a wonderful thing - change is somehow reassuring to me. Ron always says nothing is certain in life except change - I love that saying.

Have a great week - enjoy your box.

Don't forget to save the September 30th date for our Customer Appreciation Harvest Fest!

## This Weeks Photo's



Saturday squash harvest - we need to give away quick as there are many butternut coming soon (below).



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



## Edamame Snack!

You have 3/4 to a pound of edamame in your boxes. I love them as a snack. Simply place them in salted water, bring to a boil for 3 minutes - sea salt to taste and eat them by squeezing the beans out of the pod with your mouth - do not eat the pod!

### CASSEROLE Con't:

Make it ahead: Spaghetti squash can be roasted and shredded, then stored in an airtight container for up to 3 days. When ready to make the casserole, add to the filling in Step 2 as directed.

Store leftovers in the refrigerator for up to 5 days.

## What's new?

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



## Tips & Recipes

**Healthy Spaghetti Squash Casserole** with ground turkey, tomatoes, and Italian spices. Easy, CHEESY, and a crowdpleaser. Low-carb, freezer-friendly recipe!

YIELD: 6 servings PREP TIME: 10 minutes COOK TIME: 45 minutes-

TOTAL TIME: 1 hour

Ingredients:

1 small/medium spaghetti squash (about 2 pounds)

2 teaspoons extra virgin olive oil

1 pound (93% lean) ground turkey

1 small red onion, diced

1 green bell pepper, cored and diced

1 teaspoon kosher salt

1/2 teaspoon black pepper

1 can (14.5-ounce) diced tomatoes with Italian spices, drained

3 cloves garlic, minced

1 teaspoon Italian seasonings of choice (or a mix of oregano, basil, and thyme)

1/2 teaspoon crushed red pepper flakes (reduce to 1/4 teaspoon if sensitive to spice)

1 cup freshly grated part-skim mozzarella or provolone cheese, divided

Chopped fresh parsley or basil

1. Preheat oven to 375 degrees F. Bake Squash face down 30 to 40 minutes and scoop out

2. Reduce the oven temperature to 350 degrees F. Heat the olive oil in a large, deep skillet over medium high. Add the turkey, onion, bell pepper, salt, and black pepper. Cook, breaking apart the meat, until meat is browned and the vegetables are tender, about 8 minutes. Add the drained tomatoes, garlic, Italian seasoning, and red pepper flakes. Let cook until most of the liquid from the tomatoes has cooked off, about 4 minutes, then add the reserved squash. Cook and stir until most of the remaining liquid has cooked off, about 1-2 minutes more, increasing the heat if needed. Stir in 1/2 cup of the shredded cheese. There may be some liquid remaining in the pan.

3. Lightly coat a deep 8×8-inch baking dish or 2-quart casserole dish with cooking spray. With a slotted spoon, scoop the squash mixture into the pan in an even layer, discarding any excess liquid (some in the pan is OK—just not too much). Bake, uncovered, for 20 minutes. Remove from the oven and sprinkle with the remaining 1/2 cup cheese, then return to the oven and bake until the cheese melts, about 5-10 additional minutes. For an extra-golden-brown top, place the casserole under the broiler for a few minutes. Remove from the oven, sprinkle with parsley and/or basil, and let rest 5 minutes. Serve hot.

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