



# Beaver Creek CSA

## your local food connection!

BEAVER CREEK GARDENS  
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### Garden and Weather Report

**H**ello from the Gardens! This is what I would call an "Endless Summer." It just goes on and on. I for one love the midwest because our summers typically are a blend of warmth and cool fronts and not just hot all the time like the south. Not so this year. I am writing this Tuesday afternoon, coming in during what appears to be a cool front finally coming through to rid us of the humidity that has been in place again. The last front cooled us down slightly, dropped the humidity for a few days and back we went up again.



**I** am hoping this cool down stays for a few more days. We could really use some cooler nights to hold those tomatoes a little longer. The broccoli also does better with cooler nights and that is up and coming. We also did begin harvesting squash and actually dug a sweet potato or two. It would be really great if we had a five day span of dry weather so that we can get the potatoes and the rest of the carrots out. The recent wet weather hasn't been kind to the carrots! It causes splitting in the ground, they still taste good, just do not look very pretty.

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### What's bugging us?

**RUMBLE** in the Raspberries! That is what I am calling the onslaught of insects in the Raspberries this fall. Just to begin with, the bees are there, two kinds of them. The bumble bees seem to love the blossoms and the wasps love the berries, so I have to be careful grabbing the ripe ones as I have already been stung once. In addition to all of the bees, there are picnic bugs which you may find in



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### What's Inside

This is WEEK #13  
of the 2016 Season  
It's a B Week



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# PRODUCE of the Week



Cherokee Trail of Tears Dry Beans

Wash your Vegetables before cooking or eating raw.

## Week 13 Produce

Marzano tomatoes

Onions\*\*

Cabbage

Bell peppers\*\*

Carrots\*\*

Beets

Beans

Raspberries\*

Grapes

Lettuce

Kale

Garlic

\*Not in Individual Box

\*\* Smaller amount in Individual Box

## 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.

Cherokee Trail of Tear Green Beans are our feature for this week. It is one of the beans that could be in your box in the green form or the dry form. We are also putting some Flat Italians in the boxes so you will not know which of the three you have received until you open your boxes! Surprise! Whichever green bean you get, you will need to steam or saute longer as these are tougher beans than those we had at the beginning of the season. And the Cherokee bean is an heirloom or heritage bean. What that means is that the "string" has not been bred out of the bean as is the case with many of the other beans we have today.

The dry bean bag is a cup or 8 oz. and should be used in a soup or stew. You will need to soak over night before using just as you would any other dry bean that you buy in the store.

I have put the Trail of Tears story on page 3 for those of you that are new to our CSA - it is one reason that I grow these beans, the other is that they are a great dry bean, holding their shape when you cook them.



San Marzano tomatoes are an amazing Roma tomato. I grow these just so that I can roast them a couple of times to get that smell of a Pizza kitchen in my kitchen - it is a truly delicious smell.

San Marzano tomato, is a variety of plum tomato, considered by many chefs to be the best of its kind in the world

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. Tomatoes actually all came from South America and then were transplanted in Italy, not the other way around! San Marzano tomatoes have been designated as the only tomatoes that can be used for Vera Pizza Napoletana (True Neapolitan Pizza)- YUM

# Garden and Weather Report

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All in all though, I cannot complain about this great production year - it has really been something! Now on to one of my favorite stories - the Cherokee Trail of Tears - and the green bean they took on their journey from the Southeast to Oklahoma.

The Trail of Tears was a series of forced relocations of Indian nations in the United States following the Indian Removal Act of 1830. The relocated people suffered from exposure, disease, and starvation while on route, and more than four thousand died before reaching their various destinations. The removal included members of the Cherokee, Muscogee, Seminole, Chickasaw, and Choctaw nations, from their ancestral homelands in the Southeastern United States to an area west of the Mississippi River that had been designated as Native Territory. The phrase "Trail of Tears" originated from a description of the removal of the Cherokee Nation in 1838. In the winter of 1838 the Cherokee began the 1,000-mile (1,600 km) march with scant clothing and most on foot without shoes or moccasins. The march began in Red Clay, Tennessee, the location of the last Eastern capital of the Cherokee Nation. After crossing Tennessee and Kentucky, they arrived at the Ohio River across from Golconda in southern Illinois about the 3rd of December 1838. Here the starving Indians were charged a dollar a head (equal to \$22.22 today) to cross the river on "Berry's Ferry" which typically charged twelve cents, equal to \$2.67 today. They were not allowed passage until the ferry had serviced all others wishing to cross and were forced to take shelter under "Mantle Rock," a shelter bluff on the Kentucky side, until "Berry had nothing better to do". Many died huddled together at Mantle Rock waiting to cross. Several Cherokee were murdered by locals. The Cherokee filed a lawsuit against the U.S. Government through the courthouse in Vienna, suing the government for \$35 a head (equal to \$777.77 today) to bury the murdered Cherokee. It eventually took almost three months to cross the 60 miles (97 kilometres) on land between the Ohio and Mississippi Rivers. The trek through southern Illinois is where the Cherokee suffered most of their deaths.

This bean was taken with the Cherokee from Georgia to their relocation to the Cherokee Nation Reservation in Oklahoma. After growing this bean for the past 8 years, I believe I understand their attachment to this bean. It is a good green bean and an excellent dry bean. It is very prolific and because it is a pole bean, it is easier to harvest. It was most certainly a way to have food in the summer and good protein in the winter months.

## This Weeks Photo's

To the left, Trail of Tears - note the crossing in Illinois.  
Below - actual beans from our farm.





What's bugging us?

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the container as they hide inside the berry. There are also European corn bore beetles competing for a bite of the berries-Ugh! So the fight goes on as I pick these with all of the insects.

## Grapes in your box!

The grapes in your box come from our farm. We put them in the extra Red Barn pints. These are wine grapes that we grow however, they do taste good enough to eat. They do have seeds. If you juice, they are a little tart and will add flavor to any juice you make.

## What's new?

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



## Tips & Recipes

### Tortilla Soup

10 Roma tomatoes, cored and quartered  
5 cloves garlic, salt & pepper to taste  
3 TBS olive oil, 1 large yellow onion diced  
8 Cups chicken broth  
3/4 lb tortilla chips; 1 dried chipotle pepper/stemmed & seeded  
1 Avocado, peeled, seeded, sliced  
1/2 C sour cream, 2 limes cut in wedges and cilantro  
Puree tomatoes and garlic (right here you can freeze this in a zip lock bag to finish the soup on a nice cool October day) - thaw and continue . . .  
Heat oil in large stock pot over low heat, add onion, salt & pepper. Cook until carmelized (10 min.) stir in puree. Add chicken broth and chile pepper. Cook uncovered for 20 minutes then stir in chips cook until soft. Remove and discard chili pepper. Serve hot with avocado, sour cream, cilantro, (I just drop these in) lime wedges and additional chips.

### Cabbage Soup - Cindy Bishop Oldenburg

1 lb. ground beef                      1/2 Head of Cabbage  
1 small onion                         3 Carrots  
3 clove garlic                         1 large green pepper  
1/2 lb egg noodles

Brown the ground beef, onion, garlic. Add water and veggies, bringing water level to 1 inch below cabbage head. Bring to a boil - 15 minutes  
Throw in noodles, boil 8 to 10 minutes, salt and pepper to taste.  
You can make this and freeze it for later.

### Stuffed Peppers

4 bell peppers, any color  
3 tablespoons olive oil, plus more for drizzling  
6 ounces lean ground beef  
Kosher salt and freshly ground black pepper  
1 onion, finely diced  
2 cloves garlic, chopped  
1 medium zucchini, finely diced  
4 Roma tomatoes, seeded and finely diced  
Red pepper flakes, as needed  
1 cup cooked long-grain and wild rice  
1 1/2 cups grated pepper Jack cheese

#### Directions for Stuffed Peppers at address below:

Read more at: <http://www.foodnetwork.com/recipes/ree-drummond/stuffed-bell-peppers.print.html?oc=linkback>

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