



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
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What's bugging us?



No change from last week. 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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Garden and Weather Report

Hello from the Gardens! A very cool start to September. I went out to let the girls (hens) out this morning and it was darn right chilly! And to add to that, it seems like all my flowers are beginning to look like fall - losing their vibrant colors. This week we won't see the 70 degree mark until Thursday or Friday.



Once again, we are putting multiple spaghetti squash in your boxes, but these are ready to eat. Ron and I made a couple yesterday for our Labor Day BBQ and they were delicious. We keep moving them around and every time we do I re-count them. It seems to me that although we have put over 160 in boxes, we still have a ton left.

We did harvest the acorn this week and I tried two different varieties this year, hoping to get a sweeter squash. They are smaller than the ones I have grown in the past, so we shall see. They will be in your boxes the next two weeks with, yes you guessed it, another spaghetti squash!

This is the year of beets, beans and squash. Once again we have harvested enough round and flat beans to put in your boxes and one more week of edamame. This week the edamame is really ripe and ready, so cook it a little longer. We ate some yesterday and Ron said he cooked it at least 5 minutes, waiting until the seam starts to pull away. They are plump and yummy!

All eyes are on the new hurricane, Irma, heading for

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What's Inside

This is WEEK #13
of the 2017 Season
It's a B Week



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PRODUCE of the Week



Wash your Vegetables before cooking or eating raw.

Week 13 Produce

Spaghetti Squash**
Chioggia Beets
Lettuce, Romaine or Oak Leaf
Onions
Peppers**
Radishes*
Cucumber
Kale
Italian Flat Beans
Round Beans**
Edamame Beans**

*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 Chioggia Beets. I usually plant only the red beets as they are the best for germinating. I have planted the Chioggia in the past, but they were so sporadic in germination that I gave up on them for a couple of years and decided to give them a try this year.

I also mixed in some Golden Beets and so it is possible that you will find one of those in your beet mix in the next few weeks. I had a very successful germination on all the beet beds this year. I hope I can repeat that again next year because those of you that love beets, had to be thrilled with the crop this year. Those of you that are not beet fans, I hope you found a beet lover to share your bounty with.

The picture in the upper right is the largest red beet I have ever harvested. It weighed over 3 lbs. I could not believe it when I pulled it out today. The picture on the left is the Chioggia, which is in your box this week.

Chioggia, the most beautiful of all beets and very sweet flavored. This is an Italian heirloom from the town of Chioggia, near Venice, and has been popular since the early 1800s. It's beautiful and sweet flavored. If you do not follow the tip of lemon juice, you will find that the beet resembles cooked pineapple - not pretty but still delicious.

It looks like a vegetable straight out of a Dr. Seuss book, but this striped beet is very real!

The Chioggia beet (pronounced kee-OH-gee-uh), also known as the candy cane or candy stripe beet, hails from Northern Italy and became popular in the 19th century. It's most notable for its striking deep pink and white spirals, and the beet adds a beautiful pop of color to salads and soups.

Though the candy stripe beet can be prepared much like any other beet, the Chioggia has an especially sweet flavor—and it doesn't 'bleed' as much as regular beets, meaning you don't have to worry about bright red beet juice staining your fingers and clothes. The Chioggia beet "matures very early and has a mild flavor, and so requires less cooking time than most varieties of beet," according to the Sweetwater Organic Community Farm. Also, they caution, "be gentle when washing beets as you don't not want to break the skin, which will allow nutrients to escape."

Tip: When boiling Chioggia beets, add a splash of lemon juice or white vinegar to keep their color from fading.

Garden and Weather Report

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what looks like Florida as a Category 4. If it holds and hits as a 4, this will be unprecedented, two category 4 hurricanes hitting the US in one year. Those who are left skeptical as to climate change should take note of this.

We still have some great veggies coming in the 7 weeks that remain. We will be seeing some fall broccoli fairly soon. The heads are just beginning to form. It is so different than in the spring. Once I see the little heads, we always have broccoli in the boxes in a week or so. Totally different in the fall. With days getting shorter, it takes longer for everything to finish up, even broccoli which is a cold crop. The fall greens look terrific as well. Possibly next week, but for certain in week 15, we will have arugula, mizuna and a fall greens mix for you in the boxes. We have been watering all of this several times a week. With all the rain we had in June and July, late August and early September have brought us not a drop. I believe the only reason our grass is still green is that we had so much earlier.

I have to say though that fall is my favorite time of year. I love the cool nights and early mornings. Oh, and there is one other advantage to fall - we no longer find the necessity to WEED!!! We are harvesting and so we do not bother weeding any more. Not that any of us mind weeding, right? This year was incredible for weeds. With the heavy early rains, the weeds often out grew the crop, so it has been a battle that I am thrilled to give in to in September.

Please do not forget to mark your calendars for September 30th - that is our Harvest Festival, Customer Appreciation Day. We will have snacks, pumpkins, gourds, and a hayride around the farm for you and the kids. We hope you can make it out - 10:00 a.m. to 2:00 p.m.

Enjoy your box this week.

This Weeks Photo's



Acorn squash harvest! Delicata next. To the left is a small broccoli head forming.



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!

Step 4

Transfer the mixture to an 8-inch square baking dish, sprinkle with the mozzarella, and bake until browned and bubbling, 18 to 22 minutes.

This is the recipe I cannot wait to try myself.

What's new?

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



Tips & Recipes

RASPBERRY BEET RECIPE

1 lb beets (4 to 6; preferably Chioggia*), 1 inch of stems left intact
3 tablespoons thinly sliced scallions
2 to 2 1/2 tablespoons raspberry vinegar
2 teaspoons fresh lemon juice, or to taste
2 tablespoons chopped fresh mint
1 tablespoon finely grated fresh orange zest (from 2 oranges)
1/2 teaspoon salt
1/2 teaspoon black pepper
1/4 cup olive oil
Garnish: fresh mint sprigs

PREPARATION

Cover beets with water by 1 inch in a 2- to 3-quart saucepan and simmer until tender when pierced in center with a fork, about 30 minutes. Drain in a colander and rinse under cold running water. Let stand until cool enough to handle, then slip off and discard skins. Cut beets into 1/4-inch-thick slices.

While beets are cooking, stir together scallions, 2 tablespoons vinegar, lemon juice to taste, mint, zest, salt, and pepper in a bowl. Add oil in a slow stream, whisking until combined. Add warm beets and toss with vinaigrette and vinegar and salt to taste. Serve warm or slightly chilled.

Spaghetti Squash Casserole With Ricotta and Spinach

Total Time - 1 Hour 30 Mins

Yield -Serves 8

Ingredients

1 3-pound spaghetti squash, halved lengthwise and seeded 1 tablespoon olive oil 1 15-ounce container ricotta 1 large egg 4 cups baby spinach, chopped 1 garlic clove, chopped 1/8 teaspoon ground nutmeg kosher salt and black pepper 2 cups grated mozzarella (1/2 pound)

Step 1

Heat oven to 400° F. Place the squash on a rimmed baking sheet, drizzle the cut sides with the oil, place cut-side down, and roast until tender, 40 to 50 minutes.

Step 2

Meanwhile, in a large bowl, combine the ricotta, egg, spinach, garlic, nutmeg, 1 teaspoon salt, and 1/8 teaspoon pepper.

Step 3

With a fork, gently scrape out the strands of flesh and add to the ricotta mixture. Mix gently to combine.

Step 4 to the left!

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