



# Beaver Creek CSA

## your local food connection!

BEAVER CREEK GARDENS  
beavercreekgardens.org

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### Garden and Weather Report

**H**ello from the Gardens! I hope I do not sound like a broken record, but oh my goodness what an incredible Sweet Potato harvest we have had this past week. In years past I was lucky to get 250 pounds of potatoes out of my beds. This year, a whopping 600 pounds came out. This is obviously attributable to the heat of the summer as I planted them exactly as I did last year - what a difference a year makes! They are huge and although there was some damage on them from insects below the ground, they are almost all just beau-



tiful, large and hopefully delicious. We will have to wait for a month or so to test the delicious part.

**T**he weather this past week was absolutely wonderful. We are having a blast of summer today and tomorrow,

but the rest of the week looks nice and cool! In the extended forecast I have even seen highs in the mid 60s and lows in the mid 40s. Believe it or not, we welcome the chill of fall. There are fall crops or seasoning crops that require cooler temperature, like those sweet potatoes. They need to cure for 10 days at about 85 degrees. Cooling down after that is perfect!

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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 #14  
of the 2016 Season  
It's an A Week



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# PRODUCE of the Week



Colorful strings of peppers

Wash your Vegetables before cooking or eating raw.

## Week 14 Produce

Marzano tomatoes  
Onions\*\*  
Cabbage\*\*  
Edamame  
Pepper String  
Brussels Sprout Tops  
Beets  
Raspberries/Grapes  
Spaghetti Squash Surprise  
Leek or Celery  
Swiss Chard  
Garlic

\*Not in Individual Box

\*\* Smaller amount in Individual Box

## Storage Information

Peppers, Squash, 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.

We are going to talk about the edamame bundles to the right, the peppers to the left and the Spaghetti Surprise on the front page. First the pepper string. We had so many colorful peppers this year that the strings turned out incredibly colorful! These are cayenne peppers, yellow, orange, purple and red both large and small. We also included a few red jalapeno peppers in the strings.

Cayenne pepper consumption dilates the blood vessels and speeds the metabolism due to the high amounts of capsaicin. With the consumption of cayenne peppers, the amount of heat the human body puts off is influenced. In animal studies, capsaicin has the ability to boost metabolism, which in turn causes weight loss. This increases circulation and blood flow to all major organs, facilitating oxygen and nutrient delivery.

Spaghetti Squash is typically used as an alternative to noodles, thus the name. We have found that it tastes great eaten with butter, salt and pepper as other squashes.



You can scrape it and substitute it for noodles under a spaghetti or marinara sauce.

The use of soy beans is common in the preparation of food for vegetarians. Apart from the beans itself, there are different products that can be generated from this beans. Edamame is prepared by boiling immature soy beans with their pods and it is commonly served as a side dish. It is a popular dish in Japanese cuisine and history suggests that it was first prepared in Japan. Although this type of soy bean was originally common in Japan, it is slowly gaining fame in different parts of the world, including the United States. This is due to the fact that it has been proven to have properties that are beneficial to the body.

We have cut the plant, trimmed the top and bundled them for you to pick the bean from the stalk. This is the same manner that they are harvested in Japan. We hope you enjoy finishing the harvest!

# Garden and Weather Report

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You will also find some unusual items in your box this week. We are harvesting the edamame at Beaver Creek West this week. We are giving it to you the way the Japanese harvest and supply edamame. Make sure you read the produce section for more instructions on this vegetable. We also did some stringing of peppers for you and those will be in the top of the box. Remove them carefully and hang them in your kitchen or pantry. You can let them dry, or use them as they dry. We put them on pizza, add them to eggs or anything else you want to "spice up a little."

Below are pictures of the last day we dug sweet potatoes. It took us three days to get them all in. Molly and Hope started last Wednesday, Norm, Bill and Teresa finished the first bed on Saturday. On Labor Day, Andy and Norm did the entire last bed in about 2 hours at 6:30 in the morning - some Labor Day for them. Andy is running for County Board District 5 in McHenry County and if he does half the job for the County that he does at the Gardens . . . Well lucky McHenry County!

The squash that is in your box may not look like spaghetti squash to you. It all came from the same bed of squash that I planted spaghetti squash seedlings in. However, the seeds were obviously cross bred with pumpkins and some type of delicata or striped acorn. Ron and I sampled both the pumpkin looking one and the striped. Each tasted very good, in fact the pumpkin looked like an orange version of spaghetti squash that was sweeter! Enjoy!!

## This Weeks Photo's

Andy and Norm digging potatoes - two potatoes weighing in at 4.6 pounds





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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.**

### **Edamame Recipe - Food.com**

Directions

Cook 1 pound frozen edamame in the pods in salted boiling water until tender, 5 minutes; drain. Heat 1 tablespoon olive oil, 1/4 teaspoon red pepper flakes and 2 sliced garlic cloves in a skillet over medium heat, 1 to 2 minutes. Stir in the edamame, some lime juice and salt.

### **What's new?**

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



## Tips & Recipes

### **Spaghetti Squash - Allrecipes.com**

- 1 spaghetti squash, halved lengthwise and seeded
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 1/2 cups chopped tomatoes
- 3/4 cup crumbled feta cheese
- 3 tablespoons sliced black olives
- 2 tablespoons chopped fresh basil

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.

Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven and set aside to cool enough to be easily handled.

Meanwhile, heat oil in a skillet over medium heat. Cook and stir onion in oil until tender. Add garlic; cook and stir until fragrant, 2 to 3 minutes. Stir in tomatoes and cook until tomatoes are warmed through.

Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss with the vegetables, feta cheese, olives, and basil.

### **Spaghetti Squash also fro Food.com**

- 1 spaghetti squash, 1 head garlic, salt and pepper
- olive oil, vegetable oil
- vegetables or meat or cheese

DIRECTIONS

Preheat oven to 350-375.

Halve raw spaghetti squash with a sturdy sharp knife, scoop out, and discard the squash poop with a spoon.

Place halves onto an oven safe cooking dish face up.

Clean head of garlic and thinly slice garlic, (the larger pieces of garlic brown nicely, and offer a wonderful layer of complexity to the dish).

Spread garlic into the bowl like shape of the squash, salt and pepper vigorously, drizzle with a 50/50 mixture of olive oil, and vegetable oil (get the oil everywhere inside the squash).

Place onto the upper middle rack of the oven for about 30-40 minutes. (You will know it is ready when the squash separates with little resistance from the skin).

Remove from oven, and place in coldest location possible for at least 20 minutes, before separating from skin.

Use a fork to scoop and separate squash strands, add any other ingredients you like at this point, like any cheese, meat or vegetables.

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