



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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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!

• Continued on page 4



Hello from the Gardens! We have gone from way too much rain early in the season to not enough in the late season. We are watering like crazy again to make sure that we have broccoli and other fall crops for you. The forecast for the next 30 days, according to our favorite Sunday Farm Show, is for cooler temps and below normal precipitation.

With that said - I am certainly happy I do not live in Texas or Florida this year! Ron recently said we should sell our Florida house and move to the Midwest - Ha, we do not have a Florida house and we already live in the midwest. Wild fires, hurricanes, and earthquakes - they can keep them.

We just have occasional flooding, blizzards and tornadoes. I will take those over the other three any day. Maybe it is just what a person is used to - you think?

I have to say that except for the lack of rain, I love this weather. Cool nights and warm days suit me just fine. I love the harvest time of year too. There is something to growing

these crops and harvesting them that is so satisfying, I just cannot adequately explain it.

We harvested the delicata and pumpkins. Once again, I have never had such a good crop of these two things and the butternut and pie pumpkins look to be a bumper crop as well. It must have to do with the rain early on. They are abundant and bigger than usual. So as I said when I started putting the Spaghetti squash in your boxes,

• Continued on page 3

What's Inside

This is WEEK #14
of the 2017 Season
It's an A Week



News - pages 1-3
Recipes - page 4
Produce for the Week - page 2



Picking the “low hanging” fruit!

Wash your Vegetables before cooking or eating raw.

Week 14 Produce

Spaghetti Squash**
Acorn Squash
Beets, red, chioggia or golden
Grapes
Onions
Peppers**
Radishes* - fr. breakfast or Dikon
Cucumber
Kale
Italian Flat Beans
Leek
Kohlrabi

*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.

PRODUCE of the Week

This week we are featuring Concord Grapes and Acorn Squash.

Acorn squash (*Cucurbita pepo* var. *turbinata*), also called pepper squash or Des Moines squash, is a winter squash with distinctive longitudinal ridges on its exterior and sweet, yellow-orange flesh inside. Although considered a winter squash, acorn squash belongs to the same species (*Cucurbita pepo*) as all summer squashes (including zucchini and crookneck squash), and is commonly mistaken for a gourd. Even though it is considered a winter squash, it does not have the storage power of the butternut and is more like a summer squash in that you will need to eat it sooner than later.

Indigenous to North and Central America, the squash was introduced to early European settlers by Native Americans. Acorn squash is most commonly baked, but can also be microwaved, sauteed or steamed. If a sweeter dish is desired, maple syrup is often used to fill the halves prior to baking, or used in a sauce or glaze to enhance the squash's flavor. The seeds of the squash can also be eaten, usually after being toasted first. This squash is not as rich in beta-carotene as other winter squashes, but is a good source of dietary fiber and potassium, as well as smaller amounts of vitamins C and B,



The Concord grape is a cultivar derived from the grape species *Vitis labrusca* (also called fox grape) that are used as table grapes, wine grapes and juice grapes. They are often used to make grape jelly, grape juice, grape pies, grape-flavored soft drinks, and candy. The grape is sometimes used to make wine, particularly kosher wine. Traditionally, most commercially produced Concord wines have been finished sweet, but dry versions are possible if adequate fruit ripeness is achieved.

The skin of a Concord grape is typically dark blue or purple, and often is covered with a lighter-coloured epicuticular wax "bloom" that can be rubbed off. It is a slip-skin variety, meaning that the skin is easily separated from the fruit. Concord grapes have large seeds and are highly aromatic.

The Concord grape was developed in 1849 by Ephraim Wales Bull in Concord, Massachusetts, which is where it's name obviously came from. We have eaten these as table grapes, I have made grape jelly from them - either way, they are sweet and tasty!

Garden and Weather Report

continued from page 1

it is going to be a beet, squash and green bean historical year! The fall greens (or as my friend Jody calls them - weeds) are coming along great with the aid of irrigation. We should have those in your boxes next week along with broccoli. Some of the heads look about a week off. I have a ton of them so I am anxious to start putting them in the boxes. I would hate to have 200 left in the garden at the end of the season!

The grapes are amazing. They are not seedless so be careful and don't break a tooth on them! We have become so spoiled with all the hybridization of fruits and vegetables. That is how you end up with no seeds in watermelon and grapes. I think spitting seeds is becoming a lost art which is too bad because as a kid, it was a great pastime and challenge to see who could launch a watermelon seed the farthest. The grapes in your boxes are concord grapes and if it wasn't so time consuming to make grape jelly, I would be jammin' with these grapes. So you just go ahead and eat, enjoy and spit the seeds!

I grew two different varieties of Acorn Squash this year. I wanted to try a smaller version and my thought was that I would put 3 or 4 in everyone's box over two weeks. The varieties I chose were supposed to produce 5 to 7 squash on each plant and I planted over 75 of them. I did not get anywhere near 5 to 7 fruits per plant, more like 3. However, Ron and I ate one of these and they are delicious. I think they taste much sweeter than the larger ones everyone is used to and they are much more moist too. So I am adding them to the other squash in your box for the next two weeks so you can at least get a taste of them.

We hope you can make it out to the farm on Saturday, September 30th from 10:00 a.m. to 2:00 p.m. for our Harvest Festival - Customer Appreciation day.

Enjoy your box!

This Weeks Photo's



Delicata and Pumpkins picked by Angela, Nancy, Patty and Natalie. Pictured below with Leeks are Molly & Lilly - mother/daughter can you tell?





Baked Acorn Squash

Tips & Recipes

Acorn Squash - Brown Sugar Recipe

Prep time: 10 minutesCook time: 1 hour, 15 minutesYield: Serves 2 to 4, depending on how much squash you like to eat.

Ingredients

1 Acorn squash
1 Tbsp Butter
2 Tbsp Brown Sugar
2 teaspoons Maple Syrup
Dash of Salt

1. Preheat your oven to 400°F (205°C).
2. Prep the squash: Using a sharp, sturdy chef's knife, carefully cut the acorn squash in half, from stem to tip. Take a sharp paring knife and score the insides of the acorn squash halves in a cross-hatch pattern, about a half-inch deep cuts.
- 3 Add butter, salt, brown sugar, maple syrup: Rub a half teaspoon of butter into the insides of each half. Sprinkle with a little salt if you are using unsalted butter. Crumble a tablespoon of brown sugar into the center of each half and drizzle with a teaspoon of maple syrup.
4. Bake: Bake at 400°F (205°C) for about an hour to an hour 15 minutes, until the tops of the squash halves are nicely browned, and the squash flesh is very soft and cooked through.

Kale Grape Ginger Juice

1 bunch kale
1 Cup organic grapes
1 slice of ginger - opt.
juice of 1 lemon wedge

The ginger gives this juice a little bite, so you can leave it out if you desire.

I haven't tried this juice, so no review from me on it.

Check out this recipe at <https://www.epicurious.com/recipes/food/views/acorn-squash-with-kale-and-sausage-51203850>
ACORN SQUASH WITH KALE AND SAUSAGE

It looks fabulous and although you only have one acorn squash in your box this week, another one is coming and I imagine this would taste great with Delicata as well. We have a ton of Delicata coming your way in the next few weeks. So put a place marker on this recipe.

They also have videos on several other Acorn Squash recipes that look really good too.

As I mentioned in the Garden and Weather Section, these Acorn are much more flavorful and moist than a typical acorn squash so even if you keep it very simple with just butter, salt and pepper, it will taste very good.

What's new?

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



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