



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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Garden and Weather Report

Hello from the Gardens! We are in the final weeks of our season. I really cannot believe how fast these weeks are going by. It must have something to do with



never having to worry about filling the boxes, but rather how to fit everything in that is ripe and ready. This week's weather has been delightful. I absolutely love the cooler nights and warm days with NO humidity. The forecast is for a continuance of this great weather for the next week at least. We have been getting perfectly timed rains as well so the last gardens planted, lettuce, greens and

spinach are coming along nicely. The broccoli is heading and we will have that in

next weeks boxes for sure.

I am going to show some pictures of putting the garden to bed for the fall. If they look a little sad, it is because

it is sad. What was once beautiful and green, is now brown and withering. But it is all a part of a continuing cycle for the land. We rest our land in the midwest which is so good for it. Those states that can grow two or three seasons have much more depleted soils than we do which doesn't lend itself to healthy vibrant nutrient dense food.

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What's bugging us?

These past few weeks while we are harvesting cabbage, we are finding quite a few grubs in the loose leafs on the outside and I wouldn't be surprised if when you prepared your cabbage, you found some in the inner leaves as well. This weeks cabbage is much more rightly wound and it should not be an issue. However as we progress into the season, you may find them in the lettuces coming.



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What's Inside

This is WEEK #15
of the 2016 Season
It's a B Week



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PRODUCE of the Week



Spiralized Raw Beets

Wash your Vegetables before cooking or eating raw.

Week 15 Produce

Leek
Onions**
Cabbage** (red or green)
Edamame
Peppers**
Brussels Sprout Tops
Beet Bag**
Eggplant**
Acorn Squash**
Carrots
Parsley
Kale

*Not in Individual Box

** Smaller amount in Individual Box

Storage Information

Peppers, Squash, and onions can all be stored at much warmer temperatures. All the rest of the box should be kept in the cold sections of your refrigerator. Egg plant should be prepared as soon as possible as it will get soft in or out of your refrigerator.

One of the great things about this year is not only the variety but the bounty of the crop as well. I had the Saturday crew take out two beds of beets and ended up with about 6 - 66 quart bins of them and we still have one more bed of beets in the ground. So I decided that you all needed some other great ideas of what to do with all the beets you are getting in your boxes. Two of the recipes on page 4 are great examples.

The first recipe is pictured above on the right. If you do not have a spiralizer, you can pick up one at Bed Bath & Beyond for not too much \$\$\$. If you have never tasted raw beets, you ought to give them a try - they are sweet and crunchy. I was NEVER a beet eater until I started my CSA and I now love them in any form - raw, roasted and even pickled.

The second recipe is one that I made this week for Ron and I and then had Debbie B take a taste after we were done working today. Oh my gosh, I think it even tasted better today. Ron said he had never tasted anything like it and loved it.



Over the years I have read about Borscht and just thought it something that the "poor" Eastern Europeans had in their menus but I was totally wrong. It has some of the best flavor and it is incredibly filling without much in calories at all. I understand why they love it so much. I always thought of it as Beet Soup, but it is much more like a thick stew than a soup and the flavors are incredibly sweet. I made the exact recipe on page four, the only thing I omitted was the garnish of tomatoes - YUM!

I think you should all give some of these a try, even if you do not like beets - you may find that one of our truly nutrient dense, super foods actually tastes pretty darn good!

The third recipe - Beet Hummus, I am going to make up this week. I have eaten this before, but just never made it myself. If you like other hummus - what a great way to snack. I would love feedback from those of you that have never enjoyed beets.

Garden and Weather Report

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Think about those tomatoes you buy in January from the grocery store and how bland they taste. They are a product of over used soil and early harvest so that they can transport them while they are still green to keep them from bruising. I know all of you appreciate the flavor of our summers in the midwest! We are so lucky to live in an area with great soils and a wonderful growing season, short as it sometimes seems.

The other items that will be in your boxes next week will be those beautiful sweet potatoes and some delicata squash that we just harvested yesterday. We will continue to harvest edamame until it becomes too ripe. We will then let it dry down for seed for next year and for sale. We grew about an acre and a half of it so we have plenty. We think the harvest window will close sometime next week but it does store nicely on the stems in the cooler. We also have about a half acre of dry beans that you will see next year.

The tomatoes are pretty much done for the season. As you can see, there are green tomatoes and a few ripe ones on the dying vines. These we will pick, but they will not have the great flavor that the August tomatoes had with those hot August nights!

Do not forget to mark your calendar for our Harvest Festival and Customer Appreciation Day, Saturday, October 1st from 10 to 2. I will have the Loyalty Special Pricing set for you by the end of September. Once again I will offer steep discounts for early sign ups and payment plans too. I will begin taking checks for that in October. I believe in giving my loyal customers the best prices for the coming season.

This Weeks Photo's

Green and Ripe tomatoes to the left, below is where the cucumbers, beans and acorn squash were! We will rest some, put compost or cover crops on the other beds.





Tips & Recipes

#1 RAW SPIRALIZED BEET & MANDARIN SALAD WITH MINT

INGREDIENTS:

- 2 (4 oz) snack cups mandarin oranges, in juice
- 1 1/2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 2 medium beets, ends trimmed
- 1 sprig mint, leaves torn

DIRECTIONS:

To spiralize the beets, peel the beet and trim off the stem end then insert the thinner end into the round blade of the spiralizer, keeping it centered. Spiralize using the blade with the smallest triangles. Using scissors, cut the beet spirals into smaller 6-inch-long pieces so it's easier to eat. Drain the mandarin oranges, reserving 2 tablespoons juice. In a mixing bowl, combine the juice, olive oil and red wine vinegar. Toss with the beets and let it sit for 15 minutes. Divide in 2 plates, top with mandarin oranges and mint.

#2 Russian Cabbage Borscht Soup

Ingredients

- 1 small roasted beet
- 1 15 oz. can (1 3/4 cup) cooked chickpeas, mostly drained
- zest of one large lemon
- juice of half a large lemon
- healthy pinch salt and pepper
- 2 large cloves garlic, minced
- 2 heaping Tbsp tahini
- 1/4 cup extra virgin olive oil
- 1. Once your beet is cooled and peeled, quarter it and place it in your food processor. Blend until only small bits remain.
- 2. Add remaining ingredients except for olive oil and blend until smooth.
- 3. Drizzle in olive oil as the hummus is mixing.
- 4. Taste and adjust seasonings as needed, adding more salt, lemon juice or olive oil if needed. If it's too thick, add a bit of water.
- 5. Will keep in the fridge for up to a week.

- 1 1/2 cups thinly sliced potatoes
- 1 cup thinly sliced beets
- 4 cups vegetable stock or water
- 2 tablespoons butter
- 1 1/2 cups chopped onions
- 1 teaspoon caraway seed (optional)
- 2 teaspoons salt
- 1 celery stalk, chopped
- 1 large carrot, sliced
- 3 cups coarsely chopped red or green cabbage
- black pepper to taste
- 1/4 teaspoon fresh dill weed
- 1 tablespoon cider vinegar
- 1 tablespoon honey
- 1 cup tomato puree
- sour cream, for topping
- chopped tomatoes, for garnish

Directions

1. Place sliced potatoes and beets in a medium saucepan over high heat; cover with stock, and boil until vegetables are tender. Remove potatoes and beets with a slotted spoon, and reserve stock.
2. Melt butter in a large skillet over medium heat. Stir in onions, caraway seeds, and salt; cook until onions become soft and translucent. Then stir in celery, carrots, and cabbage. Mix in reserved stock; cook, covered, until all vegetables are tender, about 10 minutes.
3. Add potatoes and beets to the skillet. Season with black pepper and dill weed. Stir in cider vinegar, honey, and tomato puree. Cover, reduce heat to medium low, and simmer at least 30 minutes. Serve topped with sour cream, extra dill weed, and chopped fresh tomatoes.