



# 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!

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## Garden and Weather Report

**H**ello from the Gardens! Last week I told you the forecast for the next 30 days was cooler than normal -

hah! This week they changed it to warmer than normal. Fickle is what the forecasters are and I



figure if they change weekly, they have to get it right eventually. It certainly was warmer than normal this past week which is, I think, the main reason we have broccoli this week. It grew like crazy in those lazy, hazy final days of last week when the temps approached 90 degrees, cooler?

The picture on this page if you look closely you will see a Praying Mantis. It was hanging around for hours on my mums in front of my greenhouse. They are so amazing. This one was at least 4 inches long

and as I took pictures, it's eyes followed me. They are certainly a garden friend because they eat the other insects that are not our friends.

Thanks to my awesome workers and volunteers this past week we were able to get all the pumpkins, gourds, and butternut squash harvested. The Butternut we left in the field to cure for a

few weeks. I usually bring it in but with this warm, sunny weather it will cure just fine in the field. Curing allows the Butternut to last for months rather than weeks. So we will let it cure for a few weeks at 80 degrees so that when we get it in your boxes (Week 17 and 18) you can take your time with cooking. It was a huge harvest, over 350 of them so we have a ton to give away and your boxes in those week will be heavy. This week you will see an acorn and

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### What's Inside

This is WEEK #15  
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 15 Produce

Acorn Squash  
Delicata Squash \*\*  
Fall Greens  
Onion  
Broccoli\*\*  
Peppers  
Cucumber\*  
Tosceno Kale  
Shelling Beans\*\*  
Celery  
Grapes\*\*  
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.

This week we are featuring shelling beans and Delicata Squash.

The shelling beans that will be in your box are either Tongue of Fire or Calypso, pictured to the left. Tongue of Fire shelling beans are believed to be native to Tierra del Fuego on the tip of South America. From there they spread to Spain then to Italy where they quickly became a regional favorite.

They are a favorite bean in Italy where they are used traditionally in soups and stews. Cooked beans can be added to bean, grain and pasta salads or they can be mashed with herbs and olive oil to make a bean spread or dip. You can also just simply shell them and add them to any salad.

Tongue of Fire beans are rich in protein and carbohydrates, a fact that makes them an excellent nutritional substitute for meat.

Calypso beans are believed to be one of the beans grown by the Native American tribe, the Abenaki people of the Champlain region. The beans were commonly grown along with corn and squash in a process known as "the three sisters" where the crops all provide natural support for one another. Additionally when all three crops were consumed they together formed a complete protein as well as made for a

filling meal which provided sustenance in a time where meat was scarce. The Abenaki would plant the Calypso and the other sister crops when the seven sister star cluster known as the Pleiades was spotted in the early morning sky along with the rising sun, a sighting that signaled the start of spring. Come winter the star configuration would be in the setting sun sky, signaling the end of the season for those crops.

Delicata Squash is absolutely my personal favorite squash. When someone recently asked me what made it so special - I thought for a second and told them that it is the creamy texture and sweetness that I love. Although you can certainly find many recipes on line for this squash, what I love is that it tastes so great when baking it at 350 for about 45 minutes just adding a little butter, salt and pepper, it is scrumptious.

Incorporating delicata squash into your meal plan meets nearly 3/4 of your daily requirement of vitamin A per serving. ... Delicata squash also serves as a good source of vitamin C -- each 3/4-cup serving contains 15 percent of the amount your body requires each day.

# Garden and Weather Report

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delicata squash. That harvest was also huge so you will be getting several in your boxes for the next couple of weeks. This was quite the year for squash.

Also in your box you will find some shelling beans. These are beans that we grow specifically for this. They are not harvested when they are green on the outside, but rather left to continue ripening so that the outside looks a little rough, but inside is the treasure. The beans are not yet hardened for seeds and are a great addition to a salad. They are called shelling because - yep - you need to shell them. We leave that to you so that you can have some of the harvest fun!

We had our annual party for our workers and volunteers this past weekend and I have included a couple of photos below. We had over 25 workers and their family members out for food, fun and a hayride. Ron and I usually cook and serve our workers as they have served us over the season. This year was a real treat because our nephew, Benjamin Doetch, joined us this year and loves to cook! He wanted to cook the meat and then carried it further to a great Delicata Pasta creation that was to die for. He served pulled pork, ribs and coleslaw in addition to the Delicata Squash dish - absolutely fantastic! And, if that wasn't enough he and his wife Ashley baked a Carrot Cake from carrots out of the garden, dessert to boot! Thank you Benjamin Doetch.

As fall is rapidly approaching and the weather should be cooler, I am featuring soups on our recipe page for you to use with this week's produce and will put Liz's Tomato Bisque in next week for that frozen fennel!

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



Brenda and Ike with their Worker Shirts and on to the hayride we went!





Benj & Ashley Doetch

TIP: Lauri Hellmann also brought a beet salad with a grape dressing that was delicious. I haven't asked her for her recipe but I did find one that Martha Stewart had on line. Try this with the grapes in your box this week! I think it would work on any salad and would definitely compliment a salad out of our fall greens. You can add beets and goat cheese too.

Place Concord grapes in the bowl of a food processor, and puree. Pass puree through a fine sieve set over a small bowl, and discard solids. Add walnut oil and lemon juice to the bowl, and whisk to combine. Season with salt and pepper.

### What's new?

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



## Tips & Recipes

**CREAM OF BROCCOLI SOUP** - Cheri Doetch 1 Cup of Onion chopped; 1 C Celery chopped, saute in 3 TBS of butter, Add 5-6 Cups chopped broccoli (I basically use one large head of broccoli) and saute for another five minutes Add 3 Cups of chicken broth and 1/2 tsp. of Worcestershire sauce. Salt and pepper to taste, let this simmer for at least 15 minutes. Put in blender (in batches) or use an immersion blender. Add 1 1/2 C of half and half (can substitute 2% milk but it will not be as thick) and reheat. Grate Cheddar cheese over top and serve - Serves 4

### Zuppa Toscana Soup {Olive Garden Copycat Recipe}

Yield: 6-8 servings

Ingredients

2 tsp olive oil

1 lb Italian Sausage (casings removed if necessary)

4 oz bacon (about 4 slices), diced into small pieces\*

1 cup chopped yellow onion (about 1 small onion)

3 (14.5 oz) cans low-sodium chicken broth

2 cups water

1 1/2 lbs Russet potatoes, scrubbed and rinsed then sliced into halves, halves diced into 1/6-inch slices

1 1/2 tsp granulated sugar

1/2 tsp fennel seeds, slightly crushed\*\*

Salt and freshly ground black pepper

2 cups half and half

1 1/2 cups packed chopped kale

Finely shredded Romano cheese for serving, optional

Heat olive oil in a large non-stick saucepan over medium-high heat. Crumble sausage into 1-inch pieces and add to saucepan. Cook sausage, stirring occasionally until cooked through. Drain sausage onto a plate or baking dish lined with paper towels, set sausage aside. Add diced bacon to saucepan, return to heat and saute 3 minutes, stirring occasionally. Add diced onions to bacon in saucepan and saute mixture until bacon is cooked through and onions are translucent, about 3 - 5 minutes longer.

Add chicken broth, water, sliced potatoes, sugar, fennel seeds, salt and pepper. Bring soup just to a boil then reduce heat to medium-low and stir in cooked sausage. Cover saucepan and simmer, stirring occasionally, until potatoes are nearly tender, about 10 - 15 minutes. Add in kale then simmer until potatoes are soft and kale is tender, about 5 - 10 minutes longer. Stir in half and half and warm through. Use a spoon or ladle to remove excess fat from top of soup if desired. Serve warm topped with Romano cheese.

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