



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 had our annual Worker Share Appreciation night this past Saturday. As you go through this week's newsletter, you will see pictures of the people that have been instrumental in getting the crops seeded, planted, weeded, harvested and packed out for you. I wish this newsletter was about 2 pages longer so that I could include all the great pictures Cindy Oldenburg took for me, but I had to just select a few of the good ones. We always take an evening to show our appreciation to all of these folks by serving them dinner and taking them on a Sunset/Moonrise hayride. Always special when there is a full moon as there was on Saturday night.



I cannot thank them all enough this year. As I told them Saturday night, I would love to take credit for all the great product we had this

year but, it wouldn't be honest. I have to thank all of them, and then give some credit to my old nemesis, Mother Nature, for cooperating this year in the beautiful weather, perfectly timed rain and great growing season she provided!

This year we honored a couple of very special people by creating a 100 Hour Club. Several ladies not only put in their 80 hours for their box, but add many on top of that as volunteer hours, thanks again Sue C and Debbie B. Of course we had our fun with Norm and Bill - two of my Saturday workers that leave me in stitches often on Saturdays - hard workers and great fun, what a combo! It was a great evening and enjoyed by everyone!

The weather this past week and for the next few days certainly feels much more like summer than any fall I remember! I guess technically it isn't fall until Thursday, but cooling down usually occurs after Labor Day and sometimes even in August.

• Continued on page 3

What's bugging us?

These past few weeks while we are harvesting cabbage, we are finding quite a few grubs in the loose leaves 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.



• Continued on page 4

What's Inside

This is WEEK #16
of the 2016 Season
It's an A Week



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



Desiree and Tracy Munch
above - Debbie & Dale B - right

PRODUCE of the Week



Wash your Vegetables before cooking or eating raw.

Week 16 Produce

- Leek
- Onions**
- Broccoli
- Edamame
- Peppers**
- Sweet Potatoes**
- Beet Bag
- Delicata Squash**
- Carrots
- Garlic
- 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.

This week we are featuring those amazing Sweet Potatoes and the Delicata Squash.

The sweet potatoes this year were incredible. I always plant them and sometimes they do make the boxes, but often times the weather is too cool and the harvest is too meager to get them in boxes. Not so this year.

In the U.S., there is often much confusion between sweet potatoes and yams. They are completely different foods, belonging to different plant families. Sweet potatoes are much more highly available in the U.S. than are yams. It is most likely that even if the grocery store calls it a yam, it is actually a sweet potato which is good news for you.

Sweet potatoes are native to Central and South America and are one of the oldest vegetables known to man. They have been consumed since prehistoric times as evidenced by sweet potato relics dating back 10,000 years that have been discovered in Peruvian caves.

Christopher Columbus brought sweet potatoes to Europe after his first voyage to the New World in 1492. By the 16th century, they were brought to the Philippines by Spanish explorers and to Africa, India, Indonesia and southern Asia by the Portuguese. Around this same time, sweet potatoes began to be cultivated in the southern United States, where they still remain a staple food in the traditional cuisine. They are loaded in Vitamin A, great fiber, low fat and full of beta carotene.

Delicata Squash is my personal favorite squash. It is sweeter and creamier than Butternut. Indigenous to North and Central America, squash were introduced to early European settlers by Native Americans. It is also a great source of Vitamin A and C. Often times it is referred to as "Sweet Potato Squash." It tastes that good and is that creamy. Bake it, microwave it, just eat it anyway, delish!

Garden and Weather Report

continued from page 1

But with the daylight hours decreasing, the plants are signalling that the warm weather is not fooling them, they are beginning to shut down, like the tomatoes which are completely done. The Edamame leaves at Beaver Creek West are yellowing and beginning to drop just like all the conventional soybean fields around and the sounds of combines going by our Gardens has begun. So while it doesn't feel much like fall yet, it is beginning to look like fall.

You will find some great fall stuff in your boxes this week - Delicata Squash for one and the other, Sweet Potatoes which are the featured produce on page 2. We were able to get a few more weeks of Edamame out and in the cooler so that we can put that in your boxes for a few more weeks. Once again, great help on Friday enabled me to pull that off. We had Jimmy and Andy that went out to the farm to cut it and they helped bundle it along with Cindy Ritt and me. We will also be harvesting more greens, spinach and lettuce in the upcoming weeks to go with Brussels Sprouts, more potatoes and broccoli. So you see, you will have much more to come in the last four weeks of the season.

Just a quick note to remind all of you that we are having our Harvest Festival, Customer Appreciation Day on October 1st from 10 to 2:00 p.m. We hope many of you can come out to the farm that day to visit, eat and maybe take a hayride yourselves! Families are welcome.

The past four or five years I have promoted a "Loyalty Special" which is a reduction in the membership costs for those of you that participated either this year or in years past. The price this year for the Loyalty Special boxes are as follows: Full 20 week subscription 3/4 bushel box: \$550.00; (full price is \$625.00). Half 10 Week subscription 3/4 bushel box \$325.00; (full price is \$365.00). Individual Box 1/2 Bushel 10 weeks \$220; (Full price is \$250.00). 1/2 Bushel 20 weeks \$440; (Full price is \$500.00). I will hold these prices for all of you until 12/31/16. There will be a short early bird price discount through mid February and then full prices will apply. Once again we will take payments to make it easier to afford. Call or email me for details on the payment plans.

This Weeks Photo's

Here they are - those great workers that helped feed you throughout the season!





Sherry Pritz

Con't from Page 1

However, as the weather gets colder, we should see less insect pressure each week!

Directions for Smushed Apple and Sweet Potatoes

Place the sweet potato in a medium saucepan and fill with enough water to cover the potatoes. Bring to a boil, reduce heat to medium, and simmer for about 20 minutes or until tender. Remove from heat, drain and set aside.

Melt butter over low heat in a small saucepan. Mix in the sugar, cinnamon and allspice. Add the apple slices, cover, and let simmer for 5 minutes, or until the apples are tender. Mix the apple mixture into the drained sweet potatoes along with the milk. Mix well using an electric mixer or just a fork until potatoes are mashed.

Of course you can always just bake your Sweet Potatoes and add butter, pepper, and any other spices you like!

Tips & Recipes

Roasted Delicata Squash

Serves 2-4 as a side dish

Ingredients:

- 2-4 delicata squash, depending on size (~1.5 lbs)
- 2 tbsp olive oil
- salt to taste

Preheat oven to 425 degrees.

Slice lengthwise, remove seeds then slice the halves into half moons.

Place in pan with olive oil and salt, roast for 10 minutes and turn to brown on both sides - roast another 10 to 12 minutes.

Beet Soup - Allrecipes.com

“A gorgeous, healthy, and very tasty beet soup that’s so simple to make. Beets and sauteed onions and garlic simmer in beef broth before being finished with a swirl of cream.”

Ingredients

- 3 tablespoons olive oil
- 1 medium onion, chopped
- 3 cloves garlic, chopped
- 6 medium beets, peeled and chopped

- 2 cups beef stock
- salt and freshly ground pepper
- heavy cream

Directions

Warm olive oil in a large saucepan over medium heat. Stir in onions and garlic; cook until soft but not browned, about 5 minutes. Stir in beets, and cook for 1 minute.

Stir in stock, and season with salt and pepper. Bring to a boil; cover, and simmer until the beets are tender, about 20 to 30 minutes. Remove from heat, and allow to cool slightly.

In batches, add soup to a food processor, and pulse until liquefied. Return soup to saucepan, and gently heat through. Ladle into bowls, and garnish with a swirl of cream.

Smushed Apples and Sweet Potatoes - Allrecipes.com

- 2 large sweet potatoes, peeled and diced
- 2 tablespoons butter
- 1/4 cup white sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1 Granny Smith apple - peeled, cored and sliced
- 1/8 cup milk - directions on the left . . .