



# Beaver Creek CSA your local food connection!

BEAVER CREEK GARDENS  
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## Garden and Weather Report

**H**ello from the Gardens!  
Oh my goodness. I cannot remember a full week of 90 plus degree temps in September. This afternoon a line of showers came through and dropped a whopping tenth of an inch on us. I hope there is more behind that, but wouldn't be surprised if that was all there was.



If you are wondering how 7 days of 90 degrees affected us, we harvested over 350 head of broccoli in about 4 days. It all got ready and ripe at once in that heat. I plant a fall broccoli that typically finishes out over about a 3 or 4 week period, not 3 or 4 days. Fortunately, we had room in the cooler because I cannot give you guys only broccoli for

the next two weeks. Broccoli stores very well in the cooler so that I can distribute over 3 weeks.

The other thing that happened was all the egg plant ripened as well. It is still small so I will be putting 3 or 4 in your boxes this week.

I harvested the entire bed of Elegance salad mix as it was also beginning to show signs of going to seed.

Now if we only get a little rain, it should regrow for maybe the last box - rain? Who would have thought in June and July that I would be asking for rain - not me!

One other weather item - forecasting once again changed for the next 30 days and that is the precipitation, below normal. I hope we are not setting up for a drought year. This is exactly what happened in the fall of 2011, dry and then no snow and no rain in 2012 - keeping my fingers crossed!

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## Loyalty Special Prices

It is that time again! I like to offer the best prices for 2018 to my current



customers. So we will run the Loyalty Special from October 1st through December 31st, 2017. You will also be able to break down the price into 3 or 2 checks. I am not raising prices this year and here they are - \$550 - 3/4 bu. 20 wks. \$325 - 3/4 bu. 10 wks. \$440 - 1/2 bu. 20 wks. \$220 - 1/2 bu. 10 wks.

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## What's Inside

This is WEEK #16  
of the 2017 Season  
It's an A Week



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# PRODUCE of the Week



Wash your Vegetables before cooking or eating raw.

## Week 16 Produce

Acorn Squash & Spaghetti Squash  
Delicata Squash \*\*  
Fall Greens  
Onion  
Broccoli\*\*  
Peppers  
Pears & Apples\*\*  
Toscano or Red Russian Kale  
Shelling Beans  
Celery  
Egg Plant\*\*

\*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 the Red Pear in your box - I didn't check with Molly for the variety, but I suspect it is a Red Anjou and I like the story on the Red Anjou - so that is what you are getting - ha!

Red Anjou pears are a European pear variety, botanically known as *Pyrus communis*. They are the red relatives of Green Anjou pears, the only true difference being the color of the fruit's skin. The ruby-colored pears are known as Red D'Anjou or Red Danjou, the name D'Anjou in French means "of" or "from" referring to the pear's place of origin: Angers, France.

Red Anjou pears have a slight egg shape, rotund at the base with a neck that grows thinner towards the stem. The skin of a Red Anjou pear can be as dark as maroon, a rust-colored red or a lighter, crimson red with occasional striations. Red Anjou pears have a soft, juicy flesh with a mild flavor. The flavor peaks around 2 months after harvest.

Molly picked these today and we immediately put them in the cooler. When you get them, you can let them warm up and finish ripening on your counter or . . . just take a bite and eat them as I did when she brought them over - THANK YOU MOLLY BAKULSKI!

Next, the Honey Crisp Apple that is in your box and boy do I wish I had 400 of them so that I could fill a bag for you. I love the Honey Crisp apple and Ron has a nickname for them "money crisp" because once they came out with this apple it was in such high demand.

Honeycrisp (*Malus pumila* 'Honeycrisp') is an apple cultivar (cultivated variety) developed at the Minnesota Agricultural Experiment Station's Horticultural Research Center at the University of Minnesota, Twin Cities. Designated in 1974 with the MN 1711 test designation, patented in 1988, and released in 1991, the Honeycrisp, once slated to be discarded, has rapidly become a prized commercial commodity, as its sweetness, firmness, and tartness make it an ideal apple for eating raw. It has much larger cells than most apples, which rupture when bitten to fill the mouth with juice. The Honeycrisp also retains its pigment well and boasts a relatively long shelf life when stored in cool, dry conditions. The name Honeycrisp was trademarked by the University of Minnesota, but university officials were unsure of its protection status in 2007.

# Garden and Weather Report

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You will notice on the Produce page that we have pears and apples. The pears are from Molly Bakulski, a workershare. She has several pear trees and picked these for us. I am adding 2 apples in the large boxes and 1 apple in the small box from our only apple tree - a Honey Crisp. We planted four and two have survived. I was able to get over 100 apples off one tree that was very prolific this year! I wish I had more, but I am happy to share what I harvested with you this week.

This weekend we are having not only our Harvest Festival Customer Appreciation Day on Saturday from 10:00 a.m. to 2:00 p.m., but we also have the Boone County Farm Stroll from Noon to 5:00 p.m. on Sunday. So if you cannot make it on Saturday, feel free to drop by during the Farm Stroll on Sunday. All Beaver Creek Gardens CSA Members can pick up one pumpkin and as many gourds as you can carry! We will have snacks, drinks and a hayride for the young and old! We also will have a bouquet for all of you that stop by on Saturday.

Once again I am starting my Loyalty Special in October. I will attach a pricing sheet to the email along with this newsletter. The Loyalty Pricing is bolded so you can easily see it and the breakdown for writing 2 or more checks is in the last paragraph. Prices are also on page 1. The savings is anywhere from \$30 to \$70 for current CSA members. It is a win win - you save money and I am able to plan early for next year.

I hope many of you make the trip out to the farm this weekend. We love to have customers visit and the weather looks to be perfect - no rain - there's a surprise. Looks like you just need a light jacket and sun glasses for the hayride.

Enjoy your box!

## This Weeks Photo's



Gourds to the left and pie pumpkins below. I think everyone is getting a small pie pumpkin in your boxes for weeks 17 and 18 with instructions!





## Molly, Lilly & Ginger

Pictured above is Molly Bakulski who generously donated her pears to Beaver Creek Gardens with her daughter Lilly and our niece Ginger!

We so appreciate all our workers, they are very dedicated throughout not only the 20 week season, but in greenhouse planting, field planting, all of that begins in late February - so it isn't just 20 weeks for them. The commitment runs for a total of 8 months. They are the BEST!

## What's new?

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



## Tips & Recipes

For that fennel you froze, here is the Tomato Bisque Soup recipe from Liz Cardella:

Tomato Bisque Soup - Liz Cardella Makes 8 Cups, work time 30 min. cook time 45 minutes  
Saute in 2T olive oil - 1 C chopped onion 4 to 5 minutes, stirring often add 1 T garlic, minces, 1-2 minutes so that it doesn't burn.  
Add and simmer: 4 Cups tomatoes, seeded and diced; 1 1/2 C fennel bulb, trimmed and diced; 1 C russet potatoes, peeled and diced; 1/4 C carrots, peeled and grated - add tomatoes first, this creates liquid in the stockpot to prevent other vegetables from burning.  
Add and Simmer: 4 C chicken broth 3T basil, chiffonade (rolled and sliced into ribbons) 2T fresh lemon juice 2T dry sherry 1 tsp fresh thyme and 1 tsp fresh oregano 1/2 tsp salt and 1/2 tsp pepper Simmer for 20 minutes and let cool - puree in blender in 1/2 batches until smooth.

If you do not have tomatoes - I will have Red Sauce available in my store this weekend and you can also select that for your end of year Specialty Item in week 19 or 20 and make it then. We will also have potatoes in those boxes, so you would have many Beaver Creek Garden items for this soup.

## Stuffed Delicata Squash

I have not tried this, but it sounded delicious on Allrecipes.com

1 delicata squash, halved lengthwise and seeded  
2 teaspoons olive oil, divided, or as needed 2 apples - peeled, cored diced  
1/4 cup diced onion 1 clove garlic, minced  
1/2 teaspoon finely chopped fresh rosemary  
1 pinch ground cinnamon, salt and ground black pepper to taste  
2 slices bacon

Preheat oven to 400 degrees F (200 degrees C).

Brush inside surface of delicata squash halves with about 1 teaspoon olive oil; place on a baking sheet.

Bake in the preheated oven until tender when pierced with a fork, about 30 minutes.

Heat remaining 1 teaspoon olive oil in a skillet over medium heat; cook and stir apples and onion until onion is translucent, about 5 minutes. Stir garlic, rosemary, and cinnamon into apple mixture; season with salt and pepper. Reduce heat to low; continue to cook, stirring occasionally, until apples are tender, about 5 minutes.

Place bacon in a skillet and cook over medium-high heat, drain bacon Fill delicata halves with apple mixture; crumble bacon and goat cheese over apple mixture.

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