



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

20506 Beaverton Rd • Poplar Grove, IL 61065 • 815-494-1251 • CDoetch53@gmail.com

Garden and Weather Report

Hello from the Gardens!

This weekend we are having our Harvest Festival on Saturday from 10:00 a.m.

to 2:00 p.m. We would love to see you out here. We will have snacks and plenty of pumpkins to choose from!



Pictured to the right are just a few of the 80 or so pumpkins I grew this year. We will have a couple of things for the kids to do - shelling beans or cracking garlic, not to mention a ride in our wagon for a garden tour for all.

The weather finally feels like fall this week. Very chilly in the mornings and windy - just a precursor of things to come. I love the weather, brought out my jeans, socks and closed toed shoes in preparation of the cooler weather. I really do tire of shorts, t-shirts and socks that are totally gray from the garden - yuck. We will need to have a bonfire this year with all the heat we had, some of those clothes will never come clean.

I am going to put some more pictures in from the party on the 17th so you can see more of the faces that helped so much this year. I will take some new pictures of the gardens next week as we put more beds to sleep!

This week we are featuring Soups For You! Some of you may remember that Nazi Soup character from Seinfeld in the early 90s. That show was so hysterical but I feel very close to that Nazi Soup guy when it comes to my recipes for soup - you cannot alter and the fresher the broccoli, the better! We will have broccoli for the next couple of weeks and maybe to the last box with the side shoots, so if you are not getting a box this week - you will have broccoli next week to make this soup. Now is the time though to bring out that celery that we gave you mid season and I advised you to chop and freeze - it will taste amazing in my Broccoli Soup recipe on page 4. Hopefully you saved it!

• Continued on page 3

What's bugging us?

Okay - with the cooler weather we are still seeing some grub activity



so watch your lettuces and there is always a possibility of cabbage looper (green) caterpillars in the broccoli, although less likely in the fall than in the spring. I have seen the white butterflies recently though, so check your broccoli as you prepare it to make sure. The flea beetles are finally gone! Yip-pee, until next year I am sure.

• Continued on page 4

What's Inside

This is WEEK #17
of the 2016 Season
It's a BWeek



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



the Kaminski family above
Right - Sue & Jim Ciechanowski

PRODUCE of the Week



Wash your Vegetables before cooking or eating raw.

Week 17 Produce

- Leek
- Onions**
- Broccoli
- Edamame
- Peppers**
- Sweet Potatoes**
- Beet Bag
- Butternut Squash**
- Thanksgiving Tomatoes*
- Garlic
- Romaine Lettuce
- Tuscano 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 the Butternut Squash that is in your box.

Butternut squash (*Cucurbita moschata*) is a type of winter squash. It has a sweet, nutty taste similar to that of a pumpkin. It has yellow skin and orange fleshy pulp. When ripe, it turns increasingly deep orange, and becomes sweeter and richer. It grows on a vine. The most popular variety, the Waltham Butternut, originated in Waltham, Massachusetts, where it was developed at the Waltham Experiment Station by Robert E. Young. Although a fruit, butternut squash is used as a vegetable that can be roasted, toasted, puréed for soups, or mashed and used in casseroles, breads, and muffins.

In Australia it is regarded as a pumpkin, and is used interchangeably with other types of pumpkin.

Grilled butternut is typically seasoned with spices such as nutmeg and cinnamon, or stuffed (e.g. spinach and feta before wrapped in foil and then grilled). The grilled butternut is often served as a side dish to braais (barbecues) and the

soup as a starter dish.

It is a good source of fiber, vitamin C, manganese, magnesium, and potassium. It is also an excellent source of vitamin A and vitamin E.

From Allrecipes.com

"Butternut squash is so good on its own, that barely any seasoning is needed. This recipe is so simple and easy."

Ingredients

1 butternut squash - peeled, seeded, and cut into 1-inch cubes

2 tablespoons olive oil

2 cloves garlic, minced

salt and black pepper to taste

Directions

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

Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet.

Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.

My favorite way to eat this!

Garden and Weather Report

continued from page 1

The other item most of you will find in your box this week is a bag of green tomatoes! I have called these Thanksgiving tomatoes because if you set them somewhere cool in this bag and bring them out in November, you will find that the tomatoes have ripened and will certainly taste better than anything you find in the grocery stores in November. I would take the tape off though and periodically check them to make sure they do not ripen ahead of November! I did this a couple of times and was very surprised to find that they do eventually turn red.

Once again, the last box you will receive for the season will have an item that we grew and processed for you and you will be able to choose your item. I will list them below. I ask that all of you please send me an email with your preferences. I have at least a dozen of each item and have always been able to honor the preferred item but it will be first come first served in case of a run on any particular item. If I do not hear from you, I will choose something for you.

We have made the following:

- Red Sauce from those awesome tomatoes
- Zucchini Bread
- Pumpkin Bread
- 2 Cups frozen pumpkin puree - enough to make a pie or two loaves of bread
- Quart of Dill Pickles
- Pint of Bread and Butter Pickles
- Quart of Pickled Green Tomatoes
- 1/2 pint of Hot Pepper Jelly

How this works is if you receive a box every week, you will get your item in Week 20. If you are an A week member you will also get your item in Week 20. All B week members will receive their item in Week 19 so I need to hear from you guys as soon as possible!

Don't forget that we have the Loyalty Special Pricing available on October 1st - payment plans are available. Call me for details and structure on the payment plan - we want everyone to be able to fit this in their budget and take advantage of the best pricing!

This Weeks Photo's

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





Cindy (the photographer) with Pete

Directions for Ron's Butternut Soup Recipe:

Bake squash until very soft, 50 min. Scoop squash out of peel. Cut squash into 2 inch pieces. Heat oil in heavy large pot over medium-low heat Mix in onion, ginger and garlic. Cook until onion is translucent, about 15 minutes. Add squash and 5 cups of broth. Bring to boil. Reduce heat to medium-low. Cover and simmer 10 minutes. Add cloves, curry and cumin. Working in batches, puree soup in blender. (can be prepared 1 day ahead and refrigerated) Return soup to pot. Season soup with salt and pepper. Bring to simmer, thinning with more broth if necessary. Ladle into bowls. Sprinkle with parsley, cranberries and cloves.

What's new?

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



Tips & Recipes

ZUPPA TOSCANO SOUP - Myrecipes.com

Ingredients

- 1 pound Italian sausage (spicy)
- 4-6 russet potatoes, cut into bite-sized cubes
- 1 onion, chopped
- 2 tablespoons garlic, minced
- 32 ounces chicken broth
- 1/2 bunch kale (or swiss chard), destemmed and cut/torn into bite-sized pieces
- 1 cup heavy whipping cream
- 2 tablespoons flour
- Salt and pepper to taste
- Cayenne pepper to taste
- 1/4 cup bacon, cooked and chopped

Preparation

1. Brown sausage links in a sauté pan.
2. Cut links in half lengthwise, then cut slices.
3. Place sausage, chicken broth, garlic, potatoes and onion in slow cooker. Add just enough water to cover the vegetables and meat.
4. Cook on high 3-4 hours (low 5-6 hours) until potatoes are soft. 30 minutes before serving:
5. Mix flour into cream removing lumps.
6. Add cream and kale to the crock pot, stir.
7. Cook on high 30 minutes or until broth thickens slightly.
8. Add salt, pepper, and cayenne to taste.
9. Top with bacon immediately before serving.

CREAM OF BROCCOLI SOUP - cheri doetch

1 Cup of Onion chopped; 1 C Celery chopped, saute in 3 TBS of butter, Add 5 to 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

RON'S GINGER BUTTERNUT SQUASH SOUP

1 or 2 butternut squash (about 4 3/4 pound total), halved lengthwise, seeded and baked at 375 degrees cut side down on greased sheet.
3 TBS vegetable oil;
2 Cups thinly sliced onion
2 TBS minced fresh ginger
2 garlic cloves, coarsely chopped
dash to taste of cloves, curry and cumin
5 C (or more) canned low-salt chicken broth
Chopped fresh parsley; Cooked cranberries