



# Beaver Creek CSA your local food connection!

BEAVER CREEK GARDENS  
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## Garden and Weather Report

**H**ello from the Gardens!  
Well it is pumpkin week and in fact, next week will be as well.

We harvested so many pie pumpkins this year that we are putting them in your boxes. For those of you that do not bake, you can use them as a decoration



and I will offer frozen pumpkin puree again this year for your Thanksgiving pies, breads or cookies. However, one of the pumpkins will provide a minimum of 2 cups and some of the larger ones will yield as much as 8 cups, so instructions for baking and preserving are on page 4.

I love the weather this week. It feels much more like fall. Most of the rain has missed us but I am hoping that we get something this week - we shall see. As we wind down though, I am only watering the bed with the greens in it, everything else is pretty much in and set, including all the broccoli heads - ha! We will

see the broccoli side shoots for the last week, but all the heads are in as they ripened last week in the heat.

Some did start to flower, which is beautiful and great for the bees in the fall! We also took out the Tomatillo bed and found another 50 pounds so they are in your box this week too. If you do not want to make more green salsa, you can always slice them and fry them up like fried green

tomatoes. Ron did that last week with a couple of them and they were very good. They taste just like green tomatoes, look like green tomatoes - but are not tomatoes!

We had a great weekend attendance-wise with our Harvest Festival/Customer Appreciation on Saturday and the Boone County Farm Stroll on Sunday. I believe we had somewhere around 225 to 250 people visit Beaver Creek Gardens this past weekend. It was the most we have had ever at these two events and I have to believe the

• Continued on page 3

## 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.

• Continued on page 4

## What's Inside

This is WEEK #17  
of the 2017 Season  
It's a B Week



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

# PRODUCE of the Week



Poblano and Jalapeno Hot!



Wash your Vegetables before cooking or eating raw.

## Week 17 Produce

Butternut Squash  
Pie Pumpkin\*\*  
Fall Greens  
Onion  
Broccoli\*\*  
Peppers  
Pears\*\*  
Kale  
Tomatillos  
Hot Peppers  
Sweet Peppers

\*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. Peppers are best kept at about 45 degrees. And of course - Squash and pie pumpkins can be kept in a cool spot. Butternut have cured in the recent hot sun and will last for months - bake your pie pumpkins!

Hot pepper belongs to the genus Capsicum of the Solanaceae family. It originated in the American region, but it is now quite readily available all over. Hot peppers are now widely used across the globe as a food ingredient and for their medicinal properties. The fruits of the capsicum plant came to be known as hot peppers due to their spicy hot taste. Hot peppers contain many substances called capsaicinoids, of which capsaicin is primarily responsible for the spiciness of the peppers. The area around the placenta is the hottest part of the pepper fruit. The seeds also provide a feeling of heat as they are in contact with the placenta of the fruit.

The red, ripe peppers are an excellent source of vitamin C and betacarotene or provitamin A. Yellow and green peppers, which are unripe, are lower in these vitamins. The B complex, especially B6, is found in plenty in hot peppers. Hot peppers are also excellent sources of potassium, magnesium, and iron. The high content of vitamin C in the fruit aids in the absorption of iron from other foods eaten along with the peppers, during a meal. Including hot peppers in your diet has multiple health benefits. Some of the uses are as follows:

Capsaicin in hot peppers is believed to freeze the growth of prostate cancer cells. Its anti-cancer properties also help in arresting the growth and division of other cancer cells.

Hot peppers are also beneficial for stomach ailments. They help in the healing of stomach tissue by bringing more blood to the tissues at the site of repair. By increasing the flow of secretions from the salivary, gastric, and intestinal glands, hot peppers actually guard the stomach from developing any kind of ulcer. Hot peppers are also believed to help in suppressing appetite.

Hot peppers also possess anti-inflammatory properties that help in the treatment of migraines, arthritis, and muscular pains.

Hot peppers also help improve blood circulation and thus increase the strength of the arteries.

Hot peppers have also been used to combat depression. Eating hot peppers is said to release endorphins, or happy hormones. Dried up hot pepper also helps to heal wounds. It kills bacteria and hastens the healing process.

Eat your HOTS - stay Heathier & happier.

# Garden and Weather Report

continued from page 1

weather contributed in the turnout. It was absolutely a perfect weekend weather-wise for touring area farms, taking hayrides and just getting out and about.

We have quite a bunch of peppers left both hot and sweet. We have harvested most of them and will be putting them in your boxes the next couple of weeks. I am featuring hot peppers on the produce page. Besides adding them to salads or hot spicy dishes, you can chop them and freeze them for later use in soups, egg dishes or anything else you would put peppers in where they are softened by cooking.

Molly Bakulski does something else with all the peppers we put in her box and all the peppers she gleans from the field after we are through putting them in your boxes. She makes a paste that she freezes. You can put them in a food processor, with or without seeds, add a little water and make a paste. Freeze the paste in ice cube trays and once frozen, put in zip lock bags. She then adds the paste to soups, etc. to get the pepper taste without having the "soggy" peppers in the dish. I haven't tried this method and every year I intend to do it - this is the year!!!

We are down to the last four weeks and I do have brussels sprouts and collards that need a frost or two on them. The Brussels are small still, so I am not sure that they will make it and if we do not have a frost (which is entirely possible the way this weather has been) you won't see them in your box. They need a frost or two to take that bitter taste out of them. But we still have plenty for you through the end of the season. Next week I will send out an email for all of you to respond to that will give you a choice for your last box of one processed item. You can start thinking about what to choose now - choices are: Red Sauce; Dill Pickles, Sweet Pickles; Zucchini Bread; Pumpkin Bread; Pumpkin Puree to make your own pumpkin bread or pie; Hot Pepper or Hot Raspberry Jam. If you do not let me know your preference, I will choose for you - We have limited amounts of certain items so if you really have a preference, make sure you let me know.

Enjoy your box this week!

## This Weeks Photo's



Two of biggest Butternut I have ever grown - each weighing in at about 6 lbs! Below - decorated for Fall!





## Store Open for Fall!

To bake your pie pumpkins - Cut them in half, scoop out the seeds (you can bake these with sea salt for a yummy snack).

Place on a baking sheet and bake them at 350 degrees for at least an hour or until they are soft enough to scoop out the flesh.

Let them cool and then scoop the flesh in 2 cup increments into a quart zip lock.

You can refrigerate if you are going to make something in the next week or freeze for Thanksgiving's Pumpkin Pie!

## What's new?

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



## Tips & Recipes

### PUMPKIN COOKIES - BROWN SUGAR FROSTING

- 2½ cups flour
  - 1 teaspoon baking powder
  - 1 teaspoon baking soda
  - 1 tablespoon pumpkin pie spice
  - ½ teaspoon salt
  - ½ cup butter, softened
  - 1 cup granulated sugar
  - ½ cup brown sugar, lightly packed
  - 1 cup canned pure pumpkin puree (NOT pumpkin pie filling)
  - 1 large egg
  - 1½ teaspoons vanilla extract
- frosting**
- ½ cup butter
  - 1 cup lightly packed brown sugar
  - ¼ cup heavy cream (or other milk)
  - 2 cups powdered sugar

### MAKES 2 1/2 DOZEN

In a medium bowl whisk together flour, baking powder, baking soda, pumpkin pie spice, and salt.

In a large bowl cream together butter and sugars until lightly and fluffy. Add pumpkin, egg, and vanilla and mix until thoroughly.

Add dry ingredients to wet ingredients and mix until combined. Use a cookie scoop (about 1½ tablespoons dough) to drop mounds onto a lightly greased cookie sheet leaving about 2-3 inches between each cookie dough mound. Use the palm of your hand to slightly flatten each mound (press down about ½ inch to flatten the top a little bit).

Bake at 350 degrees for 12-15 minutes. Allow to cool on the pan for about 5 minutes, then transfer to a cooling rack to cool completely.

To make the frosting, melt butter in a medium sauce pan and boil for 2 minutes. Stir in brown sugar, reduce heat to medium-low and boil for 2 minutes. Stir in milk, remove from heat and pour into a large bowl. Stir in powdered sugar. Frost cooled cookies.

Store in airtight container at room temperature up to 5 days.

### MOM'S PUMPKIN BREAD

Mix - 2 C pumpkin; 4 eggs; 1 Cup oil; 1/2 nuts; 2/3 C water (I usually add a little sour cream and cut the water in half - adds moisture)

Mix - 3 1/2 C flour; 1/2 tsp salt; 2 tsp baking soda; 1 tsp cinnamon & nutmeg ea. 1 cup brown sugar; 1 cup of white sugar. Make a hole in center and add: pumpkin mixture - blend together completely

Bake in 2 large greased and floured bread pans at 350 degrees for 55 minutes to an hour. Take out and cool on racks.

### BUTTERNUT SOUP RECIPES & MORE PUMPKIN RECIPES NEXT WEEK!

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