



# Beaver Creek CSA

## your local food connection!

BEAVER CREEK GARDENS  
beavercreekgardens.org

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### Garden and Weather Report

**H**ello from the Gardens! This weekend we had our Harvest Fest and the Boone County Farm Stroll. We were busy both Saturday and Sunday and although I did not count how many of you made it out on Saturday, my feeling is that we saw over 50 and on Sunday, I had a counter and there were 100 visitors to our farm. Many were local folks from Boone County that had no idea that we were up here. It amazes me that you can live (myself included) in an area and have no idea what is going on around you. The weather this week is



warm again. But this is not Indian Summer as you have to have a frost first and then the warm weather to qualify as Indian Summer! We have not had a frost and it doesn't look promising for the next couple of weeks. The reason I look forward to frost is that it typically helps sweeten the Brussels Sprouts. You will note that we are putting them in your box this week without the frost. I grew two new varieties this year and I taste tested the one in your boxes, the sprouts were delicious.

Next week is the last week for the B group, so if you haven't let me know your choice, you may want to get that done quickly. We are selling out of one item - the

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### 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.

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### What's Inside

This is WEEK #18  
of the 2016 Season  
It's an A Week



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Hayride tracks through our yard the day after the Fest!

Wash your Vegetables before cooking or eating raw.

## Week 18 Produce

- Brussels Sprouts\*\*
- Onions\*\*
- Broccoli
- Pac Choi
- Peppers\*\*
- Sweet Potatoes\*\*
- Beet Bag\*\*
- Butternut Squash\*\*
- Garlic
- Kohlrabi
- Tuscany 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.

# PRODUCE of the Week

This week we are featuring Brussels Sprouts and Fall Pac Choi!

The Brussels sprout is a member of the Gemmifera Group of cabbages (*Brassica oleracea*), grown for its edible buds.

The leafy green vegetables are typically 2.5–4 cm (0.98–1.6 in) in diameter and look like miniature cabbages. The Brussels sprout has long been popular in Brussels, Belgium, and may have originated and gained its name there.

Production of Brussels sprouts in the United States began in the 18th century, when French settlers brought them to Louisiana. The first plantings in California's Central Coast began in the 1920s, with significant production beginning in the 1940s. Currently, several thousand acres are planted in coastal areas of San Mateo, Santa Cruz, and Monterey counties of California, which offer an ideal combination of coastal fog and cool temperatures year-round.

As I said on page 1, they do like cooler temperatures.



Raw Brussels sprouts contain excellent levels of vitamin C and vitamin K, with more moderate amounts of B vitamins, such as folic acid and vitamin B6 (USDA nutrient table, right); essential minerals and dietary fibre exist in lesser amounts. Boiling them does reduce the nutritional value, so it is better to sautee or roast. If you have had Brussels Sprouts and not like the taste or smell it may be because they were over cooked. Over cooking releases an organic compound that contains sulfur. So make sure not to cook too long!

The Fall Pac Choi is absolutely beautiful. Although I had some flea beetles on them, they outgrew them quickly and the result is a much healthier looking head of Pac Choi.

You can add this to salads for a little spice up, or stir fry it. You can also add it to any soup. It will certainly add flavor to your fall meals. Both the leaf and stem are edible.

# Garden and Weather Report

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pumpkin puree. I do have a few left, so speak up and give me a second choice on that one in case you are not in time! The list is below and a reminder to sign up this year for great savings!

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

Early morning light through the gazebo, left and below is the Soybean Field harvested and Hayride Wagon!





## Roasted Butternut Squash

Peel and Cube Squash

2 cloves garlic

2 TBS olive oil

Salt & Pepper to taste

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.

Simple Roasted Butternut Squash Recipe - Allrecipes.com

## Tips & Recipes

### Roasted Brussels Sprouts - Allrecipes.com

“It may sound strange, but these are really good and very easy to make. The Brussels sprouts should be brown with a bit of black on the outside when done. Any leftovers can be reheated or even just eaten cold from the fridge. I don’t know how, but they taste sweet and salty at the same time!”

#### Ingredients

1 1/2 pounds Brussels sprouts, ends trimmed and yellow leaves removed

3 tablespoons olive oil

1 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

#### Directions

Preheat oven to 400 degrees F (205 degrees C).

Place trimmed Brussels sprouts, olive oil, kosher salt, and pepper in a large resealable plastic bag. Seal tightly, and shake to coat. Pour onto a baking sheet, and place on center oven rack.

Roast in the preheated oven for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Reduce heat when necessary to prevent burning. Brussels sprouts should be darkest brown, almost black, when done. Adjust seasoning with kosher salt, if necessary. Serve immediately.

### Stir Fry Pac Choi - Foodnetwork.com

#### Ingredients

1 tablespoon olive oil

2 cloves garlic, minced

1 tablespoon minced fresh ginger

8 cups chopped fresh bok choy

2 tablespoons reduced-sodium soy sauce

Salt and ground black pepper

Heat oil in a large skillet over medium heat. Add garlic and ginger and cook 1 minute. Add bok choy and soy sauce cook 3 to 5 minutes, until greens are wilted and stalks are crisp-tender. Season, to taste, with salt and black pepper.

Read more at: <http://www.foodnetwork.com/recipes/robin-miller/stir-fried-bok-choy-with-ginger-and-garlic-recipe.html?oc=linkback>

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Tip: - Ron always puts our butternut squash in the microwave for a few minutes before he cuts or peels it as this makes it easier to work with!

## What's new?

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

