



# Beaver Creek CSA

## your local food connection!

BEAVER CREEK GARDENS  
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### Garden and Weather Report

**H**ello from the Gardens!

It is our second week of pumpkins galore! Charlotte Smith, one of our members from Crystal Lake, shared this piece of advice from another newsletter she receives:



**ADVICE**

**FROM A**

**PUMPKIN:** Be well rounded, get plenty of sunshine, give thanks for life's bounty, have thick skin, keep growing, be outstanding in all you do, and think big! Perfect fall advice, I particularly love the thick skin one!

I thought I was through with the What's Buggin' us section but when I went out to the broccoli this morning to cut side shoots, there were millions of little green/brown bugs on all the plants. They aren't like anything I have seen and were nasty, biting little

things. Molly and Lilly were out in the afternoon and found them in the Leek bed as well. So we

are spraying again, ridiculous in October. What is up with this weather. I really would love a frost or two, not only for the brussels and the collards, but it will go a long way in getting the insects to finally go wherever it is they overwinter

- Florida, ha ha! I actually saw flea beetles again too. Much too late for those. The broccoli that we harvested in the heat has continued to ripen even in the cooler. We will be putting it in your boxes anyway because it will still make great soup and actually Ron and I steamed one that was a little over ripe and it still tasted very good.

This has been the strangest fall I have gone through in the 9 years I have had the CSA!

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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 #18  
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 18 Produce

Pie Pumpkin  
Butternut Squash  
Fall Greens  
Onion  
Broccoli\*\*  
Peppers  
Hot Peppers  
Radishes\* (will get them in last 2 wks)  
Kale  
Beets  
Kohlrabi

\*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 - Butternut Squash is cured and will stay good for months - you need to bake the pie pumpkin as soon as possible.

This week we are featuring Butternut Squash and Daikon Radishes. Pictured to the left are two butternut squash that actually weighed in at just under 6 pounds each. I have never had squash this big or in the numbers I had as I did this year. Had to be the same rain that hurt the onions, made the incredible squash - that Mother Nature, she giveth and taketh in the same season!

The most popular variety, the Waltham Butternut, originated in Waltham, Massachusetts, where it was developed at the Waltham Experiment Station by Robert E. Young. Dorothy Leggett claims that the Waltham Butternut squash was developed during the 1940s by her late husband, Charles Leggett, in Stow, Massachusetts, and then subsequently introduced by him to the researchers at the Waltham Field Station. She also claimed that name came from "smooth as butter, sweet as nut".

One of the most common ways to prepare butternut squash is roasting. To do this, the squash is cut in half lengthwise, lightly brushed with cooking oil or put in a thin layer of water and placed cut side down on a baking sheet. Bake for 45 minutes or until soft and can then be eaten, made into soup or stored for later use.

Daikon Radishes serve two purposes in our gardens. We use them for the CSA boxes, but also use them as a cover crop. Ron plants these after we take off an early crop with wheat or oats. The long tap root of the Daikon Radish pulls nutrients up for use next year and helps with soil compaction as the roots leave a huge cavity.

He uses the oats as a fertility indicator. He can tell by the color and growth, the fertility of the soil.

In culinary contexts, "daikon" or "daikon radish" (from its Japanese name) is the most common in all forms of English, although historical ties to South Asia permit mooli (from its Hindi name and also in Urdu) as a general synonym in British English. The generic terms white radish, winter radish or sometimes called icicle.

I would refer you to Wikipedia for all the uses of this incredible radish from Japan to India it is used for many dishes, stir fry to salads.

Daikon is very low in food energy. A 100-gram serving contains only 8 Calories (5 Cal/oz), but provides 27% of the RDA for vitamin C. Daikon also contains the active enzyme myrosinase.

# Garden and Weather Report

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Also in the larger boxes we will be adding some of the left over Delicata and Spaghetti Squashes. They are ripe and need to be used. The butternut has cured and will last for you. Cook the others first! Daikons are only in large boxes and the soil is so hard, with a little rain this week we will get them in all boxes last 2 weeks.

Another note to all of you regarding the storage onions you will be getting. Due to the heavy rains in July, some of the onions have developed a brown ring inside the onion. It is impossible to pick up on this by looking at the onion and it is only when you cut it that you will see it. The cause is simple, bacteria from the rain splashing the leaves of the onion got into the ring that is associated with that leaf. We used the two onions that I found had the ring, removing the damaged part and utilizing the rest of the onion. This happens with very heavy rains and we certainly got those in July! Good news is that out of 10 onions we cut, only two had this, so you may or may not get one with this. I sample cut a few to see if I could figure out if they were infected and was wrong on all accounts, so there is no way to tell without cutting. I have actually purchased onions from the store with this happening as well, so it is very common.

We have only two weeks remaining after this week, so make certain you let me know if you want a particular specialty item in your last box. Once again your choices are: Red Sauce, Pumpkin Puree, Dill pickles, Bread & Butter Pickles, Hot Raspberry Jam, Hot Pepper Jam, Zucchini Bread or Pumpkin Bread. Please email me with your preference. If you are new this year, the hot jams are excellent put over cream cheese with crackers and used as an hor d'oeuvre. We are also offering the Loyalty Special for all current CSA Members, reduced pricing savings of anywhere from \$30 to \$70 depending on box size and frequency. Make sure you take advantage of this before the end of 2017!

Enjoy your Box this week.

## This Weeks Photo's



More pictures of the great group of workers that helped this year - to the left is Patty Zahn, harvester extraordinaire and her hubby, below is Amy Kamin-ski, superior skills on the water wheel transplanter!







Laurie & Bob Hellmann

### Daikon Ideas!!

To serve raw daikon radish simply slice it in rounds or grate it the same way you would carrots. It's also delicious with a squeeze of lemon and a dash of salt.

#### STEAMING DAIKON RADISH

If you want to cook daikon radish steaming is one of the best methods to ensure its nutrients are preserved. After it has softened you may add it to salads and toss with a little extra virgin olive oil for flavour. Steamed radish also makes a great side dish for fish.

#### DAIKON RADISH SOUP

A soup made from daikon radish? It's possible and totally delicious. Before making soup you should know that the longer you cook daikon the less pungent it becomes. So it's best to add it to the pot towards the end of the cooking process when all the other vegetables are tender and cook for just a few more minutes. Then it's up to you if you want to enjoy a chunky vegetable soup or a silky puree.

#### DAIKON RADISH AU GRATIN

Make a killer batch of scalloped potatoes by adding sliced daikon to the mix. Arrange the vegetables in a casserole, cover with a creamy bechamel sauce and bake as usual.

## Tips & Recipes

### BUTTERNUT SQUASH SOUP

6 Cups squash, seeded cut into 2 inch wide chunks

Melted butter for brushing

1 T kosher salt, plus 1 tsp.

1 tsp freshly ground white pepper, plus 1/2 tsp

3 C chicken or vegetable stock

4 T honey - 1 tsp minced ginger

4 oz. heavy cream - 1/4 tsp nutmeg

PREHEAT OVEN TO 400 degrees F

Brush the flesh of the squash with a little butter and season with 1 T salt and 1 tsp freshly ground white pepper. Lay squash flesh side up on a sheet pan and roast for about 30 to 35 minutes or until it is soft.

Scoop flesh from the skin into a pot and add the stock, honey and ginger. Bring to a simmer and puree using immersion blender. Stir in heavy cream and return to a low simmer, Season with salt, pepper & nutmeg. Ron always floats some cranberries on top - yummy!

### PUMPKIN CRUNCH (from Edwards Apple Orchard)

1 box of yellow cake mix (you can make your own out of 2 C flour, 1 T baking powder and 1/2 C dry milk and 1 1/2 C sugar - you will need to add a tsp. of vanilla to recipe as that is always included in box cake mix).

2 C of pumpkin - bake your own is best from pumpkin in box

1 can (12 oz.) evaporated milk

3 eggs; 1 1/2 C sugar; 1 tsp. cinnamon; 1/2 tsp. salt; 1 C butter melted  
1/2 C chopped pecans - whipped topping (opt).

Preheat oven to 350. Grease bottom of 9 x 13 pan. Combine pumpkin, evaporated milk, eggs, sugar, cinnamon and salt in a large bowl. Pour into the 9 x 13 pan. Sprinkle dry cake mix evenly over pumpkin mixture. Top with pecans, Drizzle melted butter over pecans. Bake for 50 to 55 minutes or until golden brown. Cool . . . Serve chilled. Top with Whipped topping when served.

### PUMPKIN BARS

4 eggs; 1 C oil; 2 C flour; 2 tsp. cinnamon; 1/2 tsp salt; 1 2/3 C sugar;

2 Cups pumpkin, 2 tsp baking powder, 1 tsp. baking soda

Beat together eggs, sugar, oil and pumpkin until light and fluffy. In separate bowl, stir together flour, baking powder, cinamon, salt and baking soda. Add this to the pumpkin mixture and mix thoroughly. Spread in ungreased 15 x 10 pan. Bake at 350 for 25 to 30 minutes. Cool and frost with Cream cheese icing.

3 oz. cream cheese (softened); tsp. vanilla; 1/2 C butter softened; tsp. milk and 2 C powdered sugar. - Beat together.

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