



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 is the last weekend that our store will be open.

So if you pick up at the farm and want to get some extras, make sure you do it this weekend.

This is the last week for all of you that pick up only on the B Week, so your boxes will have your name on them as you have your specialty item in your box. Please look for your name when picking up your box!

We had a light frost on Sunday morning - not a killing one, the peppers, few raspberries and tomatoes left, survived it! Once again though, we are warming to the mid 70s this week before another cold front comes through. It doesn't look like we will have cold enough weather to harvest those Collards that I put in the last boxes as they really need a couple of cold nights to taste good. However, we do have a place for them later (right Big



John?) so they will not go to waste! John always brings a van out and harvests the Collards for his friends at his church - And we also may be sending some of them to the Flint, Michigan area.

I am cleaning out the cooler in the next couple of weeks. You will get the last of the beets and broccoli the next two weeks. The broccoli has been incredible

this fall! With the warmer weather, we had to harvest it and store it so that it wouldn't start sprouting little yellow flowers (going to seed). If you get a head that has a little yellow flower on it - go ahead and eat, it will still taste fine.

I cannot believe this is one of our last weeks - this year flew by for me and that is always a good thing. I think it had to do with the abundance we had. My only worries this year were how to fit all the stuff we had in your boxes! How wonderful was that. We can only hope that next year will be as good.

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What's bugging us?

We are still seeing the white butterflies and grubs occasionally, so



watch for these in your broccoli/greens. The greens in your boxes this week are beautiful, little or no flea beetles bites out of them and just large and luscious looking. If they do warm up before you get them home - just put them in a little warm water to restore them to their harvest condition.

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What's Inside

This is WEEK #19
of the 2016 Season
It's a B Week



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Ron's tractors lined up for. . ., I don't know why???

Wash your Vegetables before cooking or eating raw.

Week 19 Produce

Rutabega**
 Onion bag - B Boxes; onions others
 Broccoli**
 Brussels Sprouts
 Peppers**
 Potatoes**
 Beet Bag
 Butternut Squash**
 Specialty Item B Week only boxes
 Garlic
 Arugula/Mizuna
 Winterbor Kale
 Herb Bouquet - B boxes only
 Rosemary - all other boxes

** Smaller amount in Individual Box

Storage Information

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 including the potatoes - they will last months in your refrigerator. Peppers need to be refrigerated as they have come from my cooler and are very ripe already.

PRODUCE of the Week



This week we are featuring Igl Potatoes, Yukon Gold type, in your boxes. This variety of potato was named by Gary Johnston and Charlie Bishop. Initially named "Yukon" by Johnston for the Yukon River and gold rush country in Northern Canada, Bishop suggested adding Gold to better reflect the colour and appearance of the potato. Now that you know the name and where it came from - let's talk about the taste of this potato.

When we mash, bake or fry this potato, we use very little butter. This potato mashed is so creamy that you can really eat it without any butter.

Unlike some other potato varieties the Yukon Gold can stand up to both dry heat and wet heat cooking methods. Its waxy moist flesh and sweet flavour make it ideal for boiling, baking and frying but these potatoes will also withstand grilling, pan frying, and roasting. And now, a little history of this particular potato. As you will see, much work went into creating this delicious potato.

In the 1900s many Dutch and Belgian immigrants began settling in the "Banana Belt" region of southern Ontario. Erie. In the 1950s the vegetable growers of this region began petitioning for the breeding rights and licensing for a yellow fleshed potato variety as they were used to growing in Europe. For Gary Johnston this began the nearly 30 year development of the Yukon Gold Potato. One of Johnston's graduate students, from Peru, told him of a small, rough, deep yellowed flesh potato that was grown by the indigenous communities in his home country. In Lima this potato variety is considered a delicacy due to its bright color and distinct flavor. After trying these Peruvian potatoes, Johnston started thinking about creating a variety that would have the same colour and flavor characteristics as these potatoes but would be larger in size and have a smoother shape similar to the potatoes being grown in the "Banana Belt". In 1966 after 66 crosses G6666 was created.

Garden and Weather Report

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Just to make sure that you understand the Produce list for this week, I will explain it here again. If you only receive a box on a B Week, you will have your specialty item in it, herb bouquet and a bag of onions to take that will not fit in your box - I will have them at the delivery spots for you to grab. Everyone else will have a few onions in their boxes, rosemary for the potato recipe on page 4 and no specialty item until next week.

The herb bouquet in the B boxes and in all boxes next week is Parsley, Sage, Rosemary and NO THYME. For those of you that listened to Simon and Garfunkle - you will appreciate that! You youngsters just need to giggle and trust me that it was funny! The No Thyme reference is not only for Simon and Garfunkle fans, but I literally have no luck growing thyme - no idea why other than the soil. I did have a good patch of it before I started my CSA but it was in a low spot and one year when we got 8 inches of rain in August, the plants died and I have not been successful in a regrow. So you see, even someone like me can have serious plant growing issues!

I would like to make sure that all of you reading this newsletter this week know how appreciative I was of all the CSA Member/Subscribers this year - you guys were all wonderful to work for. And, I cannot say enough about my workers this year - they were all unbelievable, best group ever. We added some mid year, like Andy Snarski from Crystal Lake and his wife Cindy (long time and dear friend of mine) - Hope Hellman and Jimmy Hodum - all of whom helped a ton when we had so much to do it sometimes looked overwhelming. We also had Molly Bakulski's daughter Morgan and her boyfriend the last month to fill in - terrific - all of you! It makes my work so much more fun and easy! Thank you so much.

Do not forget to sign up early for the Loyalty Special - I attached a pricing sheet last week and will do so again this week in case you didn't see it. Also, please note that I have updated the website and all newsletters are loaded up to this one!

This Weeks Photo's

To the left - equipment getting ready to rest for winter and below - luscious mizuna and arugula in your box.





Rosemary

Pepper Paste

For all the extra peppers you are getting in your boxes this week and next, you can simply cut off the stem, put entire pepper into your food processor or a blender and puree until smooth. Put in a zip lock bag and freeze or freeze in ice cube trays.

Simply pull out and add to anything you want to add zip to - like taco meat, meat loaf - you get the idea!

What's new?

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



Tips & Recipes

Roasted Rosemary Potatoes - Myrecipes.com

Ingredients

- 1 tablespoon olive oil
- 1 teaspoon chopped fresh thyme
- 1/2 teaspoon minced fresh rosemary
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 12 ounces quartered potatoes

Preparation

Preheat oven to 450°. Combine olive oil, thyme, rosemary, salt, black pepper, and potatoes in a bowl. Spread potatoes on a jelly-roll pan. Bake at 450° for 25 minutes or until golden brown and tender.

Mashed Rutabaga and Yukon Gold Potatoes

Ingredients

- 1 large rutabaga, waxy skin removed and cut into 1-inch chunks
- Kosher salt
- 4 large Yukon gold potatoes, cut into 1-inch chunks
- 3/4 cup heavy cream
- 1 stick cold butter, cut into 5 to 6 pats

Directions

Toss the rutabagas into a large pot and cover generously with water. Season the water generously with salt.

Bring the water to a boil, reduce to a simmer and simmer for 45 minutes. Toss in the potatoes and simmer until the potatoes are fork tender, another 20 minutes.

Strain the rutabagas and potatoes from the water and pass through a food mill into a large bowl.

In a small saucepot, bring the cream to a boil and turn off.

Take 1 to 2 pats of butter and a splash of hot cream and whip them into the potato mixture. Continue this until all the butter and cream are incorporated. Taste and re-season with salt if needed. Serve immediately or keep warm in a low oven.

Recipe courtesy of Anne Burrell

Read more at: <http://www.foodnetwork.com/recipes/anne-burrell/mashed-rutabaga-and-yukon-gold-potatoes-recipe.print.html?oc=linkback>

There are many more recipes online, check them out!