



# Beaver Creek CSA

## your local food connection!

BEAVER CREEK GARDENS  
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### Garden and Weather Report

**H**ello from the Gardens!  
Finally! After 40 days and nights of no rain we received about 4 inches since the last newsletter. But no frost, we got close on Sunday night - 38 degrees. No forecasted frost for the next week either so right now my best guess is that we won't be seeing collards in the boxes this year or brussels sprouts either.



In your box this week are Igl Organic Potatoes and I always order the yellows from him as they are so good and creamy you almost do not need butter. I did make the scalloped potato recipe on page 4 with one layer of the daikon radishes in it instead of onion. It was really delicious. I have to confess, I am not the cook in our family. Ron is a much better cook than me and he was skeptical on the Daikon so I wanted to try it first before encouraging all of you to put it in your scallops.

True confessions: I have never been the cook. Even when growing up, I was the house cleaner and my sister was glued to my Mom learning to cook. My Mother was an outstanding cook and baker. So when I entered my 30s unmarried and my Mother asked what the hold up was, I told her it was darn difficult finding a man that could cook and fix a car! It took me until I was 42 before

I found Ron who, yes you guessed it, cooks and can fix anything! But in my 30s I did learn to bake and love doing that. This is a good thing because Ron says baking is way too disciplined for him. Measuring anything is not his cup of tea!

So when I undertook the Mom's Scallop Potato recipe on page four and improvised daikon radishes in it, whoa - what a leap for me! But go ahead and add it in - yummy! Cooking takes the little bit of hot that is the Daikon and makes it much milder. It adds a definite crunch.

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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 #19  
of the 2017 Season  
It's a B Week



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I really enjoyed my Cherokee Sunset Rudbekia this year and will grow again next year!

**W**ash your Vegetables before cooking or eating raw.

## Week 19 Produce

Butternut Squash\*\*

Potatoes\*\*

Beets\*\*

Fall Greens

Onion

Broccoli

Radishes

Leeks

Kale

Hot Peppers

Sweet Peppers

Specialty Item for 10 Wk Members

SPRIG OF SAGE

\*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 potatoes can be kept in a cool spot. Butternut have cured in the recent hot sun and will last for months.

# PRODUCE of the Week



The potato, from the perennial *Solanum tuberosum*, is the world's fourth largest food crop, following rice, wheat, and maize. The Inca Indians in Peru were the first to cultivate potatoes around 8,000 BC to 5,000 B.C. In 1536 Spanish Conquistadors conquered Peru, discovered the flavors of the potato, and carried them to Europe. Before the end of the sixteenth century, families of Basque sailors began to cultivate potatoes along the Biscay coast of northern Spain. Sir Walter Raleigh introduced potatoes to Ireland in 1589 on the 40,000 acres of land near Cork. It took nearly four decades for the potato to spread to the rest of Europe.

Eventually, agriculturalists in Europe found potatoes easier to grow and cultivate than other staple crops, such as wheat and oats. Most importantly, it became known that potatoes contained most of the vitamins needed for sustenance, and they could be provided to nearly 10 people for each acre of land cultivated.

In the 1840s a major outbreak of potato blight, a plant disease, swept through Europe, wiping out the potato crop in many countries. The Irish working class lived largely on potatoes and when

the blight reached Ireland, their main staple food disappeared. This famine left many poverty-stricken families with no choice but to struggle to survive or emigrate out of Ireland. Over the course of the famine, almost one million people died from starvation or disease. Another one million people left Ireland, mostly for Canada and the United States.

An ideal substitution for some of your favorite bread, grain and pasta-based dishes, potatoes add a boost of nutritional benefits. Important to a healthy diet, one medium-sized (5.3oz) skin-on potato has:

Just 110 calories

No fat, sodium or cholesterol

Nearly half your daily value of vitamin C

More potassium than a banana

A good source of vitamin B6

Fiber, magnesium and antioxidants

Resistant starch

If you're looking to power up your performance, look no further than the potato.

The potatoes in your box are certified organic from Igl Farms in Antigo, Wisconsin.

# Garden and Weather Report

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This is the last week for the B group that gets their box every other week. Most of you have indicated your choice for the one specialty item and if you haven't done so and are a Friday pick up there is still time. I will choose for you if I do not hear from you. Again, choices are: Red Sauce, Dill Pickles, Bread & Butter Pickles, Hot Raspberry Jam (only 3 left), Hot Pepper Jam, Zucchini Bread, Pumpkin Bread or Pumpkin Puree (to make your own bread, pie, etc.). For all of you that are picking up your last box, make sure you read the Week 20 Newsletter because there will be more recipes in it and a final summary of our season - you won't want to miss that!

I have posted the first 18 weeks of newsletters on the website, so if you are missing one or want a recipe and cannot find the newsletter in your email, they are there for you. I will add 19 and 20 in after I write next week. I will send newsletters monthly in the 2 page format for you to keep you abreast of the winter season here, seed ordering and anything else I feel inclined to include in the newsletter. There will be a reminders for you too to make sure you take advantage of the Loyalty Pricing.

I also will be putting in some new items in the last box - it will be random so you may or may not get one. I grew two new squashes and have about 30 left so watch for those.

Enjoy your box this week!

## This Weeks Photo's



New growth after rain on the Kale and the Mizuna and Arugula below that re-seeded from our spring crop.





Happy Fall!

Make sure you wash your Fall Greens this week. I literally cut them, rubber banded them and bagged them right in the garden for you.

### CROCK POT BUTTERNUT

1 Whole butternut squash washed

#### INSTRUCTIONS:

Place whole squash in slow cooker and cook until soft and easily pierced, about 4 to 5 hours on high or 6 to 8 hours on low.

When cool enough to handle, cut in half, scoop out seeds and either eat, refrigerate or freeze - EASY ENOUGH?

### What's new?

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



## Tips & Recipes

### Mom's Scalloped Potatoes 9 x 13 greased pan - 375 degrees

3 lbs potatoes thinly sliced

1/2 onion thinly sliced

9 T flour, divided

6 T butter diced and divided

3 C whole milk

Salt & Pepper to taste

Spread 1/3 of potatoes on bottom, sprinkle 3 T of flour, top with 1/3 of the onion slices, arrange 2 T of butter, season the layer.

Repeat 2 times. I actually put a layer of daikon radish in the middle in lieu of one layer of onion. Heat milk to warm, pour over so liquid is level with potatoes - bake 45 to 60 minutes uncovered.

### Butternut Lasagna - 9 x 13 or Lasagna pan

1 med Butternut - 3 lbs. roasted

9 Lasagna Noodles

4 C whole milk

1 bunch of sage

2 T olive oil

1/3 C flour

4 T butter

4 Amaretti (almond) cookies

1 C grated parmesan

3 C grated mozzarella

1/2 tsp of nutmeg, salt & pepper

Bake Squash, scoop & place in bowl - add cookies, oil 1/4 C parmesan, 1/4 teap. salt, pepper and nutmeg - mix/combine

Cook noodles or can use the noodles that do not require cooking

White sauce - melt butter, add flour & cook 2 min. gradually whisk in milk - add sage leaves & bring to simmer, stirring occasionally until sauce thickens - 6 to 8 minutes

Remove from heat, discard sage - stir in 1/2 C parmesan, 1/4 tsp. salt, pepper and nutmeg.

Spread 1 C of white sauce on bottom, place 3 noodles, 1/3 of white sauce, 1/3 squash & swirl squash into white sauce, top with 2/3 C of mozzarella. Repeat 2 times from noodles through mozzarella.

Cover with oiled foil and bake at 425 degrees for 15 min. Uncover and bake until golden brown - 5 to 10 minutes. Let sit 10 minutes - Serve

I made this a few years ago and it was delicious, but very rich. So if you are looking for that, it is an excellent recipe.

I did look online and found that Martha has a Butternut Lasagna recipe and there are several others that are similar and look as good.

You will find a sprig of sage in your box for this recipe - that is all you will need as you just basically flavor the white sauce with it.

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