



# Beaver Creek CSA your local food connection!

BEAVER CREEK GARDENS  
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## Garden and Weather Report

**H**ello from the Gardens!  
We welcome all of you to our 9th season for our CSA, those of you that have been with us for many years will recognize much of the great produce and recipes. I do always try to incorporate some new recipes for you each week as well. Those of you that are new to the CSA this year - everything will be a first for you.



We are really looking forward to a great season. I noticed that we are starting up about 6 days later than last year. It was a very challenging spring, starting too cold and finishing too hot. If I sound like one of the three bears, I would believe that. It took awhile to get the crop up and growing and now with the heat, we are harvesting as fast as we can so that the crops that begin to bolt in the heat get into the cooler.

And remember a few weeks ago when I said I would be complaining

about not enough rain? Well I thought I would at least get to mid July before that came up but here it is mid June and we need rain! Sorry about that.

We started irrigation lines last week and have watered everything at least once and are working on our second round. All the forecasts that are out are for a normal temperature and rainfall this summer - let's hope they are right for once. It would be a first.

Just a little housekeeping for the season . . . We work very hard to keep the produce that we take out of the garden in the chain of cold. So what that means is, we harvest and as quickly as possible get it into the cooler. Sometimes that means we will skip an initial rinse. We did that on a few items this week as it was really hot even in the early morning hours that we are harvesting. Make certain you wash everything before you consume. Although we do not use chemicals on anything - I cannot

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### What's bugging us?

We did battle with the fellow pictured to the right. He is the dreaded flea beetle. We were able to harvest Arugula and Mizuna in spite of those little bugs. I planted the crop in the green house to give it a head start which helped and we were relentless in our organic attack - Neem Oil!



The white cabbage moths just showed up this week. We will be  
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### What's Inside

This is WEEK #1  
of the 2017 Season  
It's a B Week



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# PRODUCE of the Week



Blossoms & Peas



Broccoli coming!

Wash your Vegetables before cooking or eating raw.

## Week 1 Produce

Pac Choi\*\*  
Radishes  
Spring Onions  
Romaine Head Lettuce\*\*  
Bag of Red lettuce\*\*  
Cilantro  
Spinach  
Mizuna Arugula Mix\*\*  
Kale\*\*  
Red Sauce  
Garlic Scapes

\*\*Smaller size in Individual boxes

## Storage Information

Please make sure that you wash all your vegetables before consuming them. I do an initial rinse on lettuces and those types, but storage for items like Romaine and Pac Choi keep fresher without rinsing and adding water to the storage bins. This week all vegetables should be kept in the mid 30 degree range in your refrigerator. The jar of sauce - in your pantry.

This week we are featuring Pac Choi and Garlic Scapes.

The Pac Choi in your box may include a sprig of flowers indicating that the plant was going to seed. It will not affect the taste of the leaves and can be chopped up and eaten as well. I actually will cut the stems and eat them like celery.

Pac Choi or Bok Choy (same vegetable, different names in Korea, Japan, and China) is a spicy tasting leafy green that can be included in a salad or sauteed.

It is a ranked #2 in nutrient density out of 41 nutrient rich plant foods. A cup of this food has about 10 calories - and is loaded with vitamins A, C & K.

I always joke in the spring that the flea beetles must be deficient in Vitamin A as they go after the tender first leaves and it is very difficult to get this up and growing. You will see some feeding evidence of this little bug on the leaves. We use only Neem oil for control and it slows them, but doesn't stop them!



Pictured above are garlic scapes. Although garlic plants do not flower, they do produce flower stalks. On hardneck garlic, the stalks are known as garlic scapes and they are surprisingly tasty and versatile to use in the kitchen.

Garlic scapes start to form a month or so after the first leaves. They start off growing somewhat straight and then start curving in circles which is when I cut them since leaving them on only diverts the plant's strength and energy away from forming a plump bulb.

We harvested your scapes young and tender, you can chop them into salads or use them as a topping, as you would use scallions. More mature scapes can be sauteed lightly and used over pasta, with eggs, mixed with cooking greens, pickled or pretty much in any dish that would be complemented by garlic.

# Garden and Weather Report

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control some of mother nature's animals, like the birds flying over, etc. There is always a risk of drift from conventional farming too which can occur miles away and drift over our farm. So it is always a good idea to completely wash produce.

The first two weeks your boxes will be filled with lots of flavor for salads. I have a couple of recipes on the last page for you to cook some of the greens you have in your box. The Mizuna and Arugula are coarse, so you may want to saute, wilt or lightly steam. They get a little coarse in the spring due to the competition with that darn Flea Beetle. As they threaten the plant, the plant responds by going to seed. You can eat the entire plant including the flowers in your box, just finely chop. I always like to add these things to scrambled eggs - they add a little spice to your morning.

It won't be long though before we begin adding broccoli, peas, cauliflower and other weightier items to your box. I do not know how much you all follow agriculture news, but if you have paid attention, the excessive spring rains have caused even conventional farming fits. They have had to replant corn in central Illinois and other places. We had some replanting ourselves. If you look at the picture below on the right, you can see two beds that look rather sparse. Those are snow peas and this was a 2nd planting of those. With all the rain, the pea seed did not do well at all. We will have peas, but it will not be the year we had last year. Each year brings a different signature of crop yields. It is the same for us vegetable growers. One year something will be unbelievable (like tomatoes last year) and the next year will be totally different. It is always interesting to see what will be the "crop of this year." The tomatoes of 2016 are in your boxes this year - note the quart jar of red sauce. I had so many tomatoes last year that I canned them through the winter and you are getting last year's tomatoes this week in another form.

Please remember to pick up your boxes as early as possible, this will ensure that they stay fresher longer in your refrigerators. It is also a courtesy for those members hosting pick up locations.

We are off and running! Week one is here, 19 to go and I hope you all enjoy the ride!

## This Weeks Photo's

Broccoli, cauliflower and kale to the left. Below are rows of edamame beans, peas and green beans to come!





## What's bugging us?

spraying them with BT in the next weeks to keep those green caterpillars out of your broccoli, cauliflower and cabbage.

## ADDITIONAL RECIPES:

Laurie Hellman, one of our new workers, took some of the coarse greens home last week and came back this week telling me that she actually chopped them up fine. Cooked her favorite pasta and then added them at the last minute so that they just wilted in the hot, cooked pasta. She said they were delicious this way - I will have to try that one myself.

Add to any egg dish, omelets, egg casseroles - very good.

## What's new?

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



## Tips & Recipes

### PAN STEAMED ASIAN GREENS (Pac Choi and Mizuna/Arugula Mix in your box)

**1 pound Asian greens 4 to 8 inches long, such as baby bok choy, choy sum, yao choy, or small Chinese mustard greens**

**1/2 cup water**

**2 tablespoons oyster sauce or soy sauce (optional)**

**2 to 3 teaspoons toasted sesame oil (optional)**

**1 tablespoon toasted sesame seed**

- 1. If head or stalk is thicker than 2 inches at the base, cut lengthwise into halves or quarters to make about 1 inch thick. Immerse in water and swish to dislodge grit. Drain.**
- 2. Set a 5- to 6-quart pan over high heat. When hot, add 1/2 cup water and the greens; cover and cook until barely tender to bite, 3 to 5 minutes. Drain greens and pour into a serving bowl. If desired, drizzle with 2 tablespoons oyster sauce or soy sauce and 2 to 3 teaspoons toasted sesame oil; sprinkle with about 1 tablespoon toasted sesame seeds.**

### GARLIC SCAPE PESTO

**10 to 12 large garlic scapes, with the bulb removed, cut into 1/2 inch pieces**

**1 cup (lightly packed) clean and dry basil leaves (optional)**

**1/2 cup pine nuts or walnuts**

**1/4 - 1/2 teaspoon Kosher salt**

**1/2 to 1 cup (or more depending on how thick you want your pesto) of good quality olive oil**

**1/2 to 1 cup of grated Parmesan Cheese**

Add garlic scapes, basil and salt to the large bowl of a food processor. Start processing, adding oil slowly.

Stop processing and scrape down the sides of the bowl with a rubber spatula.

Once a smooth paste has been achieved, add parmesan and process until completely mixed in.

Stop processing and add all of the nuts.

Pulse processor until nuts are roughly chopped and fully mixed in. This gives the pesto a great texture.

Store in an airtight container, cover with thin layer of olive oil. Refrigerate and will stay fresh for 1 week - you can also freeze, try filling an old ice cube tray and freeze in that - bring out cube at at time to use on grilled meats, toasted baguettes with ricotta cheese - google for ideas!

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