



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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What's bugging us?



Right now, we are sort of in a bug lull. But I have seen those pretty white butterflies flying around in pairs. They mate and lay eggs in the garden, all over but they particularly like broccoli and all of our cabbages. They are the creator of the cabbage looper that you will find sometime in the cabbage or broccoli. We do spray BT on our crops to take care of this little green worm.

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Garden and Weather Report

Hello from the Gardens!

Where in the heck did the last week go? We are still putting some plants in the ground.

The picture in the center of this page is of summer lettuce that we will transplant into the garden as soon as we get a little



break in the heat. Next to that is the squash that I started this year in containers so that I would be able to make sure that we had plenty of plants. In the past I have seeded that directly, but with the climate change and inconsistent rains in June (too much . . . too little) I have decided to transplant the seedlings of Butternut, Delicata, Acorn and Spaghetti. We will be utilizing the youth that are visiting us this month to get those in early tomorrow morning!

We are so lucky this year to not only have our granddaughter, Liz, back but we added her second cousin, Chloe to the summer mix.

We have the two of them for the entire month and they are unbelievable workers. Up and at work on time which is amazing for 17 years old - I think!

We got about a half inch of rain last week, enough to get by but I would really enjoy an inch sooner than later. The garden is dry and we are watering every day. So feel free to do a rain dance this week

to help us out. All the crops look just fine and continue to grow so there is water in the ground somewhere that they are tapping into.

The peas that were planted at the end of March are laden with peas so you will notice that you have two types in your box. The sugar peas are excellent for just snacking on and the snow peas are great sauteed. They are not quite as sweet as the sugar peas, but delicious in their own right. These are often used in Chinese and other oriental cooking. I like them raw and added to salads.

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What's Inside

This is WEEK #2
of the 2016 Season
It's an A Week



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PRODUCE of the Week

Blossums & Peas



Brandywine Tomatoes Tied

Wash your Vegetables before cooking or eating raw.

Week 2 Produce

Pac Choi**
Radishes
Spring Onions
Romaine Head Lettuce**
Bag of Red Romaine*
Beet Greens
Garlic Scapes
Spinach**
Peas (Sugar & Snow)**
Kale and Broccoli Rabe
Kohlrabi

*Not in Individual boxes

**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.

This week we are featuring the garlic scapes pictured right and peas, both sugar and snow.

Garlic scapes, pictured to the right, are the flower of the garlic plant. They send up this tasty little stem that actually needs to be cut so that the energy in the plant goes to the bulb below. From Health Benefits.com I found the following on scapes.

There are actually components of garlic, along with its scapes, which might assist to reoxygenate the blood and keep healthy tissues as well as organs. Garlic scapes include numerous allium substances additionally located in the bulbs of garlic plants. These types of substances may possibly prevent the enzymes within the body which are liable for breaking down the bone tissue. They are high in antioxidants. They may have anti-cancer properties. They can protect the liver and kidney against oxidative stress. Check out the Health Benefits site for more information on Garlic Scapes



Our next feature are peas, both sugar and snow.

If you are trying to maintain or even lose weight, there is nothing better for a snack than a sugar snap pea pod - each pod has one calorie - unbelievable. A cup is about 35 calories. They are a good source of fiber, iron, potassium and vitamin C.

A 1-cup serving of cooked snap peas contains 10 grams of carbs and 4 grams of fiber. Carbs are your body's preferred source of energy, and should supply 45 percent to 65 percent of your calories. Fiber is a type of carbohydrate your body cannot digest. Fiber in foods like snap peas helps prevent constipation, and getting more of it in your diet might reduce your risk of heart disease. Your daily fiber needs depend on your age and gender. In general, women need 21 to 25 grams of fiber a day, and men need 30 to 38 grams.

Garden and Weather Report

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On page 2, you will see a picture of garlic scapes that are in your box this week. We have over 1700 garlic plants in six rows so we have these in abundance as well. I have featured scapes this week because they will be a little unusual to you that are new to the CSA this year.

The zucchini are putting on blossoms and lots of them. But so far they are all females, no males to pollinate the girls yet - I am sure the boys are just a little behind (you know ladies, always ahead of the game - lol). Once the boys arrive, we will help with pollination so make sure we get a good, early crop of zucchini. I always refer to this as "sex in the garden." Once they start, there will be no end to them, and the bigger they will get in your boxes. I did plant them a little differently this year in the hopes of finding them before they look like whales! Although the whales make great zucchini bread.

The picture on the right is a head of broccoli. These look like they may be in your box in Week 3. Ron watered them yesterday to help them along a little. I think a few drops from Mother Nature would insure that we would have them in Week 3 - so we will see. We have planted everything in the garden with the exception of late beans, summer lettuces, and fall crops (broccoli, Romaine and Kohlrabi.) Those are all seeded and up and will be ready to put in the garden in a few weeks. It seems funny to me to be in Week 2 and talking about fall crops, but that is how much ahead I have to think to make sure you guys get 20 weeks of full boxes.

The tomatoes all have blossoms and we have put the first string on them. By the end of the season they will have five strings up to the top of the steel posts. I cannot wait for my first BLT, did I say that last week too?

Make sure you return your boxes each week. Changes need to be made by Mondays, please. Also, try to be on time to your pick up location - Have a great week.

This Weeks Photo's



Female Zucchini Blossom to the left. Below, head of broccoli about a week away!





What's bugging us?

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We do not always get every one. They won't hurt you, but they can put some serious holes on the cabbage.

ADDITIONAL RECIPES:

Okay - on those garlic scapes - something very simple. Cut them up, saute and add them to any egg dish for a great garlic flavor.

We have also just put them on the grill with our fish or anything else you grill and eat them that way. Use them any way you would use a clove or garlic - they are delicious.

Kohlrabi - I love it peeled, cut in strips and eaten raw, with ranch dip or put in a salad.

What's new?

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



Tips & Recipes

Mediterranean Snow Peas - Allrecipes.com

“This takes 5 minutes in a pan. You want to barely cook these as noted to keep the lightly crunchy natural sweetness of this seasonal delicacy! Wash and trim the tips and pull larger strings off the snow peas.”

Ingredients

- 1 1/2 teaspoons butter
- 1 clove garlic, minced - USE SCAPES IN BOX
- 1/2 teaspoon Italian seasoning
- 1/2 pound fresh snow peas, trimmed
- 1 tablespoon water, or more as needed
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon fresh lemon juice
- kosher salt and ground black pepper to taste

Directions

Melt butter in a skillet over medium heat; cook and stir garlic until fragrant, about 30 seconds. Stir in Italian seasoning and snow peas. Add water; cook and stir until peas are bright green and tender, about 2 minutes. Stir in olive oil and lemon juice. Season with salt and black pepper.

SPINACH W/MUSHROOM ITALIAN STYLE - Allrecipes.com

- 4 tablespoons olive oil
- 1 small onion, chopped
- 2 cloves garlic, chopped - USE SCAPES IN BOX
- 14 ounces fresh mushrooms, sliced
- 10 ounces clean fresh spinach, roughly chopped
- 2 tablespoons balsamic vinegar
- 1/2 cup white wine
- salt and freshly ground black pepper to taste
- chopped fresh parsley, for garnish

DIRECTIONS

Heat the olive oil in a large skillet over medium-high heat. Saute onion and garlic in the oil until they start to become tender. Add the mushrooms, and fry until they begin to shrink, about 3 to 4 minutes. Toss in the spinach, and fry, stirring constantly for a few minutes, or until spinach is wilted.

Add the vinegar, stirring constantly until it is absorbed, then stir in the white wine. Reduce heat to low, and simmer until the wine has almost completely absorbed. Season with salt and pepper to taste, and sprinkle with fresh parsley. Serve hot.

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