



# Beaver Creek CSA

## your local food connection!

BEAVER CREEK GARDENS  
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### Garden and Weather Report

**H**ello from the Gardens!

This is the last box of the season. It went incredibly fast for me which is

always a good thing! That simply means it wasn't work but fun and a joy to provide crops for all of you! I don't think I can adequately

explain the wonder of growing things and the joy that it gives me to start a seed in February and harvest it in October - or not harvest it as in the case of the Collards. Actually, those collards will be harvested in the next few weeks after some more cold weather, just not in time to get them in your boxes.

At the risk of redundancy, it has been an incredible year for growing most crops. I have never had such a year in the 8 years I have been growing for a CSA. If you asked me what I did differently, I would have to fess up that it was Mother Nature's doing more than mine. Although timing is everything in production, I



have to say that without Her timing, my timing can be a moot point. I would like to think that I have gotten better at this each year, but Mother Nature will come back and get me for that ego! So I will leave that unsaid.

One thing that made this year so special was the incredible group of workers I had for 2016. They were always there for me when I needed

them, showing up on time and ready to work. They were as committed to you members as I was. And I think that really shows in the quality of the crops and the contents of the boxes you received this year.

I think I have most of them coming back next year and I hope to see most of you back as well! I can't guess what will come next year other than it will be different, it always is from year to year. That is what makes this so much fun for me - constant change and challenges that come with growing food for a living.

We did finally have some frosty

• Continued on page 3

### 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 beetle 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.

• Continued on page 4

### What's Inside

This is WEEK #20  
of the 2016 Season  
It's an A Week



News - pages 1-3  
Recipes - page 4  
Produce for the Week - page 2



Molly B gleaming some of the peppers still in the field.

Wash your Vegetables before cooking or eating raw.

# PRODUCE of the Week



This week we are featuring the Daikon Radish in your box. We grow these not only for food, but Ron uses them as a tillage radish. The radishes in your boxes are from the spring daikon that went to seed. We planted them specifically because of their size.

Daikon is very low in food energy. A 100-gram serving contains only 76 kilojoules or 18 Calories (5 Cal/oz), but provides 27% of the RDA for vitamin C. Daikon also contains the active enzyme myrosinase.

Daikon (literally “big root”), also known by many other names depending on context, is a mild-flavored winter radish (*Raphanus sativus*) usually characterized by fast-growing leaves and a long, white, napiform root. Originally native to Southeast or continental East Asia, daikon is harvested and consumed throughout the region (as well as in South Asia). We included the leaves in your box, they are too mature to eat but can be used as garnish.

Use daikon radishes any way you would use a carrot, and then some. Try them baked or boiled in stews and soups or in a stir fry. Also try them lightly steamed with olive oil, salt or lemon juice for flavor. Eat ‘em Raw.

The other item that is new in your box this week is the Kalette. It is on a stalk very similar to the Brussels Sprouts you have received the last two weeks. The Kalette is actually a combination of a Brussels Sprout and a Kale plant. So you would cook these the same as you would cook or saute Brussels Sprouts. Pop them off the stalk, saute in a little olive oil, garlic and onion - I think you will be pleasantly surprised at their wonderful flavor. These were new to our CSA last year.

Coming new next year - our own blueberries! Watch this space!

## Week 20 Produce

Daikon Radishes  
 Onion bag\*\*  
 Broccoli\*\*  
 Kalettes  
 Peppers\*\*  
 Potatoes\*\*  
 Beet Bag\* (not in individual box)  
 Butternut Squash\*\*  
 Specialty Item  
 Garlic  
 Leek  
 Greens/lettuce mix  
 Winterbor Kale  
 Herb Bouquet

\*\* smaller amount in Ind. Box

\*Not 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.

So as a tillage radish, it draws nutrients from way down in the soil and pulls them up. When we till them in, the nutrients remain in the soil for the next crop, whatever that ends up being. Often, after a bed of daikon is tilled in, we will put some type of “heavy” feeder in that bed, like garlic or onions.

# Garden and Weather Report

continued from page 1

mornings this past week, but somehow those darn peppers survived as you can see by the pictures of Molly and Morgan gleaning what is left in the fields and there is a ton still in there. If you can believe this, there were blossoms on the plants a week ago and there are still blossoms on the Trail of Tear Beans today. When will it end? I think when the snow flies and I am certain that is around the corner.

The picture below is a great shot of what was once green beans and lettuces in the summer and is now planted in a cover crop. We use oats and clover to cover the fields for the winter. The oats will grow up and give us a great indication of how the field is doing in terms of nutrient needs. The better the oats, the better the field and no need to test beyond that. If the oats are sparse and not a pretty blue hue, we will probably add compost in the spring before planting. Covering the field in crops also keeps the soil in place and not blowing into our neighbors fields or yards - eroding soil is never a good thing!

One last item, we do have extra brussels sprouts, collards, other greens and cabbages in the fields. If you would like to come and "glean" simply give me a text to make sure I am here to help you. We probably will have extra butternut squash coming in as well. One final thank you - to my husband Ron, I couldn't do this without you and would not want to!

Do not forget to sign up early for the Loyalty Special - I attached a pricing sheet last two weeks. Also, please note that I have updated the website and all newsletters are loaded including this one!

## This Weeks Photo's

To the left - cover crops of oats and crimson clover on our fields - below, more peppers, unbelievable!





Collard Greens above!

#### Collard Green Recipe

**1 tablespoon olive oil**  
**3 slices bacon**  
**1 large onion, chopped**  
**2 cloves garlic, minced**  
**1 teaspoon salt**  
**1 teaspoon pepper**  
**3 cups chicken broth**  
**1 pinch red pepper flakes**  
**1 pound fresh collard greens, cut into 2" pieces**

#### Directions

**Heat oil in a large pot over medium-high heat. Add bacon, and cook until crisp. Remove bacon from pan, crumble and return to the pan. Add onion, and cook until tender, about 5 minutes. Add garlic, and cook until just fragrant. Add collard greens, and fry until they start to wilt. Pour in chicken broth, and season with salt, pepper, and red pepper flakes. Reduce heat to low, cover, and simmer for 45 minutes, or until greens are tender.**

**Cook up a "Mess of Collards!"**

## Tips & Recipes

Although you do not have brussels sprouts in your box this week, this looked like a great recipe and I have more sprouts in the field if you want to come out and get them before Thanksgiving - you are welcome to them. I am making this for our Thanksgiving, sounds delish!

### Brussels Sprouts Gratin - Country Living Magazine

Boil 3 lbs (approx 2 stalks) Brussels Sprouts, trimmed and halved in large pot of boiling salted water until crisp tender (5 to 8 min.). Drain and run under cold water to cool; spread in a single layer on a paper towel lined baking sheet, drying completely.

Cook 3 chopped garlic cloves in 2 TBSP unsalted butter over med. heat until fragrant (1 min). Sprinkle with 1/4 C all purpose flour; cook, whisking 1 min. Slowly whisk in 2 cups half and half. Simmer, whisking often until thickened, 6 to 7 min. Remove from heat and whisk in 6 oz. grated Gruyere cheese (about 1 1/4 C); fold in Sprouts. Season with kosher salt and freshly ground black pepper.

Transfer to a buttered 3 quart baking dish. Top with 3 oz. grated Gruyere cheese (about 3/4 C). Bake at 375 degrees until bubbly and top is golden brown (25 to 30 Min.) Let stand 5 min. before serving. Serves 8

### Potato Leek Soup - Allrecipes.com

"A creamy soup with a strong leek flavor. Goes wonderfully with sour-dough bread. Tastes even better heated up the next day."

#### Ingredients

1 cup butter  
2 leeks, sliced - one large in your box will do!  
salt and pepper to taste  
1 quart chicken broth

1 tablespoon cornstarch  
4 cups Yukon Gold potatoes, peeled and diced  
2 cups heavy cream

#### Directions

In a large pot over medium heat, melt butter. Cook leeks in butter with salt and pepper until tender, stirring frequently, about 15 minutes. Stir cornstarch into broth and pour broth into pot. Add the potatoes and bring to a boil. Season with salt and pepper. Pour in the cream, reduce heat and simmer at least 30 minutes, until potatoes are tender. Season with salt and pepper before serving.

**There are many more recipes online, check them out!**