



# 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

**H**ello from the Gardens!

Well, this is it, the last week of an incredible 20 week season. I

first want to thank all of you for participating this year in our CSA. We enjoy growing, planting and harvesting



the vegetables for you and hope that you enjoyed eating them as much as we did growing them for you. If you intend on renewing for next year and haven't already done so, please remember that the Loyalty Special expires at the end of this year. I will send out monthly newsletters for the next 6 months, so watch for those.

The last weather report of the season is wet! I no longer am worried about a drought setting up as this fall has turned the corner for me. It has rained about

5 or 6 inches in the last two weeks and we are watching for a LaNina to set up for a wetter winter. To

prepare for that, I just ordered new insulated slip on mocs from LL Bean that have a special tread for winter. I certainly hope that keeps me off the ice in that prone position! It is really chilly outside today and we have one last harvest to do

for the boxes this week. Debbie B and I decided at 6:30 this morning to see what the Wednesday weather will bring us - wish us luck because harvesting in cold wet rain is not fun! It will be a sad day for me tomorrow as Debbie B moved to Monroe Wisconsin this summer - she has been a stalwart worker bee for us the last 4 or 5 years and although she will come back periodically to help, it just won't be the same! Good luck & we will miss you Debbie B!

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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 #20 of the 2017 Season  
It's an A Week



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What a gray day, with much of the beds totally spent, flowers gone, must be fall!

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

## Week 20 Produce

Butternut Squash\*\*  
 Potatoes\*\*  
 Beets\*\*  
 Fall Greens  
 Onion  
 Broccoli Sides  
 Radishes  
 Leeks  
 Kale  
 Hot Peppers  
 Specialty Item  
 Parsley, Sage, Rosemary - NO THYME  
 \*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



This week we will feature the herbs that are in your box, right on top so that you will get the aromatic sensation when you open up your box that only Rosemary and Sage can give. In honor of Simon & Garfunkle, it is Parsley, Sage, Rosemary, No Thyme! Just a little joke there because it is the end of the season and we are out of time! And, actually, I do not have thyme growing anywhere. I have planted it several times and it just doesn't want to take in the places I have tried it!

Rosemary has to be one of my favorite herbs. Early in my marriage to Ron, he would make Rosemary chicken for me and I would just love walking into my house at dinner time to that aromatic sensation. It is an annual in this area, but in the south it can grow year round

Rosemary also known as Garden Rosemary, is native to the Mediterranean area. A member of the mint family, it is an evergreen shrub also related to basil, marjoram, and oregano. It is usually found growing by the ocean, and its latin name equates to "dew of the sea." Rosemary was historically associated with both death and weddings for the same reason - remembrance. Rosemary was often entwined into a wreath, dipped in scented water and worn by brides at the altar.

The folklore and medicinal uses of rosemary include such oddities as protection from plague to a cure for the common thief. I found very interesting information on Rosemary at <http://www.ourherbgarden.com/herb-history/rosemary.html>.

The delicious and vibrant taste and wonderful healing properties of parsley are often ignored in its popular role as a table garnish. Highly nutritious, parsley can be found year round and grows easily in your garden.

Parsley is the world's most popular herb. It derives its name from the Greek word meaning "rock celery". It is a biennial plant that will return to the garden year after year once it is established.

Sage - This perennial woody herb is unbelievable when it comes to its impact on human health. The traditional use of sage in medicine is well-documented and stretches back thousands of years. It was initially used for the treatment of snakebite, protecting against evil, boosting female fertility. Today it is known for it's many health benefits, including cognition boost, which helps with Alzheimers. <https://www.organicfacts.net/health-benefits/herbs-and-spices/sage>.

# Garden and Weather Report

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So it goes, change that is. It is ever present in the personnel, weather and seasons for Beaver Creek Gardens. One of Ron's favorite sayings is that nothing is certain except change. He is so right on that and I for one have learned to embrace the changes and look forward to whatever the next year will bring me in terms of personnel, weather and the season. This season was very interesting in that we had some unbelievable crops like the beets, pumpkins and squash. The tomatoes and Brussels Sprouts are something I am really looking forward to producing for you next year. I have never had a tomato year like 2016 and I hope to have something close to that season for you next year. This year I grew a different Brussel Sprout and I intend to retry it next year without the overspray incident we had. I did have a few that matured, although short, and I have tasted them. They are unbelievable. Next year I expect them to get shoulder high (which with my vertically handicapped height means over my head - ha ha) and we should be able to harvest them earlier in the season.

We are also planning on growing our carrots at Beaver Creek West as that soil is much better for carrots. We planted 10,000 garlic seeds over there. The beds were 450 feet long and we have several that were not seeded to the end. This is where I will put the carrots in early next spring. I tested two new squash varieties and I am certainly going to add the one to our season next year. It is a blue squash called Winter Sweet and that is exactly what it is. It is larger than a Delicata but taste and texture are very similar. It is a winter squash so it will hold better too. For those of you that love the Delicata - this one's for you!

I am certain I will find other things to try this year when the seed catalogs come in December. I always anxiously await those!

Enjoy your last box - see you in the spring!

## This Weeks Photo's



The pictures left and below are the same tree one week apart - Peak Color typically is the first and second week in October for us - not this year, a week late and I would say not as vibrant colors this year.







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.

### FALL KALE CHIPS!

Toss the kale with olive oil and maple syrup or olive oil, sugar and cinnamon before baking.

Bake on sheet at 320 until crisps (15-20 minutes)

### What's new?

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



## Tips & Recipes

### POTATO LEEK SOUP without Cream!

Save prep time by peeling and dicing the potatoes while the leeks are cooking in the second step.

You can use either Yukon gold or Russet potatoes for this soup. The Yukon golds will be creamier. (Yukon Golds in Box!)

**3 large leeks (about 3 cups after chopping)**

**2 Tbsp butter**

**4 cups chicken broth (or vegetable broth for vegetarian option)**

**2 lbs potatoes (Yukon gold or Russet), peeled, diced into 1/2 inch pieces**

**1 teaspoon sea salt, less or more to taste**

**Pinch of dried marjoram**

**1 or 2 sprigs of fresh thyme, or 1/2 teaspoon dried thyme**

**1 bay leaf**

**1/4 cup chopped fresh parsley**

**Sprinkle of Tabasco sauce or other red chili sauce**

**White or black pepper to taste**

**1 Clean and cut the leeks:** Cut the leeks lengthwise, fan them open under running water to dislodge any dirt or mud hiding inside.

**2 Cook leeks in butter to soften:** Melt butter on medium heat in a 3 to 4 quart thick-bottomed pot. Add the chopped leeks, stir to coat with the butter. Cover the pot and lower the heat to low, cook for 10 minutes until the leeks are softened. Do not let them brown.

**3 Add broth, potatoes, herbs, salt, bring to simmer and cook:** Add the broth, diced potatoes, bay leaf, marjoram, thyme, and a teaspoon of salt to the pot. Increase the heat to high to bring to a simmer, then lower the heat to maintain a low simmer, and cook for 20 minutes, until the potatoes are cooked through.

**4 Purée the soup:** Remove and discard the bay leaf and thyme sprig. Use an immersion blender or standing blender to blend about half of the soup if you want a chunky soup, or all of it if you would like your soup to be more smooth.

**5 Add parsley, adjust seasonings to taste:** Add the parsley, and cook a few minutes more. Add a few dashes of Tabasco to taste. Add freshly ground pepper and more salt to taste. (Potatoes soak up salt, so you may need to add more salt than you expect.)

Read more: [http://www.simplyrecipes.com/recipes/potato\\_leek\\_soup/#ixzz4wMap9aUg](http://www.simplyrecipes.com/recipes/potato_leek_soup/#ixzz4wMap9aUg)

### ONION-ROASTED POTATOES (really easy for you busy moms)

Recipe serves: 4 - Prep Time 10 min - Cook Time 35 min

**Ingredients**

**1 envelope Lipton® Recipe Secrets® Onion Soup Mix**

**4 medium all-purpose potatoes, cut into large chunks (about 2 lbs.)**

**1/3 cup olive oil**

**Directions**

Preheat oven to 425°. Combine all ingredients in 13 x 9-inch baking or roasting pan.

Bake, stirring occasionally, until potatoes are tender and golden brown, about 35 minutes.

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