



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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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 are back and we have sprayed them
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Garden and Weather Report

Hello from the Gardens!

We finally did get some rain. Not nearly the amounts that some of you received - we got about 1 1/2 inches over the last few days. I know some of you received in excess of 5 inches - that would not have been a good thing for us. You will probably notice in all the pictures that the weeds are all over. It will take about a week to get this weeding back under control. Rain seems to benefit the weeds even more than the crops!



You will find 13 different items in the large box this week and 11 (if I can get them all in) in the smaller boxes. Everything grew with the rain so the lettuce heads are larger as are the kale leaves. Even though we water when it gets dry, there is nothing like Mother Nature's tears to get things moving around here.

There were tons of blossoms on the zucchini plants this morning. I

did not have time to check them, but when I last took a look, all the blossoms were female. I did notice a few squash growing so some male flowers must have arrived. We have plenty of bees around this time so I have not had to go and pollinate them individually as I had to do last year - no sex in the garden this year - darn it!!

Debbie B and Desi thinned and weeded

the beets today so you will find beet greens with tiny beets attached to them. I have given you a recipe on page 4, but you can always just add these to a salad or juice them with the beets attached.

Chloe (our niece) and Liz (our granddaughter) are back for a few weeks this summer. It is always nice to have young energy around to help. They tied up the blueberry bushes for Ron - those blueberries are turning blue - looks like maybe 3 or so weeks down the road for them. We won't get many as the bushes are

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What's Inside

This is WEEK #2
of the 2017 Season
It's an A Week



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PRODUCE of the Week



Wash your Vegetables before cooking or eating raw.

Week 2 Produce

Pac Choi**
Radishes*
Spring Onions
Romaine Head Lettuce**
Bag of Red lettuce**
Cilantro
Kohlrabi*
Broccoli
Kale**
Red Sauce or Dried Beans
Garlic Scapes
Beet Greens
Bag of Peas

*Not included in 1/2 bu. boxes

**Smaller size in 1/2 bu. 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. Red Sauce/ Beans - in your pantry.

This week we are featuring Beet Greens and Sugar Snap Peas

The Sugar Snap Pea is like garden candy to me. It is so sweet harvested at it's plump stage - they are unbelievably delicious. You have about a half pound in your boxes to use as a snack, add to a salad or cook them. I love them raw, with nothing added.

Sugar snap peas were first developed in 1979.

The sugar snap pea is a hybrid of green peas and and snow peas, according to the California Department of Public Health. It is a relatively new food, having been developed in 1979 to meet consumers' demand for edible-pod peas that are sweeter and larger than snow peas. Because the pods of green peas are difficult to chew, sugar snap pea pods were bred with their fibers going in one direction, making them easier to chew. Sugar snap peas are high in vitamins and a reliable source of fiber, adding nutrition, color and texture to your meals.

The workers that pick love this task - eat 1, pick 3!!!



Pictured above are Beet Greens with small beets attached. You can certainly juice the entire bunch of beets or check out the recipe for cooking the greens on page 4.

It's best to use beet greens within two or three days after refrigeration. Enjoy beet greens by themselves as a salad or with other leafy vegetables, or sauté them in a bit of olive oil or balsamic vinegar and salt for a delicious side dish.

Here's a great tip: if you find yourself with too many beet greens, don't throw them away. Freeze them and use for soup stock.

Within the botanical family, beet greens are factored alongside spinach, Swiss chard, quinoa, lamb's quarter, and a number of other wild plants, which means that beet greens can be placed in the "dark, leafy" category. Yes that is the weed, lamb's quarter, edible!

Garden and Weather Report

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young and small, but I am anxious to get what we can, taste them and give them to you all! So in the next few weeks we will have things like zucchini, blueberries, cauliflower - purple and Veronica - for you in addition to beets. Great things to come!

These first two boxes have some harvest from 2016 in them. Last week everyone got a jar of my Red Sauce. This week it is an either or - Red Sauce or Dry Beans. The beans are several different varieties and can be used just like you would use any packaged dry bean from the store. I am going to give you a great bean salad recipe in this section though, so that if you do get them - make this up for the Fourth of July picnic. It will be a hit.

You can soak the beans overnight and bring to boil and simmer for 20 minutes or so, or skip the overnight soak and cook them for an hour or two to get them soft - do not overcook because mushy beans do not taste as good in this salad:

THREE BEAN SALAD:

1 Can of Black Beans - 1 Can of Pinto (I used the pound of mixed beans that are in your box)

1 Can of Shoe Peg Corn (shoe peg is just a very sweet white corn)

1 Cup of chopped celery

1/2 C of chopped onion

1/2 C of chopped green or red pepper - I also added a finely chopped garlic scape to this

1 C of canola or vegetable oil

1/2 C sugar or splenda

1/2 C Apple Cider Vinegar - bring these to a boil, let cool and pour over bean mixture. Refrigerate and it tastes better second day!

This Weeks Photo's



Cauliflower and kale to the left after much needed rain. Below are onions with zucchini on the right.





What's bugging us?

with BT to keep those green caterpillars out of your broccoli, cauliflower and cabbage.

ADDITIONAL RECIPES:

Kohlrabi - the purple or white bulb in your box - what shall I do with this???? Well . . . I personally love it raw. I just cut off the outside skin, slice it up and eat it plain or with a dip.

Kohlrabi can be used in literally anything once steamed. You can throw steamed kohlrabi into fritatas, stir-fries, and pasta dishes. It also goes great with coleslaw so save it in your veggie drawer and wait for the cabbage coming soon! It stores for a long time!

What's new?

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



Tips & Recipes

Sauteed Beet Greens with garlic

1 bunch of beet greens

Salt

1 tablespoon extra virgin olive oil, to taste

2 garlic scapes, minced

¼ teaspoon dried red pepper flakes (optional)

Freshly ground pepper

Bring a large pot of water to a boil while you stem the greens and wash the leaves in 2 rinses of water. When the water comes to a boil, add 1 tablespoon of salt and the greens. Blanch for 2 minutes, until tender. Transfer immediately to a bowl of ice water, then drain and squeeze the water out from its leaves. Chop coarsely.

Heat the oil over medium heat in a large, heavy nonstick skillet. Add the garlic and hot red pepper flakes (if using) and cook, stirring, until the garlic is fragrant and translucent, 30 to 60 seconds. Stir in the greens. Stir for a couple of minutes, until the greens are nicely seasoned with garlic and oil. Season with salt and pepper, remove from the heat, and serve.

Barley Salad with Green Garlic and Snap Peas

Serves 4-6

1 cup hulled barley

3 cups water

2 stalks green garlic (white and light green parts only), cut into 1-inch pieces - use garlic scapes in box.

2 tablespoons toasted almonds

¼ cup extra virgin olive oil

2 teaspoons lemon juice

1 teaspoon lemon zest

Coarse kosher salt

8 ounces sugar snap peas

2 tablespoons torn mint leaves

Cook and cool barley: Combine barley and water in a saucepan and bring to a boil. Cover, reduce heat, and simmer until tender, about 1 to 1 ½ hours. Cool completely.

Green garlic sauce: Blend green garlic, almonds, olive oil, lemon juice and zest, and 1 teaspoon salt in a food processor or blender until smooth. If the mixture is very thick or dry, mix in 1-2 tablespoons of water.

Blanch sugar snap peas in boiling water. Add a tablespoon of salt and the snap peas and boil just until bright green and crisp, about 30 seconds to 1 minute.

Quickly remove the snap peas with a slotted spoon and plunge them into the ice bath. When the peas are completely cool, remove them from the ice bath and drain on the towel-lined plate. Cut the snap peas lengthwise on the diagonal.

Assemble salad in large bowl add barley and garlic sauce, then mix in the peas and mint.

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