



Beaver Creek CSA your local food connection!

BEAVER CREEK GARDENS
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What's bugging us?



The bugs I am seeing in the zucchini are cucumber beetles. They will go into zucchini blossoms when the cucumbers are not blossoming. They are not friendly to the cucumber plants in huge numbers, but I have seen them on those recently too. I will let them do the work of the bees as long as they do not show up in huge numbers that will kill the cucumber plants.

• Continued on page 4

Garden and Weather Report

Hello from the Gardens!

The rain dance worked! We received over an inch of rain last Tuesday evening. I slept through it amazingly. I always worry that the power will go out and we will have to start the generator in those powerful thunderstorms, but I did not hear a thing. All this work in the garden helps me sleep very soundly.



We do need about an inch per week to keep everything growing, but the forecast is for a wetter than normal next 30 days - great news for us and the tomatoes.

We will have several new things in the boxes this week - beets, broccoli and zucchini. We thinned and weeded the beets this past week, and surprise, there were some really nice beets sandwiched between the weeds and smaller ones. We pulled those to make room for the others to grow and they will

be in your box this week. Both male and female zucchini blossoms finally showed up after the rain. We are manually pollinating to make sure

we get some early for you but I did see bugs in the blossoms, just no bees yet. You can see by the picture to the left what happens to a female zucchini flower when it is not pollinated. Right next to the large zucchini is a small little yellow

zucchini and that is what they look like without the boys around!

The weather forecast for tomorrow, Wednesday, looks like it could be a rough weather day. I am putting a third string on the tomatoes just in case we get the winds. I just hope the hail stays on someplace else. That can devastate crops. A little hail, small in size, is okay. It is the long events with quarter sized or larger that can really hurt. I always harvest Kale the morning we pack out the boxes - so if the weatherman is right,

• Continued on page 3


What's Inside

This is WEEK #3
of the 2016 Season
It's a B Week




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

PRODUCE of the Week



Broccoli and Cauliflower



Tendersweet cabbage & fennel

Wash your Vegetables before cooking or eating raw.

Week 3 Produce

Pac Choi**
Broccoli
Spring Onions
Romaine Head Lettuce**
Bag of Red Romaine**
Beets/w greens
Garlic Scapes
Spinach**
Peas (Sugar & Snow)**
Zucchini**
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 Beets and Broccoli. First the beets, to the right. These were weeded, thinned and put in your box this week. We will get larger beets for you now that they are thinned out. I say every year, you are either a beet lover or a beet hater, there is nothing in between. So if you do not care for them, ask around and find someone who loves them to share them with. Here are two good reasons to eat them:

1. Beets are nature's Viagra. Seriously. One of the first known uses of beets was by the ancient Romans, who used them medicinally as an aphrodisiac. And that's not just urban legend – science backs it up. Beets contain high amounts of boron, which is directly related to the production of human sex hormones.

2. Beets cleanse the body. They are a wonderful tonic for the liver, works as a purifier for the blood, and can prevent various forms of cancer. These are just two that are listed - there are many more - sign me up!



Broccoli - what to say about this wonderful vegetable. It is so good and so many people love it that I grow a spring (Amadeus) variety and a fall (Arcadia) variety. Here is a list of 7 health benefits of broccoli:

1. Cancer prevention.
2. Cholesterol reduction.
3. Powerful antioxidant with its concentrated amount of Vitamin C.
4. Bone Health because it contains high amounts of Vitamin K and calcium.
5. Reduces inflammation with its content of Omega 3 fatty acids.
6. Heart Health.
7. Diet aid. It is a very good carb to eat as it is high in fiber which aids digestion.

We are just beginning our broccoli harvest and should have this in the boxes the next 3 to 4 weeks in one or two head amounts. You can see the huge amount we have planted in the top left picture.

Garden and Weather Report

continued from page 1

Wednesday boxes may not have kale in them. I haven't listed it in page 2 because the boxes are very full without it. I fill a box for someone on Tuesday just to see how it is all working and it was to the top without any chard or kale but I will try to get some squeezed in.

Today is the Summer Solstice - also my husband Ron's birthday. He likes to say he is not only born on the longest day of the year, but also a pagan holiday. So I checked Wikipedia and here is what they say. "European midsummer-related holidays, traditions, and celebrations are pre-Christian in origin. They are particularly important in geographic Northern Europe - Sweden, Denmark, Norway, Finland, Estonia, Latvia and Lithuania - but is also very strongly observed in Poland, Russia, Belarus, Germany, Netherlands, Ireland, parts of the United Kingdom (Cornwall especially), France, Italy, Malta, Portugal, Spain, Ukraine, other parts of Europe, and elsewhere - such as Canada, the United States, Puerto Rico, and also in the Southern Hemisphere (mostly in Brazil, Argentina and Australia), where this imported European celebration would be more appropriately called "Midwinter". So after almost 20 years of marriage, I finally checked on his story and he is correct. This is one newsletter I won't encourage him to read - admitting he is correct is tough for any wife - right ladies?

So here we are heading now toward shorter days and in growing vegetables, a totally different time. The vegetables actually sense shorter days and will not grow as fast as the days shorten. So we do everything possible to make sure we are in and seeded with the exception of fall plantings and seedings - We accomplished that this year for sure.

I am certain you will notice that there is a better variety by this week and it will continue on. Pictured below on the left is a blossom from our Provider Green beans. We have a total of 4 beds of these planted sequentially and we just planted the Italian Flat Jumbo beans this weekend for our last blast of beans. We seeded a third bed of carrots and the fall plants are on just about ready to go in- on schedule certainly feels good this year.

This Weeks Photo's



Provider Beans to the left and some beautiful Yarrow that Liz left me. We transplanted it in late April.





What's bugging us?

Con't. from page 1

We are seeing many more of the white butterflies but so far all the broccoli we have harvested has looked just fine!

Pictured above are sweet potatoes starting to run!

ADDITIONAL RECIPES:

My Favorite Beets - Roasted

I just simply trim them up, heat the oven to 350 degrees roast. Rub the Beets in Olive Oil and let them roast for about 45 minutes to an hour depending on their size. You can peel them and eat them hot or let them cool, peel and put in a salad. I also freeze them after they cool and use through the entire year.

What's new?

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



Tips & Recipes

Cheesy Penne with Broccoli

Ingredients

8 ounces uncooked mini penne pasta

5 cups broccoli florets (about 1 medium head)

1 1/3 cups fat-free milk

2 tablespoons all-purpose flour

3 tablespoons grated fresh Parmesan cheese, divided

2 tablespoons 1/3-less-fat cream cheese

1 teaspoon Dijon mustard

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

1/8 teaspoon freshly grated nutmeg

2.5 ounces cheddar cheese, shredded (about 2/3 cup)

Preparation

1. Cook pasta according to package directions, omitting salt and fat. During the last 3 minutes of cooking, add broccoli to pan; drain. Place pasta and broccoli in a large bowl.
2. Combine milk and flour in a saucepan over medium heat, stirring with a whisk until smooth. Cook 5 minutes or until slightly thickened; remove from heat. Add 2 tablespoons Parmesan and remaining ingredients, stirring with a whisk until smooth. Add cheese mixture to pasta mixture; toss. Sprinkle with remaining Parmesan.

BEET SALAD with Goat Cheese

“This is a delicious and easy salad which takes little time and is a great meatless main course. It uses beets, goat cheese, candied walnuts and baby greens.

Ingredients

4 medium beets - scrubbed, trimmed and cut in half

1/3 cup chopped walnuts

3 tablespoons maple syrup

salad greens

1/2 cup frozen orange juice concentrate

1/4 cup balsamic vinegar

1/2 cup extra-virgin olive oil

2 ounces goat cheese

Directions

Place beets into a saucepan, and fill with enough water to cover. Bring to a boil, then cook for 20 to 30 minutes, until tender. Drain and cool, then cut in to cubes. Place the walnuts in a skillet over medium-low heat. Heat until warm and starting to toast, then stir in the maple syrup. Cook and stir until evenly coated, then remove from the heat and set aside to cool. In a small bowl, whisk together the orange juice concentrate, balsamic vinegar and olive oil to make the dressing. Place greens onto salad plates, divide candied walnuts equally and sprinkle over the greens. Place beets over the greens, and top goat cheese. Drizzle dressing.

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