



Beaver Creek CSA your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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What's bugging us?



The white cabbage moths are back and we have sprayed them with BT to keep those green caterpillars out of your broccoli, cauliflower and cabbage.

We continue to spray for the flea beetles, although they appear to be in decline after eating the egg plant leaves which is something they have never gone after?

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Garden and Weather Report

Hello from the Gardens!

We received over an inch and a half of rain last week - much needed. Then of course came the cold weather back. We actually turned our heat back on for a couple nights to keep our summer visitors comfortable.



Unbelievably it got down into the upper 40s here a couple of nights and my only comments is "Really" at the end of June - geez!

It is excellent weather though for the Romaine and Broccoli - the cooler temperatures keep the Romaine from "bolting" which means turning bitter to eat. We have harvested this week and will be able to get next week's in as well in good shape for you.

We have so much broccoli in the cooler that we will be giving the large boxes 2 heads this week and probably next week as well. The zucchini has started and you know

that routine - zucchini until you have tried every recipe on the internet!

The beets should be ready in a week or so as will the Provider Green Beans we grow. They have blossoms on them and the beans are not far behind.

It looks like we will have a bumper crop of raspberries this year too. So in the next weeks you will find combinations of

Raspberries, Blueberries and currants in your boxes.

Ron was finally able to get more beans in the ground this week that will be ready for you later this summer. And, after the rain, all the squashes that Desi and I planted (Seven 150 foot beds) have germinated and so it looks like we will have plenty of spaghetti, delicata, acorn and butternut squashes for you this year. We also have some pumpkins, gourds and a new squash I was going to try out on you this year too - more on that later.

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What's Inside

This is WEEK #3
of the 2017 Season
It's a B Week



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Zucchini



Blueberries!!!

Wash your Vegetables before cooking or eating raw.

Week 3 Produce

Pac Choi**
Spring Onions
Romaine Head Lettuce
Bag of Red lettuce**
Kohlrabi
Broccoli - 2 hds large box
Kale**
Spinach*
Garlic Scapes
Zucchini**
Bag of Peas
Swiss Chard**

*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. 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. Zucchini in warmer area.

PRODUCE of the Week

This week we are featuring Swiss Chard, Zucchini and Kohlrabi

Fresh young chard can be used raw in salads. Mature chard leaves and stalks are typically cooked (like in pizzoccheri) or sauteed; the bitterness fades with cooking, leaving a refined flavor which is more delicate than that of cooked spinach. In a 100-gram serving, raw Swiss chard provides 19 calories and has rich content of vitamins A, K, and C. Also having significant content in raw chard are vitamin E and the dietary minerals, magnesium, manganese, iron and potassium. Carbohydrates, protein, fat and dietary fiber have low content.

When chard is cooked by boiling, vitamin and mineral contents are reduced compared to raw chard, but still supply significant proportions of vitamins

A member of the gourd family (Cucurbitaceae), zucchini is an easy-to-grow summer squash native to Central America and Mexico. It was brought to the United States by Italian immigrants during the 1920s.



Zucchini is rich in B-complex vitamins, folate, B6, B1, B2, B3, and choline, as well as minerals like zinc and magnesium, which are all valuable in ensuring healthy blood sugar regulation – a definite advantage for diabetics. It also contains essential minerals such as iron, manganese, and phosphorus.

Zucchini is so prolific that we will have them for many weeks in many shapes and sizes with recipes to help you consume this great gourd!

Kohlrabi - The name comes from the German Kohl (“cabbage”) plus Rübe ~ Rabi (Swiss German variant) (“turnip”). But it tastes like a combo between cabbage and a broccoli stem. The bulb is often eaten raw like an apple in European Countries. You can cook it, roast it or eat it raw. It is not hot or spicy and tastes great with a ranch dip. It’s leaves are also edible and can be used just like kale or collards.

Garden and Weather Report

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The forecast for the next 30 days is cooler than average temperatures. Of course I only believe in hindsight when it comes to weather. They change it way too often to believe anything they predict. But the tomatoes, peppers and eggplant can certainly do with more heat to get them going. We do have tomatoes on the vines but as you all know - they love the heat. Cucumbers have blossoms and tiny little cukes on them - so they are not far behind either.

We planted melons - both water and cantaloupe this week. I started them in the greenhouse and had hoped to get them in a few weeks ago, but with no rain and hot temps that we had earlier, I waited to put them in as I did not want to stress the plants - they also need heat now so we will see what we get with those.

I am completely in now with the exception of the fall broccoli, lettuce, kohlrabi and fennel which has all been seeded and is up, outside hardening off. We will plant that in a couple of weeks for fall harvest. It sure feels great to have everything in and growing. We start seeding at the end of February so it has been four months of seeding, nurturing and planting to get them in the ground, growing and eventually in your refrigerators. That four months just flew by because we love what we do here and I have tremendous help this year getting it all done for you!

This Weeks Photo's



Green Beans a couple of weeks away and Summer Berries Yarrow almost in full bloom!





Tips & Recipes

SWISS CHARD

- 1 large bunch of fresh Swiss chard
- 2 Tbsp olive oil
- 1 clove garlic, sliced
- Pinch of dried crushed red pepper
- 1/4 teaspoon of whole coriander seeds (optional)

1 Prep the chard stalks and leaves: Rinse out the Swiss chard leaves thoroughly. Either tear or cut away the thick stalks from the leaves.

Cut the stalk pieces into 1-inch pieces. Chop the leaves into inch-wide strips. Keep the stalks and leaves separate.

2 Sauté garlic and crushed red pepper flakes: Heat the olive oil in a sauté pan on medium high heat. Add garlic slices, crushed red pepper, and coriander seeds (if using), and cook for about 30 seconds, or until the garlic is fragrant.

3 Add Swiss chard stalks: Add the chopped Swiss chard stalks. Lower the heat to low, cover and cook for 3 to 4 minutes

Read more: http://www.simplyrecipes.com/recipes/swiss_chard/

Zucchini Recipes - just google that and you will have hundreds of ideas for grilled, baked, patties and on and on . . .

Kohlrabi

Preheat an oven to 450 degrees F (230 degrees C).

Cut the kohlrabi into 1/4 inch thick slices, then cut each of the slices in half. Combine olive oil, garlic, salt and pepper in a large bowl. ...

Bake in the preheated oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly.

Roasted Kohlrabi Recipe - Allrecipes.com

Kale and Kohlrabi leaves for Chips:

- Bunch of Kale
- 2 TBS olive oil
- Sea Salt

Preheat the oven to 275 degrees F.

Remove the ribs from the kale and cut into 1 1/2-inch pieces. Lay on a baking sheet and toss with the olive oil and salt. Bake until crisp, turning the leaves halfway through, about 20 minutes. Serve as finger food.

Recipe courtesy of Melissa d'Arabian

FOOD NETWORK

What's bugging us?

Every year is different though and I am never surprised by anything that comes our way!

ADDITIONAL RECIPES:

Ron's Fried Zucchini

We always take our Zucchini and sometimes add a green tomato to this - slice them rather thick.

Dip them in an egg/milk wash and then cover with flour (NOT GLUTEN FREE or calorie free!)

Ron fries up about 4 pieces of bacon crisp and crumbles it. He then places the zucchini back into the bacon pan, fries them on one side, turns them over, adds a slice of mozzarella cheese, bacon crumbles and cooks the other side covered to melt the cheese.

What's new?

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



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