



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

Hello from the Gardens!
Wow, do we have zucchini and broccoli this year.

I went out this morning to harvest both and brought in 75 head of broccoli and



about the same amount of zucchini. We have three varieties of zucchini this year, the solid green, yellow and green striped. They are all summer squash and should taste about the same, they just look quite different. I am putting a roasted vegetable recipe on page 4 for you. My sister-in-law, Tami, (also a subscriber to our CSA) makes this every year out of

my broccoli, cauliflower and whatever else is in season.

This week you will be able to add zucchini and kohlrabi from your boxes to this recipe.

I have never had a year like this, everything is getting ready to pick at the same time it

seems. I think the broccoli is all ripening quickly because of the heat so rather than keep it in the cooler, I am going to just give you numerous heads in your boxes the next two weeks. If you cannot get it all consumed, you can blanch and freeze for winter. All you need to do is drop it in boiling water for about 1 to 2 minutes.

• Continued on page 3

What's bugging us?

We have a new critter this week that I found on the pie pumpkins.



I have a picture of it on page 4. It is a squash vine borer moth. They are very distinctive having an orange body with dark dots. I recognized it immediately and was able to squish it right there.

These are devastating to squash and pumpkin plants. I always see a couple each year and as soon as I see them, I spray BT at the base

• Continued on page 4

What's Inside

This is WEEK #4
of the 2016 Season
It's an A Week



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

PRODUCE of the Week



Wash your Vegetables before cooking or eating raw.

Week 4 Produce

Pac Choi*
Heads of Broccoli**
Spring Onions
Romaine Head Lettuce**
Cauliflower
Garlic Scapes
Spinach
Swiss Chard
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 Swiss Chard and all those zucchini in your box. The Swiss Chard that I grow is called Rainbow Chard because of all the different colors on the stems and veins in the leaves. Chard is one of those veggies that you either like or don't, with not much in between. I consider it much like spinach and you can cook it like that as well. "It is a leafy green vegetable often used in Mediterranean cooking. In the Flavescens-Group-cultivars, the leaf stalks are large and are often prepared separately from the leaf blade. The leaf blade can be green or reddish in color; the leaf stalks also vary in color, usually white, yellow, or red. Chard has highly nutritious leaves making it a popular addition to healthful diets (like other green leafy vegetables). Chard has been around for centuries, but because of its similarity to other beets and some other vegetables such as cardoon, the common names used by cooks over the centuries can be quite confusing." Wikipedia



"Zucchini - is a summer squash which can reach nearly a meter in length, but which is usually harvested at half that size or less.

Along with certain other squashes and pumpkins, it belongs to the species Cucurbita pepo. Zucchini can be dark or light green. A related hybrid, the golden zucchini, is a deep yellow or orange color.

In a culinary context, zucchini is treated as a vegetable; it is usually cooked and presented as a savory dish.

Botanically, zucchinis are fruits, a type of botanical berry, being the swollen ovary of the zucchini flower. Zucchini, like all squash, has its ancestry in the Americas. However, the varieties of squash typically called "zucchini" were developed in Italy, many generations after their introduction from the Americas." Wikipedia

Garden and Weather Report

continued from page 1

Then place in ice water for 1 to 2 minutes, let it dry and place in a zip lock getting as much air out as possible. If you have a machine that seals, they work great for getting the air out and keeping the broccoli frozen. The other way to preserve excess broccoli is to puree it and combine that with onions, celery and chicken broth. Freeze that in zip locks and on a cold fall day defrost it, add a little cream for cream of broccoli soup. I usually save this for fall broccoli - but if you have the time and the broccoli in summer - go for it!

With the extra zucchini - you can bake it into bread, if you have a spiral tool, you can use it for noodles. Several folks have taken extra when they pick their boxes up at the farm because the use it this way in place of pasta - great idea and a healthier choice. Some of the larger ones my husband will take, scoop out in the insides and make what he calls a Zucchini Boat - he will put sausage and other veggies that he has sauteed into the boat, bake it in the oven with cheese on top - very yummy and a full meal all in one package.

I encourage you all to use google and search for recipes in addition to the ones I provide. There are tons on the internet, my favorite site for ideas is Allrecipes.com.

We are watering again - we did receive some rain, but not much out of this last storm. I have a feeling this is going to be a summer where we get rains, just not as frequently as I would like to keep from having to water. It is supposed to get cool the rest of the week, maybe some of the broccoli will slow down a little so I can catch up with it. We should have cucumbers soon, egg plant soon and green beans very soon. There are beans on the plants, they are still imature and not ready to pick and eat, but I am thinking they will be in next week's box. Oh and about those tomatoes, take a look at the picture below - they are on there green and small but we will have tomatoes. Almost all of my plants with have clusters on them - I cannot wait for the first tomato!

Monday we had to say good bye to our niece Chloe who headed back home to Florida after working here for 3 weeks - she will be missed by all of us at Beaver Creek Gardens, her smile, enthusiasm and work ethic were amazing!

This Weeks Photo's



Tomatoes to the left and an egg plant blossom below





What's bugging us?

of the plants. These moths will lay their eggs at the base of the plant and the larvae will bore into the main stem, destroying the plant.

ADDITIONAL RECIPES:

From Tami Doetch

Oven Roasted Vegetables

1 Med zucchini

1 Med summer squash

3 bell peppers - multi colors look best - yellow, red, etc.

1 Red onion

1 pound broccoli - you can also add the cauliflower & kohlrabi

3 TBS extra virgin olive oil

1 tsp sal - 1/2 tsp ground pepper

Heat oven to 450F. Cut all veggies into bite size pieces. Place all vegetables in large roasting pan. Toss with olive oil, salt and pepper to mix and coat. Spread in single layer in the pan. Roast for 30 min., stirring occasionally until they are lightly browned and tender.

Serves 4 - 170 calories/serving

What's new?

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



Tips & Recipes

Ron's fried Zucchini: (also great for green tomatoes)

Ingredients: 1-2 zucchini; 6 pieces of bacon, mozzarella cheese
2 eggs, milk, salt and pepper to taste

Cut the bacon into quarters and fry, remove from pan, drain and save bacon grease in pan. Cut zucchini into 1/2 inch rounds, dip in egg, milk salt and pepper mixture and fry in the bacon grease (I didn't say this was healthy, just great tasty). Cook on one side and flip zucchini. Place bacon crumbles on top with mozzarella cheese sliced thin, cover and finish cooking. Ron always pours remaining egg mixture in pan and lets it cook around the zucchini.

Here is another healthier version of the above!

<http://www.foodnetwork.com/recipes/ellie-krieger/zucchini-parmesan-crisps-recipe.html> -

Sauteed Swiss Chard with Parmesan Cheese

"Lemon and Parmesan cheese season this simple, tasty recipe for Swiss chard on your stovetop!"

Ingredients

2 tablespoons butter

2 tablespoons olive oil

1 tablespoon minced garlic

1/2 small red onion, diced

1 bunch Swiss chard, stems and center ribs cut out and chopped together, leaves coarsely chopped separately

1/2 cup dry white wine

1 tablespoon fresh lemon juice, or to taste

2 tablespoons freshly grated Parmesan cheese
salt to taste (optional)

Directions

Melt butter and olive oil together in a large skillet over medium-high heat. Stir in the garlic and onion, and cook for 30 seconds until fragrant. Add the chard stems and the white wine. Simmer until the stems begin to soften, about 5 minutes. Stir in the chard leaves, and cook until wilted. Finally, stir in lemon juice and Parmesan cheese; season to taste with salt if needed.

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