



# Beaver Creek CSA

your local food connection!



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## Garden and Weather Report

**H**ello from the Gardens!

We received another half inch of rain this week. We really needed it on the beans that were planted and some of the beds that we were able to get weeding done. I know I said last week that the forecast for the next 30 days was cooler than normal - they changed that again and are now saying that July, August and September will be above normal. Stay tuned next week for the reverse - ha!

I have no idea how I am going to get everything in your boxes this week. I may have to have the zucchini and/or kale outside of the box. We will see tomorrow how it packs but make sure you check your drop site for additional produce just in case I cannot get

it all in. Some weeks it is just like that, full and I do not want to squash the lettuces.

You will note that there are berries in your boxes this week. I have a variety ready, blueberries, raspberries and currants. So we will have a blue/red combo in some and a red raspberry container in others.

The currants are quite tart so you may want to combine those with some yogurt or juice them - they are delicious that way. The blueberries and raspberries this week were picked in our garden. Ron will still go to Michigan for more as our bushes are just beginning to produce.

You will also find something new this year in your boxes - a very special cauliflower called Veronica. It is cone shaped. I grew a few last year to test and found

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## What's bugging us?

If you look very closely to the picture on the right, you will see “sex in the garden!” The picture is of two Japanese Beetles procreating, making more of these awful, destructive bugs. They are late this year. I typically see them in my Asparagus the last week in June and their first appearance this year was the 4th of July. We have a diminishing population of these



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## What's Inside

This is WEEK #4  
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 4 Produce

Broccoli\*\*  
Pac Choi\*\*  
Cauliflower - Veronica\*\*  
Fennel  
Zucchini\*\*  
Spring Onions  
Spinach  
Kohlrabi\*\*  
Romaine or Red Lettuce\*\*  
Garlic Scapes  
Kale\*\*  
Berries

\*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.

This week we are featuring Veronica Cauliflower and Fennel both pictured to the left. Romanesco broccoli, also known as Roman cauliflower, Broccolo Romanesco, Romanesque cauliflower or simply Romanesco, or more simply Broccoflower, is an edible flower bud of the species *Brassica oleracea*. First documented in Italy, it is chartreuse in color. Romanesco has a striking appearance because its form is a natural approximation of a fractal. When compared to a traditional cauliflower, its texture as a vegetable is far more crunchy, and its flavor is not as assertive, being delicate and nutty. In this sense the bud's form approximates a natural fractal; each bud is composed of a series of smaller buds, all arranged in yet another logarithmic spiral. This self-similar pattern continues at several smaller levels.

Nutritionally, romanesco is rich in vitamin C, vitamin K, dietary fiber, and carotenoids.

If you find another good recipe, please share!



Fennel (*Foeniculum vulgare*) is a flowering plant species in the carrot family. It is a hardy, perennial herb with yellow flowers and feathery leaves. It is indigenous to the shores of the Mediterranean but has become widely naturalized in many parts of the world, especially on dry soils near the sea-coast and on riverbanks.

It is of cultivated origin, and has a mild anise-like flavor, but is sweeter and more aromatic. The inflated leaf bases are eaten as a vegetable, both raw and cooked. Several cultivars of Florence fennel are also known by several other names, notably the Italian name finocchio. In North American supermarkets, it is often mislabeled as "anise".

Fennel, Parsley and Dill are food for Swallowtail butterflies and in our garden we often find the Black Swallowtail caterpillars on the Fennel!

# Garden and Weather Report

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they were delicious, especially roasted. Check out page four for recipes for this. They are very different looking but don't let that deter you. They are sometimes called Romanesco Cauliflower and other times Romanesco broccoli. They have a very mild flavor either way and, well you can all let me know what you think!

Pictured below are the first of the tomatoes - Sun Golds. They are always first and right now they are ripening on the very bottom of the plant so you need a good eye to find them. There are not many as of yet, but I am right on them for a quick snack in the garden. If you are new to the CSA this year, these are a real treat that I call Garden Candy! You cannot find them in stores as they are not sturdy enough to make the trip from the field to the store. However, I can harvest same day and get them to you. We will do a couple of weeks of these when they are numerous enough to fill a pint and then after that, you can come out and pick all you want as they are prolific and plenty!

We had a very good seeding of all the squashes. I was a little worried for about a week as the seeds were put in just before a mini dry spell and when it rained - they were a little lazy getting out of the ground. But as you can see by the picture below, we will have plenty of Delicata plants and the Butternut and Spaghetti look just as nice. The green beans rows all have blossoms, but they seem to be a lazy as well this year. I think the cool weather has deterred some of the growing. With the warm forecast into this week, I am hopeful that we will be picking these next week for the box.

We are finishing up the Romaine next week, but we should have the red lettuces for the next few weeks if it doesn't get too hot - they turn bitter in heat. The summer lettuces are planted and probably 3 or 4 weeks away. Cucumbers are right around the corner as well - I actually had a few picked this past week.

## This Weeks Photo's



150 feet of Delicata Squash to the left and the first Sun Gold tomatoes - I ate them!





### What's bugging us?

critters as their migration is to the north. Five years ago they decimated my gardens and now they are just a nuisance!

### ADDITIONAL RECIPES:

You can also freeze the fennel. Cut the fronds off and freeze the bulb whole in a zip lock bag. Later this summer when the tomatoes are plenty I will give you Liz Cardella's delicious Tomato Bisque Soup Recipe that uses 1 to 2 bulbs of fennel. It is a great recipe for fennel if you do not particularly like the "anise" flavor of fennel roasted.

### What's new?

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



## Tips & Recipes

### Roasted Romanesco 25 min; 4 servings; 69 cal

- 1 head Romanesco (also known as Romanesque cauliflower or Romanesco broccoli), cut into bite-size pieces
- 1 tablespoon olive oil, or more to taste
- salt to taste
- 2 grinds fresh black pepper
- 1 pinch garlic powder
- 1 pinch paprika

Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with aluminum foil.

Spread Romanesco onto the prepared baking sheet; drizzle with olive oil and season with salt, black pepper, garlic powder, and paprika.

Roast in the preheated oven until tender, 15 to 20 minutes.

### Roasted Fennel With Tomatoes Recipe | Food Network Kitchen

Peel the cloves from 1 garlic bulb (or chop a couple of your garlic scapes in your box) and toss with the fennel and fronds, 1 quartered lemon, 3 tablespoons olive oil and 1 teaspoon each salt and sugar on a baking sheet. Roast in a 500 degrees F oven until golden, about 20 minutes. Toss in 1 pint grape tomatoes; roast until the tomatoes burst, 7 more minutes.

### Fennel and Grapefruit Summer Salad - Allrecipes.com

- 1 grapefruit, peeled and sectioned
- 1/2 red onion, thinly sliced
- 1 bulb fennel, trimmed and thinly sliced
- 1 (15 ounce) can hearts of palm, drained and sliced
- 1/4 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 1 teaspoon garlic powder
- salt and pepper to taste
- 4 cups torn romaine lettuce
- 1/4 cup crumbled Gorgonzola cheese
- 1 avocado - peeled, pitted and sliced

Place grapefruit slices and any leftover juices in a bowl. Stir in onion, fennel, and hearts of palm, coating with the grapefruit juice. Pour mixture into another bowl, leaving a small amount of juice in the first bowl. Whisk together the olive oil, vinegar, salt, pepper, and garlic powder in the original bowl. Toss lettuce with the vinaigrette. Divide lettuce onto 4 plates. Evenly distribute the grapefruit mixture on top of the lettuce and top with the Gorgonzola cheese. Place avocado slices on each salad and serve.

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