



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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Garden and Weather Report

Hello from the Gardens!
Pictured below is Old Betsy, our 1966 International Tractor.

Notice the spacing in the front wheels and the height of the body. This is the tractor



that Ron uses to cultivate our gardens. Having a tractor like this helps in keeping the weed pressure down and is the old fashioned way of weeding that was done before the chemical onslaught arrived. She is a beauty. Ron worked on her for a week to get her ready for the Sharon Fourth of July Parade.

While everyone else was throwing out candy,

we were passing out zucchini, the healthy treat. It was unbelievable. By the first

block we were out of zucchini. Who would have thought that it would be so popular. Next year we will plant a bed for the Fourth of July Parade. I

loved it that people got in to grabbing something other than sugar!

I asked all of you to do a rain dance last week - you obviously did not do enough. That last rain that came through dropped a whopping tenth of an inch. We continue to water everything, but some things just respond so much better

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What's bugging us?

This week you will have Broccoli and Cauliflower in your box. Both of these



are susceptible to the lovely cabbage moth larvae. If you come to my garden you will see beautiful little white butterflies all over the garden. These are actually cabbage moths that will lay eggs on cabbage for sure but also broccoli and cauliflower. Although we do spray BT which is organic, we do not get all of these little stinkers.

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What's Inside

This is WEEK #5
of the 2016 Season
It's a B Week



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Green Beans



Summer Berries

Wash your Vegetables before cooking or eating raw.

Week 5 Produce

Currants
Broccoli**
Spring Onions **
Romaine Lettuce**
Cauliflower**
Fennel & basil sprigs
Spinach
Raspberries**
Green Beans**
Zucchini**
Kohlrabi
Beets

**Smaller size in Individual boxes

Storage Information

Please make sure that you wash all your vegetables before consuming them. I do not rinse broccoli or cauliflower, it is typically harvested early and put in the cooler. Raspberries are also not rinsed before storing. This week all vegetables should be kept in the mid 30 degree range in your refrigerator with the exception of zucchini - 40 to 45 degrees.

PRODUCE of the Week

This week we are featuring Green Beans and the fruit in your box. The green beans are called Provider and boy do they ever provide a great harvest of an amazing round bean. The flavor is so good that when my workers pick - they eat as they go. They taste delicious raw, steamed or sauteed with onions in butter or oil - however you like them !

A little nutrition information on green beans: This food is low in Sodium, and very low in Saturated Fat and Cholesterol. It is also a good source of Protein, Thiamin, Riboflavin, Niacin, Vitamin B6, Calcium, Iron, Magnesium, Phosphorus, Potassium and Copper, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Folate and Manganese.

CURRENTS: Red currants may be small, but they are actually tiny powerhouses of essential vitamins, minerals and antioxidants that are key to looking youthful, feeling great and keeping healthy and nourished. They are rather tart .



So if you don't like the tart, you can add some yogurt to the currants or just use them in any juice you are making, they will definitely spice it up!

RED RASPBERRIES: One of the most fascinating new areas of raspberry research involves the potential for raspberries to improve management of obesity. Although this research is in its early stages, scientists now know that metabolism in our fat cells can be increased by phytonutrients found in raspberries, especially rheosmin (also called raspberry ketone). By increasing enzyme activity, oxygen consumption, and heat production in certain types of fat cells, raspberry phytonutrients like rheosmin may be able to decrease risk of obesity as well as risk of fatty liver. In addition to these benefits, rheosmin can decrease activity of a fat-digesting enzyme released by our pancreas called pancreatic lipase. This decrease in enzyme activity may result in less digestion and absorption of fat. "whfoods.org."

Garden and Weather Report

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to mother nature's tears. The cauliflower, for instance, is much smaller this year than last year when we got all that rain in June 2015. I also think the green beans are a little shorter - same reason. We can put an inch a week on through our irrigation, but it just isn't the same. We are expecting some rain the next three days. I hope it is substantial enough to do some good and give us a break from irrigating.

We have raspberries and currants in the box this week along with the green beans and fennel. I will put a recipe on page 4 for the fennel, but you can also just cut off the tops (fronds) and use them in a salad. You can freeze the bulb to use in other recipes that will come later. I will certainly give you Liz Cardella's tomato bisque soup recipe that has fennel in it. You should look for that recipe when the tomatoes are winding down. Speaking of tomatoes, I picked about 2 dozen Sun Golds yesterday for our Fourth of July salad - so you will be seeing those very soon in your box. We will also be getting some Michigan Blueberries for you in the next couple of weeks. The eggplants are loaded with blossoms and I saw bees on them pollinating. Yippee, because that sex in the zucchini beds has just worn us all out - LOL.

Although we gave zucchini away in the parade, we still have lots left, so I will give you some additional recipes for that on page 4. I have to tell you though, some of the shareholders that have those zucchini noodle makers - are grabbing all the extra I have!

This Weeks Photo's



Amber Waves of Grain left, Sharon WI, parade below.





What's bugging us?

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So you will need to wash the broccoli and cauliflower. They are harmless little caterpillars but they do love many of the same veggies we do! In organic vegetable production it is impossible to keep all bugs off without the use of harmful chemicals.

ADDITIONAL RECIPES:

CUT THE FENNEL BULB OFF AND JUST FREEZE IT FOR USE LATER IN SOUPS

With the flavor of sweet anise, fennel is a great addition in soups, pasta, salads, and more.

Please check out AllRecipes.com - they have a bunch of recipes for fennel that look delicious.

I am adding a few sprigs of basil to your box after adding the Fennel and Greenbean recipe above!

What's new?

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



Tips & Recipes

FENNEL & GREENBEANS

“Fresh green beans and fresh fennel cooked until crisp-tender are then briefly sauteed in extra-virgin olive oil, along with fresh basil and crumbled feta cheese.”

Ingredients

- 1 pound fresh green beans, trimmed
- 1 fennel bulb, cut into thin slices
- 1/4 cup extra-virgin olive oil
- 2 tablespoons chopped fresh basil leaves
- salt and pepper to taste
- 1/4 cup crumbled feta cheese

Directions

Fill a saucepan half full with water and bring to a boil. Add the green beans and fennel slices; cook until just beginning to become tender, about 4 minutes. Pour into a colander to drain and run under cold water to stop the cooking process.

Return the empty pan to the stove and set heat to medium. Pour in the olive oil and let it heat for a minute. Return the green beans and fennel to the pan. Season with basil, salt, and pepper; cook and stir until coated and warm. Transfer to a serving dish and toss with feta cheese.

FENNEL & GRAPEFRUIT SUMMER SALAD

- 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

Directions

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.