



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

What's bugging us?

Oh my gosh!
I was totally
wrong about the
Japanese Beetles



this year, they are not a nuisance but have become a nemesis. I have no idea why they are coming back in huge numbers this year after several years of a few here and there. We have so many this year I am fighting them for the raspberries, blueberries and grapes. They have completely taken over!

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Garden and Weather Report

Hello from the Gardens!
We received more rain
this week and it is raining again as

I write this
newsletter
Tuesday
afternoon.
The picture
in the center
of this page
is the sign
garden with
the summer
flowers in



full bloom. I grew the rudebeckia
by seed last year, they were very
small plants with few flowers last
summer but look at them this
year. There are 3 varieties one of
which has a green "eye" instead of
a brown "eyed" susan! They have
loved as the rain.

The tomatoes however
are not enjoying this summer
compared to last. We have not
had consistent heat and too
much water for them. They really
like hot and dry. We will have
tomatoes of course, but not in

the amounts we had last year.
Which, truthfully, is okay with
me. I felt compelled to use them
all and was canning
throughout the winter.
I have no desire to can
another 150 quarts this
year so less is better for
me definitely!

We will have green
beans in the Friday
packout boxes and
Snow Peas for the
Wednesday group, no

worries Wednesday group, we
have plenty of beans coming in
the following weeks. Ron seeded
early and then again so we will
have beans for the next four
weeks and then again with more
round beans and some Italian flat
beans as well.

In your box this week, you will
also find a couple of small mini
white cucumbers. If you are new
to the CSA this year make sure
you add these to your salad. They
are unbelievably good, crunchy

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What's Inside

This is WEEK #5
of the 2017 Season
It's a B Week



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PRODUCE of the Week



Wash your Vegetables before cooking or eating raw.

Week 5 Produce

Broccoli**
Beets (1 to 2 lbs)
Cauliflower Medley**
Fennel
Zucchini**
Spring Onions
Snow Peas or Green Beans**
Kohlrabi**
Romaine or Red Lettuce**
Broccoli Raab
Cucumbers
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 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 a purple cauliflower that is called Graffiti (left bottom) and as part of our Cauliflower medley you will find either the Graffiti or the Veronica (left top) in your box. The Graffiti is a fun cauliflower to grow and it is absolutely beautiful when it grows. I find that they fruit of this plant is very diverse in size so you may find a medium sized one in your box, two smalls or a large.

This food is very low in Saturated Fat and Cholesterol. It is also a good source of Protein, Thiamin, Riboflavin, Niacin, Magnesium and Phosphorus, and a very good source of Dietary Fiber, Vitamin C, Vitamin K, Vitamin B6, Folate, Pantothenic Acid, Potassium and Manganese. As part of the brassica family, more commonly known as cruciferous vegetables, cauliflower contains antioxidants and phytonutrients that can protect against cancer, fiber that helps with satiety, weight loss and a healthy digestive tract, choline that is essential for learning and memory.



So no matter the color white purple or that coneshaped green, cauliflower is a great addition to any dinner.

Beets, what can I say that I haven't said before about this vegetable. I will repeat one thing, you are either a beet lover or hater and there is not much in between. I must remind those of you that do not like beets, I did develop a taste for them and now love having a beet and goat cheese salad or simply roasted beets for dinner! I will give you the beet and goat cheese recipe again on page 4 so that you do not have to look it up!

Beets are high in immune-boosting vitamin C, fiber, and essential minerals like potassium (essential for healthy nerve and muscle function) and manganese (which is good for your bones, liver, kidneys, and pancreas). Beets also contain the B vitamin folate, which helps reduce the risk of birth defects.

Garden and Weather Report

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and although small, they are perfect for that salad for two. What I love is that I use the entire cucumber and do not find half of a cucumber 10 days down the road all mushy and forgotten in my vegetable bin. We will have an abundance of these in the upcoming weeks so if you are inclined to make refrigerator pickles, these are great and you just need to let me know how many pounds you want! Beets are in your box according to weight so you may get 1, 2 or 3 depending on the size - some of the huge beets weighed almost 2 lbs!

The zucchini this box are beginning to grow a little bigger. I will try to give you guys one large and one smaller so that you can use one in a salad and either fry the other or make a zucchini boat out of one. I will put that recipe on page 4 as well. Do not forget about picking up a spiralizer and using zucchini as noodles instead of pasta all you gluten free people! This is the last week for the Romaine, Peas, and spring onions. Next week I will have some "spring leeks" for you. The onions are a couple of weeks away from being pulled and dried but the garlic - take a look below!

Getting garlic out is all about timing. You want to take it out when the soil has had a few days to dry or else you will have soil on the bulb - so we watched the weather and found a window and two "WONDERFUL" workers, Andy and Norm, that were willing to give up Sunday morning (our window) to get it out of the ground on the wagons. We put it in and let those Sunday/Monday morning rains hit and then Andy, (always a glutton for punishment) came back Monday to hang it in our store area - it smells delicious in there. You two guys are the best - because it looks perfect, out in time and drying beautifully! Thank you.

It will take a couple of weeks to dry and appear in your boxes, but as you can see below, we have plenty. Rainy seasons are not the best for garlic either, timing as I said, is everything.

This Weeks Photo's



Chesniak garlic to the left and Armenian below on the wagon drying before hanging where they will finish.



Tips & Recipes



Broccoli Rabe
(Rapini)

What's bugging us?

We are using Neem Oil which will eventually kill them if they eat the leaves with the oil on it and I am taking my bucket of soapy water and knocking them into it - I know of nothing that works as fast!

ADDITIONAL RECIPES:

When I roast my beets, I rub them in olive oil and place on a sheet. I roast them at about 375 degrees for at least an hour, depending on the size. Some of the beets in your box this week are huge and may take longer. Peel them after they cool and then cut them up for salads or just to eat!

What's new?

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



Roasted Beet and Goat Cheese Salad

4 medium beets - scrubbed, trimmed and cut in half

1/3 cup chopped walnuts

3 tablespoons maple syrup

Lettuce or 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

You can roast the beets (my preference) or boil the beets. While the beets are cooking, 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 a large helping of lettuce or greens onto each of four salad plates, divide candied walnuts equally and sprinkle over the greens. Place equal amounts of beets over the greens, and top with dabs of goat cheese.

Drizzle each plate with some of the dressing.

Maria's Broccoli Rabe Recipe - Allrecipes.com

Bring a large pot of salted water to a boil. Cut an X in the bottom of the stems of the broccoli rabe and place in the boiling water. ...

In a large heavy skillet over medium heat, heat olive oil and saute garlic for 1 to 2 minutes. Stir in the broccoli rabe and saute 10 to 15 minutes, or until desired doneness.

Zucchini Boats

Trim the ends off zucchini. Cut zucchini in half lengthwise; scoop out pulp, leaving 1/2-in. ...

In a skillet, cook beef, zucchini pulp, onion, mushrooms and peppers over medium heat until meat is no longer pink; drain. Remove from the heat. ...

Bake, uncovered at 350 for 25 to 30 minutes or until Zucchini is tender.

Zucchini Pancakes

2 Cups grated zucchini

2 large eggs

2 Tbsp chopped green onion

1/2 C flour

1/4 C grated parmesan

1/2 tsp baking powder

1/2 tsp salt

1/4 C Veg oil as needed

Combine, zucchini, eggs and onion. Mix dry ingredients. Drop rounded spoonfuls of batter into hot oil, 2-3 min each side, serve with sour cream.

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