



# Beaver Creek CSA

## your local food connection!

BEAVER CREEK GARDENS  
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### Garden and Weather Report

**H**ello from the Gardens! Pictured below are beautiful sunflowers that are gracing our gardens right now. This is just the first group, I have planted different varieties at different times so that we would have a summer full of them. If you pick up at the farm and I don't have pre-made bouquets, simply ask for one and I will gladly snip a few of the flowers for you.



We received an inch of rain right after I wrote the last letter and we are hoping for some more with this next front that is coming through tonight. It is amazing how

fast everything dries up in the summer.

This week I am putting two types of cauliflower in your boxes. The first is our usual purple tinted Snow Crown that are small as explained last week. The 2nd one is called Veronica. I grew half a bed to test them and after eating one myself (the whole thing), I will be growing a full bed next year. I roasted it whole in the oven with just olive oil rubbed on it and salt. It browned and the brown flavor of this cauliflower was delicious. I roasted it whole for about 40 minutes - Wow! So give this one a try!

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### What's bugging us?

Same as last week with the green caterpillars in the broccoli and cauliflower. As you can see on page 3, we took out the zucchini. I had just begun seeing those little gold eggs that are found on the leaves of squash right in the corners where the leaf veins meet - these are squash bug eggs. I am hoping that we got out ahead of them this year by taking the squash out.



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### What's Inside

This is WEEK #6  
of the 2016 Season  
It's an A Week



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Mini White Cuke



Walla Walla Onion

# PRODUCE of the Week



**W**ash your Vegetables before cooking or eating raw.

## Week 6 Produce

- Blueberries
- Raspberries
- Broccoli\*\*
- Walla Walla Onion
- Celery
- Cauliflower 2 varieties\*\*
- Fennel & basil sprigs
- Green Beans\*\*
- Zucchini\*\*
- Kohlrabi
- Garlic Scapes
- Mini White Cucumber

\*\*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.

This week we are featuring Blueberries that you will find in your box the next two weeks and I will talk about the onions and the mini white cucumber pictured to the left.

Blueberries, are not only popular, but also repeatedly ranked in the U.S. diet as having one of the highest antioxidant capacities among all fruits, vegetables, spices and seasonings. Antioxidants are essential to optimizing health by helping to combat the free radicals that can damage cellular structures as well as DNA. We recommend enjoying raw blueberries — rather than relying upon blueberries incorporated into baked desserts — because, like other fruits, raw blueberries provide you with the best flavor and the greatest nutritional benefits.

After many years of research on blueberry antioxidants and their potential benefits for the nervous system and for brain health, there is exciting new evidence that blueberries can improve memory. Please check out this website for more. <http://www.whfoods>.

The Walla Walla onion pictured to the left, is a sweet onion that seems to really thrive in our gardens. They are huge, but do not have great storage capacity. When you get one in your box, it is best to refrigerate and use. I will be hanging them to dry which will increase their storage capacity to a couple of months, but after that they will sprout. Our onions and leeks look great this year!

The mini white cucumber on the top left is one of my favorite cucumbers. I grow these and often times have trouble finding the seed. They grow to about 4 inches long and are unbelievably crunchy and tasty. The skin is completely edible.

What I really love about this cucumber is that the size cuts up perfectly into a salad for two. I don't know about you, but I hate using 1/2 of a normal sized cucumber and finding it a couple of weeks later all fuzzy and soggy in the bottom of my vegetable bin - doesn't happen with this "little" guy.

# Garden and Weather Report

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As you can see from the pictures below, we have so much zucchini. I am going to feature only zucchini recipes on page 4 so that you have several ideas of what to do with these. I believe we harvested about 200 on Saturday, after taking out over 110 during the week. The blossoms were few in number so I had Ron mow them taking out the plants and the squash bug eggs all at once.

We also have another two beds of green beans that we have begun picking - so you will find several pounds in your boxes this week. If you cannot eat all of this, please remember that you can blanch green beans and freeze them. Simply put them in boiling water for a minute or two - then in ice water for that same amount of time, let them dry and freeze in zip locks, getting as much air out of the bag as possible. I use a straw to suck out the air. They will last into the winter and taste much better than canned green beans or frozen beans from the store.

You will also find celery in your box this week. If you are new to the CSA, you might wonder what kind of celery this is - it is not the California "Pascal" type, but more of a cooking celery. I am harvesting it a little early because it seems to be going to seed and rather than let that happen, I think getting it in your boxes so that you can either use it now or freeze for winter is a good idea. To freeze for winter, simply cut it up, leaves and all and put it in a ziplock freezer bag. Add it to soups and other hot dishes calling for celery - very flavorful!

This weather has been something. The air today is so thick it feels like you are wearing it when you just slip outside for a minute. But one of the wonderful things about our "typical" upper midwest summers is that a cool front and Canadian air almost always follow - and that pretty much sums up our summer so far. Hot for 3, cool for 3 and rainy for one day. It is a perfect growing environment for veggies and I think you may have noticed that in your boxes!

## This Weeks Photo's



Zucchini left, mowed down beds below.





## What's bugging us?

Con't from Page 1

I will now keep an eye on all my winter squash and pumpkins for the eggs and nymphs (above) of this bug.

### ADDITIONAL RECIPES:

#### Sauteed Zucchini

<http://www.chowhound.com/recipes/sauteed-zucchini-29698>

#### Italian Zucchini Boat

<http://allrecipes.com/recipes/2455/fruits-and-vegetables/vegetables/squash/summer-squash/zucchini/>

#### 10 Zucchini Recipes!!!!

<http://www.tasteofhome.com/recipes/ingredients/zucchini-recipes/top-10-zucchini-recipes#2> <http://www.tasteofhome.com/recipes/ingredients/zucchini-recipes/top-10-zucchini-recipes#2>

These ought to give you plenty to choose from!

## What's new?

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



## Tips & Recipes

**Zucchini Pineapple Bread - Bake 350, 1 hour, 2 lg. loaves**  
3 Eggs; 2 Cups Sugar, 2 tsp vanilla, 1 Cup Veg. Oil - Beat until fluffy - Add 2 Cups Zucchini, peeled, grated & drained  
3 Cups flour  
1 Cup crushed pineapple, drained  
1 tsp. salt, 1 tsp. baking powder; 1 tsp. baking soda  
1/2 Cup raisins; 1 Cup chopped nuts, (optional)  
Pour into 2 large greased and floured loaf pans

### Zucchini-Kale Casserole - from Meghan Hembrough

#### Ingredients

#### 2 T olive oil

- 1 medium yellow onion, chopped
- 6 cups/5 ounces finely chopped kale (I did a combo of kale, chard, and spinach)
- 1 small clove garlic, minced
- salt and pepper
- 1/2 cup chicken broth
- 4 cups zucchini, cut into 1/2 inch dice
- 2 T mayonnaise
- 3 cups rice, cooked
- 1 cup shredded cheese (recipe calls for swiss, I used Italian Blend)
- 1/3 cup grated Parmesan
- 1 cup bread crumbs
- 1 large egg, beaten
- cooking spray

Preheat oven to 400 degrees. Heat olive oil in large skillet over medium heat, add onions and cook until just browned and softened (about 5 minutes). Add the kale, garlic, 1 t each salt and pepper, and cook until the kale is bright green (about 2 minutes). Add broth and continue to cook until kale is wilted and most of the broth is absorbed (about 5 more minutes). Add zucchini, continue cooking until softened (about 8 minutes). Remove from heat and stir in the mayonnaise.

Toss cooked veggies, rice, cheeses, 1/2 cup of the breadcrumbs and the egg in a large bowl until mixed. Spray a 9 inch square or 2 quart casserole with cooking spray. Spread the mixture in the casserole and top with remaining bread crumbs. Bake until zucchini is tender and breadcrumbs are brown, about 35 minutes.

Casserole can be made ahead (including baking) and frozen. To reheat, cover with foil and bake at 350 degrees until hot, 35 to 45 minutes.

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