



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
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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 are not through with the flea beetles either, they have appeared on the newly planted fall broccoli. UGH!

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Garden and Weather Report

Hello from the Gardens!

We are receiving rain on soaked ground. Although we do not seem

to get the amounts that South Boone County, McHenry County and Lake County are getting, the ground

is wet enough so that even .75 inch leaves water in the valleys between beds. This is keeping us out of the garden on some days and is really good for weeds.

Today in addition to harvesting for the boxes this week, we had two beds that were desparate for attention. By this I mean, we could lose the crop if we do not get to the weeds.

My worker staff seems to have selected July for vacations this year so when members and new volunteers this year, lke

and Brenda Berg showed up, I was thrilled. Look on page 3 to see the recovery of 150 feet

of peppers. You can see the pepper bed next to the weeded bed, the peppers are substantially larger. They were planted on black biodegradable mulch that we use for peppers, eggplant and sweet potatoes. The mulch not only hinders

the weeds, but it heats up the soil which is something that peppers like. We usually put all peppers on this, but this year, the winds (forecasted for 10 mph) were actually more like 20 mph when we were putting it down and one of the beds lost the mulch before we could get the plants in.

So it became an experiment, side by side, to really see the impact of the black mulch - very obvious. Note to self - make sure mulch goes down on calm days!

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What's Inside

This is WEEK #6
of the 2017 Season
It's an A Week



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PRODUCE of the Week

This week we are featuring Leeks and Aunt Molly's Ground Cherries. You will receive either the cherries, Sun Gold tomatoes or blueberries in your box this week. If you get the ground cherries (pictured upper right) they come in a husk and taste unlike anything I have ever tasted before. They sort of remind of a pineapple flavor, very small and sweet!



Wash your Vegetables before cooking or eating raw.

Week 6 Produce

- Broccoli
- Beets (1 to 2 lbs)
- Cauliflower or Cabbage*
- Fennel**
- Zucchini**
- Spring Leeks
- Green Beans**
- Basil
- Broccoli Raab*
- Cucumbers
- Kale**
- Berries or Cherries or Sun Golds

*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.

The scientific name is *Physalis* and is a genus of flowering plants in the nightshade family (Solanaceae), which grow in warm temperate and subtropical regions of the world. Cultivated species and weedy annuals have been introduced worldwide. A notable feature is the formation of a large papery husk derived from the calyx, which partly or fully encloses the fruit. The fruit is small and orange, similar in size, shape and structure to a small tomato.

These plants grow in most soil types and do very well in poor soils and in pots. I grew mine in the greenhouse in pots to make harvesting them easier.

The Leek is related to onion. Rather than forming a tight bulb like the onion, the leek produces a long cylinder of bundled leaf sheaths that are generally blanched by pushing soil around them (trenching). And because they grow like this, you do need to clean them by slicing them vertically to get the soil that is wrapped in the sheaths.

Leeks have a mild, onion-like taste. In its raw state, the vegetable is crunchy and firm. The edible portions of the leek are the white base of the leaves (above the roots and stem base), the light green parts, and to a lesser extent the dark green parts of the leaves. One of the most popular uses is for adding flavor to stock. The dark green portion is usually discarded because it has a tough texture, but it can be sautéed or added to stock.

If you received the Sun Golds - they are garden candy!!

Garden and Weather Report

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The other bed we worked on was the cabbage, also lost in the weeds but Angela Deron and Debbie Bruesewitz took care of those for me as well. There are weeds every where in the garden, but some we just leave alone as we are harvesting the crop. Ron will get to them with the BIG weeder - the tiller - when we are through harvesting. I am hoping to get into the chard and parsley bed this week as well. Those are ongoing and like the Kale, have to be weeded occasionally throughout the summer.

Onions are beginning to fall over which means they will be ready to harvest and dry. I am always hopeful that we can get to these when we have a few days without rain because you can actually pull them and let them begin drying right in the field as long as there is no rain in the forecast. That may be a little risky this season. The rains just seem to keep coming every couple of days. We were not expecting the storm on Saturday night and it was a good one - we lost power for several hours with that one! So I am not inclined to let onions lay in the field this year - we will bring them into the greenhouse for curing. The sweet Walla Walla will be first, then the reds and whites with the storage coming in last. So although we are through with the spring onions, I may put uncured onions in the boxes in the next weeks. The only thing you all need to know is that if they have not dried, they need to be refrigerated - I will remind you if I put them in the boxes.

So this week was kind of a medley of items. I do this when crops are just beginning to come in or finishing up. Rather than waste ready veggies that I do not have enough for each box, I will combine with another. So the cauliflower is finishing and the cabbages are just beginning - combo time!

I haven't checked on the sweet corn yet - my thinking is that it will be a little later as everyone had difficulties getting the crop in and I am sure the Reimers did too. The squash has formed beautiful canopies and looks terrific. I did see squash bug eggs on the zucchini, so that will be my next bug nemesis. I hate those bugs, they are so prolific and nasty. I take the eggs off the leaves when I find them and SQUASH them - ha ha! Have a GREAT week.

This Weeks Photo's



Weeded peppers, thank you Ike and Brenda - Sunflower opening -



Tips & Recipes



Spaghetti
Squash Canopy

What's bugging us?

Above is the canopy of spaghetti squash, I will be watching for squash bug eggs on all these. They are beautiful and full of blossoms so we do not want those nasty bugs to get them!

ADDITIONAL RECIPES:

Zucchini Pineapple Bread

Beat until Fluffy: 3 Eggs; 2 C Sugar, 2 tsp. vanilla; 1 C oil
Add:

2 Cups of Zucchini, peeled grated drained
3 Cups of Flour
1 Cup Crushed Pineapple, drained
1 tsp each of baking soda, powder & salt
1/2 Cup of raisins
1 Cup of chopped nuts (optional)
Pour into 2 large greased and floured 5 x 9 bread pans

What's new?

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



RED BEET PANCAKES - Brenda Berg

1 cup flour
3/4 whole wheat flour
1 tbs baking powder
1/2 tsp salt
2 medium beets (roasted and pureed) 3/4 cup
1 1/4 cup milk
1/3 cup plain yogurt
1 egg
3 tbs butter (melted)
1 tsp vanilla

Put wet ingredients in bowl and mix. Add dry ingredients (do not over mix). Bake on hot, oiled griddle.

Fresh Linguini with Roasted Fennel

10 Ounces Fresh Linguine Pasta
2 Tbsp Butter
1/3 Cup Part-Skim Ricotta Cheese
1 Lemon zested and quartered
1 Shallot minced
Salt and Pepper

1 Fennel Bulb
1 Tablespoon Olive Oil
3 cloves garlic minced
1/4 C chopped parsley
1/4 C Breadcrumbs

INSTRUCTIONS

Preheat the oven to 450°F.

Heat a medium pot of salted water to boiling on high.

Pick off and mince a few of the fennel fronds. Cut off and discard the fennel stems.

Halve and core the fennel bulb; slice into 1/2-inch-thick strips. Place the sliced fennel on a sheet pan, drizzle with olive oil and season with salt and pepper; toss thoroughly to coat. Arrange in a single layer and roast, 18-20 minutes, tossing halfway through, until tender and golden.

While the fennel roasts, combine the ricotta cheese and the juice of 2 lemon wedges; season with salt and pepper to taste.

In a large skillet, melt butter over medium heat. Add garlic, shallot and half the parsley. Cook until fragrant and softened. Add the breadcrumbs and toast over medium heat, until browned. Season with salt and pepper to taste, and transfer to a small bowl. Wipe out the pan.

In the now clean skillet, combine lemon zest, juice of remaining two lemon wedges, 1/2 cup water, and 2 tablespoons olive oil; heat to boiling on high heat and stir to combine. Remove from heat.

Boil the pasta until just short of al dente. Reserving 1/4 cup of the pasta cooking water, drain the pasta and add it to the skillet of sauce. Add the roasted fennel, minced fennel fronds and reserved cooking water. Cook on medium-high, stirring occasionally, until the pasta is well coated in the sauce.

Remove from heat and season with salt and pepper, to taste, top with breadcrumb mixture, a dollop of the ricotta mixture, and remaining chopped parsley.

We will have parsley and garlic down the road, so you can save your fennel by refrigerating it for a couple of weeks or freezing it in zip lock bags.

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