



# 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 two of our workers this year, the oldest and the youngest. Natalie is an intern that came aboard this year wanting to learn about



growing vegetables. Big John has been with us for 3 years. He was raised on a farm in Mississippi and although he is 79, he keeps up and sometimes pulls along our younger workers! This was taken Saturday on their way out to harvest the cauliflower in your boxes this week.

This week's weather looks a little brutal towards the end of the week. We are

expecting temperatures in the mid 90s here with the heat index hitting over 100.

I will be putting shade cloth on some of the lettuce to help it survive the heat wave. The lettuce in your boxes this week is summer lettuce

and less prone to suffer from the heat. But I have planted some Romaine for early fall and it will not like those temperatures at all.

We have been getting just enough rain to keep from irrigating these past two weeks. Another 1/2 inch this week would be welcome and it looks like we could get that Wednesday morning.

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### What's bugging us?

Okay, I have just about had enough of the little bug that I feature each week



in this section. It is a flea beetle and they just do not seem to want to retire for the summer. Their preferred food is asian greens, but with none of that in the garden, they went after our fall broccoli with a vengeance. We have sprayed three times and when I weeded the broccoli this morning

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### What's Inside

This is WEEK #7  
of the 2016 Season  
It's a B Week



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# PRODUCE of the Week



Walla Walla Onions - 600 pounds!

Wash your Vegetables before cooking or eating raw.

## Week 7 Produce

Blueberries  
Tendersweet Cabbage\*\*  
Beets  
Walla Walla Onion  
Celery  
Cauliflower  
Fennel & basil  
Green Beans\*\*  
Zucchini\*\*  
Kohlrabi  
Summer Lettuce  
Cucumbers\*\*

\*\*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 Tendersweet Cabbage that is in your box and the fennel.

Cabbage is a storehouse of phyto-chemicals like thiocyanates, indole-3-carbinol, lutein, zeaxanthin, sulforaphane, and isothiocyanates. These compounds work as powerful antioxidants and known to help protect against breast, colon, and prostate cancers.

Fresh, dark green-leafy cabbage is incredibly nutritious; but very low in fat and calories. 100 g of leaves provide just 25 calories. Cabbage is a very good source of vitamin K, provides about 63% of RDA levels. Vitamin-K has the potential role in bone metabolism through promoting osteotropic activity. So enough of vitamin K in the diet gives you healthy bones. In addition, vitamin-K also has established role in the cure of Alzheimer's disease patients by limiting neuronal damage inside their brain.

So, with all the benefits, find a way to eat this veggie! Try the coleslaw recipe, pg. 4.



Thought to have originated in Southern Europe and Mediterranean regions, fennel is an herb with a mild but distinctive licorice flavor and fragrance.

A mainstay in Mediterranean and Italian cuisine, fennel is slowly making a name for itself in a meat-and-potatoes world. A simple recipe to try might involve slicing or chopping the white fennel bulb into "matchsticks" or cubes as an addition to savory vegetable salads; steam, roast, or sauté the bulb and add to soup or casseroles, or combine the leaves with rice or pasta along with olive oil, over baked fish.

Ancient Chinese medicine found beneficial uses for fennel, from congestion to conjunctivitis, to stimulate the appetite and increase the flow of breast milk. Essential oil of fennel provides upset stomach relief, and tea made from ground fennel seeds is believed to be good for insect bites, food poisoning, and soothing a sore throat.

# Garden and Weather Report

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A couple of things in the garden are loving this heat, the tomatoes for one. We should have some for you next week. We have begun picking some sungolds and if you were to stop out, I am certain I could grab a pint for you - I think they will be plentiful enough after this heat to put a pint in everyones box next week. The other tomatoes look great and the peppers are getting large enough to include next week as well. We have some eggplant ready, so you may see that soon too.

I will be checking on the status of sweet corn later this week and another crop coming soon are carrots! If you look to the picture below, you will see all the garlic hanging. I checked it today and it is ready to clean and begin adding to your boxes. This is hardneck garlic that I have grown the last couple of years, this year's crop looks wonderful.

I have to pinch myself this year with as great as almost everything is. The green beans, the garlic, cabbages, cucumbers and on and on. We are having trouble fitting everything that is ready in your boxes. We have so many lbs. of green beans picked that I am again giving you all 2 lbs. In addition, 2 heads of celery as they are small and going to seed so I want to get them to you. Remember that you can chop these right out of the box and put in your freezer to store for the winter. Ron and I do this every year and never buy celery for soups in the winter.

I know this will make you sad, but this is the last week for zucchini for the season!

## This Weeks Photo's



Garlic hanging and dry, unbelievable flowers this year.





## What's bugging us?

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I did not see any of them on there. Geez, I hope we have seen the last of them. I did find a mature squash but on winter squash so I will be watching for eggs the next few weeks.

### ADDITIONAL RECIPES:

Every year I give you guys my Grandma Goss's coleslaw dressing recipe to go with the tender-sweet cabbage in your box. The coleslaw is best the 2nd day and will hold for several more.

Here it is:

**1/4 Cup of Vegetable Oil**

**1/2 Cup of Vinegar (I like**

**Tarragon white wine) but you can use Red wine or apple cider.**

**3/4 Cup of Sugar**

**Boil, pour over slaw, let stand 45 minutes & put in fridge overnight.**

## What's new?

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



## Tips & Recipes

### LAST ZUCCHINI RECIPE (from Debbie Bruesewitz)

- 8 cups zucchini, cubed**
- 2 tablespoons olive oil**
- 2 cloves garlic, minced**
- 1 tablespoon thyme leaves, dried**
- 2 each eggs**
- 2 tablespoons parmesan cheese**
- 1 cup feta cheese**
- 1/3 cup sour cream**
- 1 tablespoon lemon juice**

preheat oven to 375. Cut zucchini.

Heat olive oil in pan and add garlic and thyme and sautee 1 minute. Add zucchini and sauté 5 minutes until beginning to get soft. While squash cooks beat eggs in small bowl and stir in sour cream, feta, parmesan and lemon juice.

Spray 2 quart casserole dish with nonstick spray or olive oil. Layer half zucchini in dish, then pour over half the egg-feta mixture. Repeat layer of squash and the rest of the feta-egg mixture.

Bake for 45 minutes or until bubbling and set and top lightly browned.

Serve hot.

### Lemon Fennel Pesto - from Lynn Wege (unboring cookbook - Paleo diet)

- 1 Cup loosely packed basil**
- 1 small fennel bulb - core and stalk removed, then chopped**
- juice of one lemon**
- 1/2 garlic clove**
- 6 TBS olive oil**
- 1/4 Cup roasted & salted macadamia nuts**
- 1/4 tsp salt**

Blend all ingredients to the consistency of pesto

Makes about one cup - add to baked salmon - yum!

Remember, you can freeze your fennel bulbs for use later in this and other recipes. You will be getting fennel and celery for the next few weeks as it is ready and will go to seed if not taken out of the garden. You can freeze both of these with very little trouble.

X-tra Green Beans? Just blanch and freeze too!

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