



# 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?

We have three insects that are very prevalent in the garden right now. Although I have removed eggs from the squash leaves that the squash bugs left, I cannot find them all and now I am finding little nymphs - ick! The flea beetles are still around eating the fall broccoli right now - we are spraying almost daily for both of these - Jap beetles, not gone yet!



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## Garden and Weather Report

**H**ello from the Gardens! We had an unbelievable week - since last Wednesday, eight days ago we have received a total of almost 7 inches of rain. We lost power for 24 hours last Friday night until Saturday at about 6:00 p.m. Thank goodness we have a generator - it kept the cooler going to protect the vegetables. I have to thank my brother-in-law, Ben Doetch for helping me get it going because of course Ron was out of town - emergencies only happen when he isn't around it seems.



There are more stories to tell about that night, but I think you will have to catch me and ask me for those!

All of this wet weather is

beginning to affect the crops. We have noticed that some of the peppers are a little wilted looking where the water was standing for a couple of days. Roots need more than good soil, they need water and air and if the water stands, they can suffocate. Hopefully they will come out of it. But if we lose a few on the north end, I

have plenty planted.

The egg plants are finally blossoming and I did see some small egg plants on one bed - I just love egg plant so I cannot wait for them to get going.

We will have garlic in a week or so as it is almost dry and we do have onions - they have not dried yet, but they are huge so we are taking them out and offering to you as fresh onions. As soon as the soil dries, we will work on getting them out to dry.

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### What's Inside

This is WEEK #7  
of the 2017 Season  
It's a B Week



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The onions in your box are not dried - so make sure you put them in the fridge!

Wash your Vegetables before cooking or eating raw.

## Week 7 Produce

Broccoli\*\*  
Beets  
Cabbage  
Fennel\*  
Zucchini\*\*  
Fresh Red Onion  
Green Beans\*\*  
Sweet Corn\*\*  
Large Tomato  
Cucumbers  
Kale\*\*  
Sun Golds or Ground Cherries

\*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. This week all vegetables should be kept in the mid 30 degree range in your refrigerator. Zucchini in warmer area. And of course - tomatoes should never be kept in the Fridge - it breaks down their cell structure and changes the taste!

# PRODUCE of the Week

This week we are featuring the history of sweet corn and tomatoes! Sweet corn (also called sugar corn and pole corn) is a variety of maize with a high sugar content. Sweet corn is the result of a naturally occurring recessive mutation in the genes which control conversion of sugar to starch inside the endosperm of the corn kernel. Unlike field corn varieties, which are harvested when the kernels are dry and mature (dent stage), sweet corn is picked when immature (milk stage) and prepared and eaten as a vegetable, rather than a grain. Since the process of maturation involves converting sugar to starch, sweet corn stores poorly and must be eaten fresh, canned, or frozen, before the kernels become tough and starchy.

Sweet corn occurs as a spontaneous mutation in field corn and was grown by several Native American tribes. The Iroquois gave the first recorded sweet corn (called 'Papoon') to European settlers in 1779. It soon became a popular food in southern and central regions of the United States.

The Tomato History has origins traced back to the early Aztecs around 700 A.D; therefore it is believed that the tomato is native to the Americas. It was not until around the 16th century that Europeans were introduced to this fruit when the early explorers set sail to discover new lands. Throughout Southern Europe, the tomato was quickly accepted into the kitchen, yet as it moved north, more resistance was apparent.



The British, for example, admired the tomato for its beauty, but believe that it was poisonous, as its appearance was similar to that of the wolf peach.

Rich people in that time used flatware made of pewter, which has a high-lead content. Foods high in acid, like tomatoes, would cause the lead to leech out into the food, resulting in lead poisoning and death. Poor people, who ate off of plates made of wood, did not have that problem, and hence did not have an aversion to tomatoes. This is essentially the reason why tomatoes were only eaten by poor people until the 1800's, especially Italians.

Is the Tomato a Fruit or Vegetable? By definition, a fruit is the edible plant structure of a mature ovary of a flowering plant, usually eaten raw; some are sweet like apples, but the ones that are not sweet such as tomatoes, cucumbers, peppers, etc. are commonly called vegetables. Botanists claim that a fruit is any fleshy material that covers a seed or seeds where as a horticulturists point of view would pose that the tomato is a vegetable plant. Until the late 1800's the tomato was classified as a fruit to avoid taxation, but this was changed after a Supreme Court ruling that the tomato is a vegetable and should be taxed accordingly.

# Tomatoes, Tomatoes, Tomatoes

We visited Scenic Valley in Readstown, Wisconsin this week and they had an over abundance of tomatoes that they shared with us - for a price of course.

These are organically produced and started in high tunnels which is why they are ready earlier than anything we typically have. So if you have been waiting for tomatoes to come and visit - wait no longer!

Come on out Friday from 4:30 to 6:30 or Saturday 8 until Noon. We also have available the following:

TOMATOES

SWEET CORN

Blueberries!!!!

Summer Lettuce

Onions

Green Beans

Zucchini

Cucumbers, both mini white and straight eight (normal green ones)

Cabbage

Beets

Basil

Dill

Leeks

Chard

Kale

Sugar Snap Peas - last of those!

## This Weeks Photo's



We have Beefsteak slicers and Heirlooms this weekend - with our Summer Lettuce - 2 out of 3 for a BLT!





Volunteers Ike and Brenda Berg weeding the spaghetti squash canopy!



## What's bugging us?

### ADDITIONAL RECIPES:

You will be getting cabbage for the next few weeks and I want to give you two great ideas for it.

#### GRAMMA GOSS'S SLAW

Grate or shred cabbage

Salt and pepper to taste

Bring to a boil 1/4 C oil; 1/2 C of Tarragon White Wine Vinegar; 3/4 C of Sugar.

Pour over cabbage and let stand for 45 minutes, then refrigerate

#### RON'S Quartered Cabbage

Quarter the head, salt & pepper, place on plate with a little water on bottom, cover with clear wrap- place in microwave - high 3 min. on, 3 off, 3 on, 3 off and 3 on- serve with butter - YUM

## What's new?

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



## Tips & Recipes

### Green Beans and Red Onion

1 cup water

2 tablespoons olive oil

1 teaspoon coarse salt

1/4 teaspoon ground pepper

1 lb green beans, trimmed and halved

1 medium red onion, cut into 1/2-inch wedges

2 teaspoons balsamic vinegar

In a large skillet, bring 1 cup water, oil, salt, and pepper to a simmer over medium heat.

Add the green beans and onion.

Cover, and cook until the beans are crisp-tender, 8 to 10 minutes.

Uncover, and continue cooking, stirring frequently, until water has evaporated, beans are tender, and onions are beginning to brown, 5 to 8 minutes more.

Stir in vinegar and serve.

### Sweet Corn - - - -

I think I have seen it all now - I was looking on the internet for something different for sweet corn so that I could give you guys another idea. I ran into Spicy Southern Cooking. They say the best way to cook sweet corn is (are you sitting down?) Boiling it in milk and a stick of butter - OMG! Talk about some calories there. My thought on this is that their sweet corn tastes nothing like ours in the Midwest and they have to add fat to get the flavor that comes naturally from our great corn growing area.

Ron and I always just put it in a pot of water, covering the corn completely - you can salt the water or not, your choice. We then bring it to a boil and it is done!

### Greek Zoodle Salad

2 zucchini 1/4 English cucumber, chopped 10 cherry tomatoes, halved, or more to taste 10 pitted kalamata olives, halved, or more to taste 1/4 cup thinly sliced red onion 2 ounces crumbled reduced-fat feta cheese 2 tablespoons extra-virgin olive oil, 2 tablespoons fresh lemon juice 1 teaspoon dried oregano. Salt & Pepper to taste

Cut zucchini into noodle-shaped strands using a spiralizing tool. Place "zoodles" in a large bowl and top with cucumber, tomatoes, olives, red onion, and feta cheese.

Whisk olive oil, lemon juice, oregano, salt, and pepper together in a bowl until dressing is smooth; pour over "zoodle" mixture and toss to coat. Marinate salad in refrigerator for 10 to 15 minutes.

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