



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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Garden and Weather Report

Hello from the Gardens!
Okay, you guys must have done double duty on the rain dances for us this week. We received about 5.75 inches of rain from Sunday the 17th through Saturday the 23rd. In between those days, temperatures soared and humidity was unbearable for us working in the gardens. The only things that actually enjoyed the heat were tomatoes and peppers. Boy do we have a ton of peppers for you this year!



As you can see from the picture above, we are beginning to harvest our

regular Goliath and Big Beef tomatoes. This is really early for these. We are putting a pint of cherry tomatoes in your boxes this week and next week. You will also find sweet corn in your box. I buy this from Reimers that live about 3 miles away and they told me today that they could not believe how fast the corn ripened last week. It is exactly what is going on in our gardens as well. Everything seems to be maturing rapidly and I am having trouble getting everything in your boxes. Such a problem to have!

With the recent rains though, the weeds have

• Continued on page 3

What's bugging us?

With the rain and heat this past week, I haven't seen much of anything on the plants other than the blasted flea beetles on the broccoli. However, with the huge amount of rain, I have begun to notice septoria creeping up the base of the tomato plants. This is something that occurs every year and moisture is basically the cause of it's advance on the plants. It is a fungus that is in the soil .



• Continued on page 4

What's Inside

This is WEEK #8
of the 2016 Season
It's an A Week



News - pages 1-3
Recipes - page 4
Produce for the Week - page 2

PRODUCE of the Week



Peppers & Cherry tomatoes.

Wash your Vegetables before cooking or eating raw.

Week 8 Produce

Cherry Tomatoes
Tendersweet Cabbage**
Sweet Corn**
Walla Walla Onions**
Celery*
Purple Cauliflower
Fennel bulbs**
Green Beans
Egg Plant
Summer Lettuce**
Cucumbers**
Garlic
Peppers**

*Not in box, **smaller size or amount

Storage Information

Egg plant, peppers and onions can all be stored at much warmer temperatures. Tomatoes should never be kept at temperatures below 50 degrees. Refrigeration will affect texture and the taste. All the rest of the box should be kept in the cold sections of your refrigerator.



This week we are featuring our beloved Midwest Sweet Corn that you will find in your box, tomatoes and sweet peppers.

Sweet 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, sweet corn is picked when immature (milk stage) and prepared and eaten as a vegetable, rather than a grain. (Wikipedia) - YUM!

The misleading name “pepper” was given by Christopher Columbus upon bringing the plant back to Europe. At that time, peppercorns, the fruit of an unrelated plant originating from India, *Piper nigrum*, was a highly prized condiment; the name “pepper” was at that time applied in Europe to all known spices with a hot and pungent taste. Bell peppers are botanically fruits although called a vegetable.

The bell pepper is the only member of the Capsicum genus that does not produce capsaicin, a lipophilic chemical that can cause a strong burning sensation when it comes in contact with mucous membranes.

The tomato is native to western South America and Central America. Native versions were small, like cherry tomatoes, and most likely yellow rather than red. A member of the deadly nightshade family, tomatoes were erroneously thought to be poisonous by Europeans who were suspicious of their bright, shiny fruit. The leaves are in fact poisonous, although the fruit is not.

Botanically, a tomato is a fruit: the ovary, together with its seeds, of a flowering plant. However, the tomato has a much lower sugar content than other edible fruits, and is therefore not as sweet.

So you are getting two types of fruit in your boxes this week, just not as sweet!

Garden and Weather Report

continued from page 1

come back with a vengeance. You will notice that your lettuce still will have some dirt at the base of it. We did wash it, but with that amount of driving rain, soil gets wedged in pretty good and you will need to break up the head and rinse to get rid of it. We have recently added Andy Snarski from Crystal Lake as a volunteer and he has made a huge difference in getting our beds weeded this past week or so. Take a look at the great job he did on two beds of peppers below.

The other picture was taken on Sunday by son John Doetch and his very cool drone that he and his father (Ron) flew over the gardens taking videos and still pictures. I will be posting the videos on my website later this week. For those of you that do not have an opportunity to visit us, it will give you a great view of the gardens. What I loved about taking the pictures from above is the weeds are not noticeable, it just looks like bed after bed of groomed vegetables!

It has been difficult the past couple of weeks to get everything that is ready into your boxes. We have advanced harvested celery and fennel as it was finished and beginning to go to seed. So we will be giving those items away the next couple of weeks. This has been a great year for garlic and onions so you will get several in your boxes in the weeks to come. If you need extras, please let me know as I have them. Same thing with cucumbers, they just keep coming and coming. This has been the most bountiful year I have had in the eight years of our CSA.

This Weeks Photo's



Left, rows of peppers. Below, gardens from above!





What's bugging us?

Con't from Page 1

If you grow tomatoes, you will be familiar with the yellowing of leaves that starts on the bottom of the plant and seems to rapidly fire up! Picking the diseased leaves helps.

ADDITIONAL RECIPES:

Sweet Corn:

I like to put my corn into cold water in large pot with the water just covering the corn. Once the water boils, the corn is done.

FRIDGE PICKLES

Slice the cucumbers and onions in your box; in a quart jar put 1/2 Cup of Sugar; 1/2 cup of white vinegar; 1 TBS salt, add cucumbers, pinch of red pepper. Ready in a day!

What's new?

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



Tips & Recipes

Roasted Fennel With Tomatoes

Total Time:30 min

Prep: 10 min

Cook: 20 min Yield:4 servings Level:Easy

Directions

Core and thinly slice 2 fennel bulbs; chop some of the fronds. Peel the cloves from 1 garlic bulb and toss with the fennel and fronds, 1 quartered lemon, 3 tablespoons olive oil and 1 teaspoon each salt and sugar on a baking sheet. Roast in a 500 degrees F oven until golden, about 20 minutes. Toss in 1 pint grape tomatoes; roast until the tomatoes burst, 7 more minutes.

EGGPLANT PIZZA

“Eggplant makes a wonderful alternative to your ordinary pizza crust. I have tons of eggplant from my garden so I make these about once a week! Fun way to get your kids to eat their veggies. I suggest adding pepperoni, mushroom, and peppers.”

Ingredients

2 eggs

1 cup all-purpose flour

1/2 teaspoon salt

1/4 teaspoon ground black pepper

1/2 teaspoon dried oregano

1 large eggplant, sliced into 1/2 inch rounds

1/4 cup vegetable oil

1 (14 ounce) can pizza sauce

1 1/2 cups shredded mozzarella cheese

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Beat the eggs in a bowl. Mix the flour, salt, pepper, and oregano in a 1 gallon resealable plastic bag. Dip each eggplant slice in the egg, then drop the eggplant in the flour mixture one at a time, shaking the bag to coat the eggplant.

Heat the vegetable oil in a large, deep skillet over medium heat. Place the eggplant slices in the skillet to cook, turning occasionally, until evenly browned. Drain the eggplant slices on a paper towel-lined plate. Arrange the eggplant in one layer on a baking sheet. Spoon enough pizza sauce to cover each eggplant slice. Top each eggplant with mozzarella cheese.

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