



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

Hello from the Gardens!

I cannot believe it is already August. It always seems to me that once the Fourth of July has come and gone, so goes summer. I know that the days are getting shorter because my Rooster is not crowing now until about 5:30, so even the chickens are sleeping in a little.



We have had a wonderful dry spell and we were able to get most of the onions out of the ground and drying on wagons. You will begin to see those in your boxes next week. Once they are dry, the reds, whites and sweet onions will hold for a couple of months and the storage onions well into winter. We will also be cleaning the garlic this week as

it looks to be almost dry and so you will be finding some of those in your boxes in the next couple of weeks. I always try to make sure you get garlic when I have given a recipe with garlic in it. The garlic I grew this year that will go into the CSA boxes is called Chesnok - and is an excellent hard neck garlic.

You will also find celery in your box this week. This is not the kind of celery that you cut up and dip, rather one that you will want to cook with. It is extremely flavorful. So if you are not cooking anything requiring celery in the next month, you should simply rinse this, dry it and cut it up. I then put it into ziplock bags and freeze it for the winter soups and stews. Make sure you include the leaves as these will really add that celery taste to whatever you are cooking.

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What's Inside

This is WEEK #8
of the 2017 Season
It's an A 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 8 Produce

Summer Lettuce

Beets

Cabbage**

Celery

Zucchini*

Leek

Green Beans**

Sweet Corn**

Tomatoes

Cucumbers**

Kale

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. 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 head of celery you will find in your box and the summer lettuces. We have a red head and a green bib lettuce in each box for you.

Summer lettuces are different than a Romaine in that they can take a little more heat without bolting and becoming bitter. If you were members of Beaver Creek in 2012, you will remember that lettuces did not make it from the field to your box for the simple reason of heat. It didn't seem to matter what variety I planted, they all bolted and became bitter.

This summer is perfect for lettuces as we have had very cool nights for the most part with few days out of the 80s and no 100 degree days that absolutely will turn any lettuce bitter.

Lettuce leaves are one of the very low-calorie green vegetables. 100 g fresh greens provide just 15 calories. Nonetheless, they are the storehouse of many phytonutrients that possess health promoting and disease prevention properties.

I have planted quite a bit, so you will be getting a couple of heads for the next few weeks to enjoy with your tomatoes, cucumber and soon peppers in a great summer salad!



Celery (*Apium graveolens*) is a marshland plant in the family Apiaceae that has been cultivated as a vegetable since antiquity. Celery has a long fibrous stalk tapering into leaves. Depending on location and cultivar, either its stalks, leaves, or hypocotyl are eaten and used in cooking.

Celery is used in weight-loss diets, where it provides low-calorie dietary fibre bulk. Celery is often incorrectly thought to be a "negative-calorie food," the digestion of which burns more calories than the body can obtain. In fact, eating celery provides positive net calories, with digestion consuming only a small proportion of the calories taken in.

I hated finding this last paragraph on Celery because I had always assumed when I put the peanut butter in the stalk I was not even eating the full calories of the peanut butter - Nuts!

The celery in your box is best suited for cooking and is incredibly flavorful when added to soups. Chop the entire head and freeze it in a ziplock bag for later - you will love the taste of anything you add this to.

Garden and Weather Report

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In late September we will have our fall broccoli and I always make a broccoli celery soup that I freeze as well. I will give you all that recipe again in September. Remember, you can make soup in advance with the fresh broccoli and frozen celery, freeze the soup in ziplocks and enjoy the garden flavors all winter long. I typically make about 6 to 8 gallon ziplocks of the broccoli soup and we finish it off every year.

And, I am certain some of you will be happy to hear, this is the last week of Zucchini. We took it out to help stave off the dreaded squash bug onslaught. They always start in the zucchini as it is the first up and going. There were tons of eggs on leaves, so we just harvested what is in your box and took out the beds. I have one last recipe on page 4 for you, but if you haven't made the zucchini bread or pancakes yet, this is the week! I am not certain I made a point of freezing the zucchini bread in ziplocks for use later - but they stay great for months frozen or a month just in your refrigerator.

The spaghetti squash looks unbelievable this year - lots of large squash ripening and we should have those in a few weeks. They are white right now as you can see below, and once they turn yellow, they are ripe and ready. I love the squash season, so it is important to manage the squash bug population as they can devastate a squash crop. We are spraying organic products frequently to keep them at bay. That will be the first squash in your box, followed by acorn, delicata and then finally butternut!

We will be having our annual Harvest Festival the 30th of September this year which is a Saturday. So make sure you save the date. We will have hayrides for the kids, pumpkins for you to pick up, snacks and of course garden tours!

This Weeks Photo's



Spaghetti Squash to the left and one of the wagons with onions that the Bergs and Debbie B helped get in!



More onions and two beds still in the field.



What's bugging us?

ADDITIONAL RECIPES:

Zucchini Frittata-Eating Well

4 teaspoons extra-virgin olive oil,
1 cup diced zucchini,
½ cup chopped onion
½ cup grape tomatoes, or cherry tomatoes, halved
¼ cup slivered fresh mint
¼ cup slivered fresh basil
¼ teaspoon salt, divided
5 large eggs
Freshly ground pepper, to taste
½ cup crumbled goat cheese
Saute zucchini & onion in 2 tsp oil
Add tomatoes, mint, basil, half the salt and pepper, cook 1 minute
whisk eggs with remaining salt & pepper, add zucchini mix & cheese
Wipe out skillet and add remaining 2 tsp oil, cook until bottom is done - place in broiler to cook top.
Slice in wedges and serve

What's new?

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



Tips & Recipes

Anthony Bourdain's Les Halles Vichyssoise

Shared by CSA Member Kathie Deron - she added that she adjusts the leeks and potatoes based on what is in the box - You will be receiving more leeks in the next weeks.

Servings 6 -

4 tablespoons butter
8 leeks, white part only, cleaned and thinly sliced
2 medium potatoes, cut into small cubes
2 cups chicken stock
2 cups heavy cream
4 fresh chives, finely chopped

1 pinch nutmeg
salt and fresh pepper

DIRECTIONS

In a large, heavy bottom pot, melt butter over medium-low heat. Once butter is melted, add the leeks and sweat for 5 minutes, making sure they do not take on any color.

Add potatoes and cook for a minute or two, stirring a few times.

Stir in the chicken broth and bring to a boil. Reduce heat to a simmer.

Cook on low heat, gently simmering for 35 minutes, or until the leeks and potatoes are very soft. Allow to cool for a few minutes.

Slowly, and in SMALL batches, puree the soup at a high speed in the blender. I used an emersion blender.

Do this bit by bit, never filling the blender too high.

Return soup to the cooking pot and whisk in cream and nutmeg. Season with salt and pepper. Return to a boil, reduce to simmer and cook 5 minutes. If you want to thin soup out, add more broth, if needed.

Transfer soup to the mixing bowl and chill over the ice bath, stirring occasionally. When soup is at room temperature, and only at room temperature, cover in plastic wrap and put into the refrigerator to cool.

Check seasoning, sprinkle with chives and serve in chilled bowls.

This soup DOES get better over time. Keep covered with plastic, not foil in the refrigerator, or it will pick up other tastes.

Celery Soup recipe | Epicurious.com

Combine 1 chopped head of celery, 1 chopped large waxy potato, 1 chopped medium onion, and 1 stick unsalted butter in a medium saucepan over medium heat; season with salt. Cook, stirring, until onion is tender, 8–10 minutes. Add 3 cups low sodium chicken broth; simmer until potatoes are tender, 8–10 minutes.

Purée in a blender with 1/4 cup fresh dill; strain. Stir in 1/2 cup heavy cream. Serve soup topped with celery leaves, olive oil, and flaky sea salt.

Comment: This was so simple to prepare and super tasty - used real fresh celery from farmer's market, cilantro instead of dill and 2 percent milk instead of heavy cream. I was going to freeze leftover, but believe it will be gone before the night is finished.

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