



# Beaver Creek CSA

## your local food connection!

BEAVER CREEK GARDENS  
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### Garden and Weather Report

**H**ello from the Gardens!  
Oh my goodness, do we have tomatoes this week. We went from scratching to find one to an amazing abundance all at once. I will be adding these to pick up locations and at the farm pick up. I don't put them in your box as they do not require cold temperatures. I believe we have harvested about 300 pounds of them.



**W**e also seem to have an abundance of peppers this season and they look terrific. This is the last week for the round Provider beans and the beans in your boxes

this week are a third pick so they will be a little tougher than the earlier beans, but just as tasty.

After all the rain this the last week in July, we have thankfully missed the last couple of storms. This is great for the tomatoes

which are beginning to show the first signs of septoria. I am never concerned about it when it shows up in August as the fruit is set and only needs time to ripen at this point forward. These hot August nights will finish those off and we have tons of green tomatoes still on the plants. Looks like a great year for processing and canning.

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### 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 .

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### What's Inside

This is WEEK #9  
of the 2016 Season  
It's a B Week



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# PRODUCE of the Week



Sungolds and Sunflowers!

Wash your Vegetables before cooking or eating raw.

## Week 9 Produce

Rutabaga\*\*  
Tendersweet Cabbage\*\*  
Sweet Corn\*\*  
Walla Walla Onions\*\*  
Celery\*\*  
Beets\*\*  
Tomatoes  
Green Beans  
Egg Plant  
Summer Lettuce\*\*  
Cucumbers\*\*  
Kale  
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 the Rutabaga. These are considered a root crop and the ones I grow look nothing like a root to me, they are huge. First a little history on this vegetable. No one can say when the DNA of a turnip joined with that of a wild cabbage, but the rutabaga was first found in Europe during the Middle Ages and was eventually put to use as both human and animal food. Sweden was a significant early European supplier of rutabaga, hence the name "swede". Eventually, the rutabaga found its way to England and then, in 1541, to Canada. By the early 1800s, rutabaga crops were common in the northern United States.

The rutabaga was, and is still, associated with poverty and famine, even though it grew and flourished in British royal gardens in the mid-seventeenth century. In England during and after World War II, citizens relied on rutabaga to fill their bellies while so many foods were rationed. Today in England, it is doubtful that the younger generation knows how to cook one.

There is nothing pretentious about the humble rutabaga. It has no attractive red skin like a tomato, no spicy kick like a radish, and no flamboyant deep green and red leaves like the Swiss chard. You will almost never see it on a restaurant menu in the US, and it is often bypassed when offered in the produce sections of supermarkets. Okay, so why do I add it to our crops - beats me! I have added it to soups and stews myself, but I have to tell you that when I asked Ron to cook one, he did his best roasting it like he does sweet potato fries with all kinds of spicy add ons and when he was done his opinion was "it still tastes like Rutabaga!"

So my guess is that if you like turnips and cabbage, you will enjoy this vegetable. It stores forever in a cold vegetable bin, so you can add it later to any fall soup and I am going to put a summer minestrone recipe on page 4 that you can try it in! I have also mashed it with potatoes and it tastes great that way too.

# Garden and Weather Report

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I am going to make my bread and butter pickles this week. The dill pickles are done and I make the bread and butter out of the over ripe cucumbers - which are plentiful. We are putting cucumbers in your box this week, but if I do not go out once a day, they get huge and become pickle material!

We have not yet caught up on the weeding after all the rain, but the onions are out! Thanks to Bill and Patty on Saturday, they were pulled and put on wagons. On Monday, Andy and I hung and bagged for an eternity it seemed like. My guess is that we took out at least 600 pounds of storage onions, another maybe 200 lbs of red and white and the Walla Wallas - I think there were 500 pounds of those as well. I still have a dozen bags filled. If you look closely on the floor of the greenhouse, you can see the bags lined up of dried Wallas with the storage onions hanging and drying above. I think you will be getting the storage onions at the end of the season in bags to keep over the fall. Andy also harvested all the Rutabaga last week and you will see one in your box this week - please read up on this veggie in the Produce of the Week Section!

**SAVE THE DATE!!!** We will be having our Harvest Festival on Saturday, October 1st from 10:00 a.m. to 2:00 p.m. - We will have hay rides for the kids, pumpkins to pick and food to eat.

## This Weeks Photo's



To the left - storage onions drying and below is a dried and ready to eat 2 lb Walla Walla - Yikes!





## What's bugging us?

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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:

#### Rutabaga Mashed Potatoes

We just cubed the potatoes and the rutabaga, boil as you do for mashed potatoes. Rutabagas take longer to cook, so put them in a pot with some boiling water or broth and simmer for 15 minutes. Then add the potatoes, and simmer for 20 minutes. Both vegetables should be fork-tender. Drain, and add salt & pepper to taste, then the butter, and mash.

## What's new?

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



## Tips & Recipes

### Rutabaga Cut into Cubes

The sturdy rutabaga requires a sharp, heavy knife for cutting into halves and thick slices. The rutabaga can be a tough cookie to cut depending on size. Use a heavy, sharp knife and be prepared to put some muscle into the cutting, especially when the rutabaga is larger and older. Cut into 1/2- or 3/4-inch cubes and then boil, as you would cut potatoes, until tender. Cooking time may take as long as an hour if the root is very woody.

Some find the rutabaga's aroma as it cooks to be unpleasant to downright offensive. However, the final cooked rutabaga is sweet tasting (with hardly a hint of bitterness), with a good looking pumpkin color, and lacks the strong aroma present during cooking, although it still smells like a rutabaga. If the smell offends you, well, I hope you can get past that and reap the rewards of a tasty, nutritious treat.

**Total Time: 50 min Prep: 10 min Cook: 40 min**

**Yield: 4 servings**

**Level: Easy**

### NUTRITION INFO: HEALTHY

**Directions:** Toss 1 large peeled and cubed rutabaga with 3 tablespoons olive oil, and salt and pepper on a baking sheet. Roast at 425 degrees F until golden and soft, 40 minutes. Toss with 1/2 teaspoon apple cider vinegar and chopped parsley.

**Recipe courtesy of Food Network Magazine**

### SUMMER MINISTRONE

1 cup ditalini pasta, or any small pasta

1 tablespoon olive oil

2 each leeks, white and greens chopped. Or onions.

3 cups yellow squash, chopped OR RUTABAGA!!!

6 cups vegetable stock

2 cups lima beans or a white bean

1 pound green beans, trimmed and cut

1 cup cherry tomatoes, halved

1/4 cup parmesan cheese, shaved

salt and pepper

Cook the pasta according to package directions.

Heat the oil in large dutch oven. Add the leeks or onions and cook until softened. Add squash and cook until softened. Add vegetable stock, lima beans and salt and pepper. Bring to boil. Reduce heat and simmer for 10 minutes. Stir in green beans, tomatoes and cooked pasta, heat through, top with parmesan cheese

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