



# Beaver Creek CSA

## your local food connection!

BEAVER CREEK GARDENS  
beavercreekgardens.org

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## Garden and Weather Report

### Hello from the Gardens!

If you are new to the CSA this year, welcome. We are looking forward to this year with many new things going on out here. We have added Beaver Creek West to our mix, there is a field of about 15 acres within the 50 acres we leased and we are calling that field CSA West. In that field we will be planting all the winter squash this weekend, melons, dry beans and the remaining strawberry plants (600). We planted 2400 last week at our gardens here. Ron is completing the shed, the bathroom is just about in and almost ready to paint and decorate (my job) and he will be building out the laboratory next.

Speaking of the lab, we have certainly needed our lab equipment this year. With the very cold weather in May, we have had an onslaught of insects in the gardens.



The main headache this year has been cabbage root worm. These are fly larvae that get into the root system of broccoli, cauliflower, kale and any of the "cole" crops that are planted in spring. The fly looks very much like a common house

fly. We have had incidents of this the past six years but nothing like this year. What they do is lay their eggs at the base of the plant and the little larvae (actually called maggots, Yuck) eat the roots and eventually burrow into the tap root of the plant, first wilting it and then killing it.

We are using everything in our organic arsenal but one of the problems is once they have infested the crop, it is difficult to get to them. We are drenching the plants with Pyganic (organic pyrethrum)

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### What's bugging us?

As you have read in the Garden and Weather report – we have the Cabbage Root Worm.



We also have that nasty pest, the flea beetle. They also love the cool wet weather and are much worse this year than in years past. You will notice the tiny bites on the Pac Choi in your box on the outer leaves. Once the plants begin to grow, they move on to younger more tender plants and

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### What's Inside

This is WEEK #1  
of the 2015 Season  
It's a B Week



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# PRODUCE of the Week



## Week 1 Produce

Pac Choi  
Radishes  
Spring Onions  
Romaine Head Lettuce  
Bag of Leaf lettuce  
Bag of greens  
(arugula and broccoli rabe)  
Spinach  
Kohlrabi  
Swiss Chard  
\*everything in Individual  
boxes, smaller amounts

## Storage Information

Everything in your box this week needs to be kept at very cold temperatures. Most folks know the colder spots in their refrigerators. If you haven't given it a thought though, a good clue is that eggs are kept at slightly warmer temps than other items. So if you need to keep something closer to 40 degrees, put it near your eggs. Look at where your freezer vent feeds into your refrigerator, very cold!

**KOHLRABI** The taste and texture of kohlrabi are similar to those of a [broccoli](#) stem or cabbage heart, but milder and sweeter, with a higher ratio of flesh to skin. The young stem in particular can be as crisp and juicy as an apple, although much less sweet. Coloration of the purple types is superficial: the edible parts are all pale yellow. The leafy greens can also be eaten. Kohlrabi stems are surrounded by two distinct fibrous layers that do not soften appreciably when cooked. These layers are generally peeled away prior to cooking or serving raw, with the result that the stems often provide a smaller amount of food than one might assume from their intact appearance. The Kohlrabi root is frequently used raw in salad or slaws. It has a texture similar to that of a broccoli stem, but with a flavor that is sweeter. Kohlrabi leaves are edible.



## FRENCH BREAKFAST RADISH

While some varieties of the French Breakfast radish are round in root shape most are oblong and two to four

inches in length. Whether round or cylindrical, the French Breakfast radish is known for its vibrant coloring which graduates from a vivid fuchsia-red to bright white at the tip. Topped with edible, leafy greens, French Breakfast radishes are very crisp and offer a mildly spicy flavor. Grilling or oven roasting will bring out the subtly sweet and nutty flavor of the French Breakfast radish.

**SPINACH** Spinach first appeared in [England](#) and [France](#) in the 14th century, probably via [Spain](#), and it gained quick popularity because it appeared in early spring, when other vegetables were scarce and when [Lenten](#) dietary restrictions discouraged consumption of other foods. In a 100 g serving providing only 23 [calories](#), spinach has a high nutritional value, especially when fresh, frozen, steamed, or quickly boiled. It is a rich source (> 20% of the Daily Value, DV) of vitamin A, vitamin C, vitamin K, magnesium, manganese, folate and iron (right table). Spinach is a good source (10-19% of DV) of the B vitamins riboflavin and vitamin B6, vitamin E, calcium, potassium and dietary fiber.

Romaine, Leaf Lettuces, onions, greens and Chard - all great in salads!

ALL INFORMATION ABOVE IS FROM WIKEPEDIA OR OTHER INTERNET SOURCES ON PRODUCE.

# Garden and Weather Report

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and under the microscope, it kills the nasty little devils. The plants we have put in the biodegradable mulch this year appear to have escaped, so next year that and row covers will be our attack plan. In the meantime, I should still have broccoli and cauliflower, just not in the number or probably size as past years and it definitely will be later than usual. The good news is that we will be planting fall crops and this particular pest does not like warm, dry weather which is exactly what we typically have when planting the fall broccoli.

We are finally catching up with the planting and seeding this week. We finally caught a break in the weather so that we can get the ground worked and the rest of the spring crop in. This certainly has been a challenging spring, but as I have always said, it is the reason I love this job. It is ever changing and never the same.

We have had a few days of temperatures in the 80 degree range which has really helped the tomatoes and other warm weather crops grow.

We did have a round again with the ground squirrels, but everything seems to have survived that attack as well.

We have only a few beds remaining to transplant. We were able to get the strawberries in both at the farm and the West location. I seeded all the winter squashes, pumpkins and cucumbers over the past week and weekend. Most everything is in, just growing up!

This is a new format for the newsletter this year and I want to thank Amy Kaminski for introducing me to Adobe In Design. Her class last year designed it and Amy has been extremely patient with this old dog teaching it new tricks!

Thank you AMY! And to show my appreciation, I am leaving the photo on the bottom left this week. It is a picture of Amy and her

Mother, Pat Kaminski planting.

We have a beautiful crop of garlic that you will be seeing in garlic scapes and heads of garlic in your boxes this year.

The peas below have really grown this past week, blossoms all over - cannot wait to get these in your boxes!

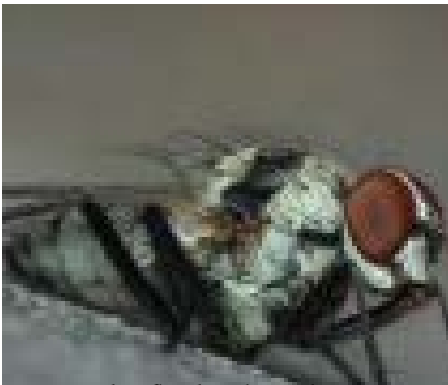


## This Weeks Photo's



To the right is Pat again, harvesting French Breakfast Radishes and Debbie B., washing the leaf lettuce in your box this week.





Here is the fly that lays the eggs that will eat the roots and burrow into the tap roots of broccoli. Not a pretty sight, is he!

Buggin' Us, Continued,

There are always plenty of those in the garden for them. They love Asian greens of any type like Pac Choi and Arugula. Their cycle should finish by end of June and fortunately they do not like lettuce.

I have seen the small white butterflies around all the cabbage, broccoli and cauliflower too. These will lay their eggs in the top of the plant and the larvae (worms) will munch away nonstop. We will be spraying for those next week to keep them from eating top down. If you feel like we are being assaulted, we are. Organic growing the midst of conventional farming provides a lovely oasis for insects that conventionally are not present.

## What's new?

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



## Tips & Recipes

All of the produce that is in your box this week can be chopped and put in salads or juiced. I will give you a few ideas for a couple of the items in case you would like to try something different.

A couple of things I do with the spirited (spicy) greens is cook them with eggs. We love Pac Choi or Broccoli Raab (Rabe) sautéed lightly and added to scrambled eggs or an omelet.

### SHANGHAI PAC CHOI

- 1 Large head of Pac Choi**
- 2 Teaspoons light sesame, canola or corn oil**
- 2 Teaspoons toasted (DARK) sesame oil**
- 2 Teaspoons tamari (naturally brewed soy sauce)**
- 1 Teaspoon rice vinegar (opt)**
- 1 TBSP toasted sesame seeds**

Wash pac choi and cut the leaves away from stalks. Cut stalks into ½ to ½ inch pieces and set aside

Place leaves one on top of the other, roll up and slice into ½ inch strips. Cut in half if they are too long. Set aside.

Heat a large wok over high heat. Add the oil and swirl in wok to coat sides. Do not burn the oil. Add the sliced leaf stalks and leaves and stir-fry over high heat to coat with the oil. Cover for about 30 seconds to create some steam. Check greens and stir-fry until bright green and crisp-tender, 2 to 3 minutes. Add 1 TBSP water, if necessary, to prevent sticking.

When greens are done, season with the toasted sesame oil, tamari and rice vinegar. Garnish with toasted seeds.

### BROILED SALMON ON GREENS

- 1 1/2 lbs Salmon Filets; 2 TBS Dijon**
- 1 tsp. maple syrup; 3 tsp. balsamic vinegar; 6 Cups greens; 5 TBSP. extra virgin olive oil; 4 TBSP white or red wine; salt & pepper to taste.**

Clean greens and set on individual serving plates. Cut fillets into 4 to 6 equal portions. Combine Dijon, syrup, 1 tsp of vinegar. Spread on fillets, broil for 6 to 10 minutes. While fish is cooking, heat olive oil, remaining vinegar, wine and an additional tsp of dijon in small skillet. Drizzle over greens and lay cooked salmon over, serve immediately.

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