



# Beaver Creek CSA

## your local food connection!

BEAVER CREEK GARDENS  
beavercreekgardens.org

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### Garden and Weather Report

**H**ello from the Gardens!

Here we are at the halfway point of the season and we are doing a rain dance this week. Clouds came over that looked very promising on Monday afternoon and it did rain, but it did not even register in the rain gauge. I washed my car, the neighbor watered his lawn and we dropped irrigation lines in some very weedy beds. Nothing seemed to have worked to bring on the rains. We have been irrigating now for two weeks with no end in sight.



This is probably why August is called the dog days of summer. I can remember grass being so dry it hurt to walk on it barefoot. At least the deluge we got in May and June is keeping the grass

and plants such as the Kalettes pictured here looking very lush. I believe the Kalettes are so deep

rooted and were planted in the lowest section of our garden that they will survive this August dry spell.

They certainly look beautiful and the little kale sprouts (remember these are a cross between a Brussels Sprout

and Kale) are about 1/2 inch in diameter on the bottom. We will pinch the tops off and you will find them in your boxes this week or next week. Like Brussels Sprout tops, you can saute these in olive oil, garlic and onion or steam them and add butter, salt and pepper. We pinch the tops so that the growth energy in the plant will go towards filling the sprouts.

You will notice in the pictures on page 3 how dry the soil is in the garden. The dryness caused

• Continued on page 3

### What's bugging us?

Nothing has changed since last week on bugs. I have not yet seen cucumber beetles, but now that we are harvesting the cukes - they are probably around the corner.



I did check the squash at Beaver Creek West and did not see any squash bugs - this was great news as they can be devastating.

I still have not seen the nine spotted moth that lays the eggs of

### What's Inside

This is WEEK #10  
of the 2015 Season  
It's an A Week



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

# PRODUCE of the Week



Italian Flat green beans coming soon!



Trail of Tear Pole Beans

Wash your Vegetables before cooking or eating raw.

## Week 10 Produce

### TOMATOES!!!!

Rutabega

Pac Choi

Garlic

Pepper

Sweet Corn\*\*

Onion

Green Beans\*\*

Fennel\*\*

Cucumber

Basil

\*\* Smaller amts in Individual box

\* Not included in individual box

## Storage Information

Everything in your box this week can be kept at 33 degrees with the exception of cucumbers and peppers. They can be kept in a warmer spot in your refrigerator. The Sweet Corn should be kept in the refrigerator as we have already cooled it. Garlic in the pantry or on your counter. As I mentioned in another section - do NOT refrigerate your tomatoes.

This week we are featuring the tomato. There is so much information on tomatoes on the internet that is very interesting. I am going to highlight some from Wikipedia.

The tomato is native to western South America and Central America.[6] 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.)

There are so many varieties of tomatoes (est. 7500) but the heirloom is making a huge comeback as a result of organic and home gardeners wanting the old flavor they remember. The poor taste and lack of sugar in modern garden and commercial tomato varieties resulted from breeding tomatoes to ripen uniformly red. Heirlooms are seeds that have not been altered.

I grow a both heirlooms and hybrids. The reason for this is to hedge my bets on weather. Some of the hybrids have been bred for flavor and after years of trying many different varieties, I have found several that combine the flavor of an heirloom with the ripening and disease resistance of the hybrid. I believe the Goliath, Big Beef and Mountain Merit that I grow accomplish this. Let me know what you think.



What I find very interesting about the tomato is that there are so many different flavors to work with. You will find a completely different flavor in the Sun Gold Cherry (my nickname is garden candy for this tomato) which by the way is a hybrid of unbelievable flavor, to the San Marzano. The San Marzano is a Roma with the flavor and smell of a pizza restaurant when roasted with garlic and onion.

This fruit was taken to Europe in the 1500s from South/Central America. They did not appear in North America until the 1700s. Thomas Jefferson, who ate tomatoes in Paris, sent some seeds back to America.

About 161.8 million tonnes of tomatoes were produced in the world in 2012. China, the largest producer, accounted for about one quarter of the global output, followed by India and the United States. For one variety, plum or processing tomatoes, California accounts for 90% of U.S. production and 35% of world production.

So as you can see, that little tomato in your bag is just a small burst of flavor in the big business of tomatoes. I, for one, never feel a summer is complete until I have had sliced tomatoes with an ear of sweet corn - ENJOY!

# Garden and Weather Report

continued from page 1

the fennel in your box to bolt (going to seed). It puts the energy and moisture from the bulb into the flower to set seed. I cooked it to make sure it was still good to eat and it is.

Although we are irrigating, the soil dries very quickly on top. We actually took lines out to Beaver Creek West this week and are watering and adding our terreplenish cocktail to those plants. They look great and there are plenty of little squash on the vines. The spaghetti squash is quite large already and it looks like we might see those in boxes the first of September.

We are harvesting tomatoes now every day so you will be seeing those in the weeks to come. I will probably be putting them in brown paper bags and sending them to you at your pick up sites. We have many varieties and I have had several BLTs already. They taste great. The ones that always taste best are my ugly tomatoes. These are the heirlooms and they are never very pretty but boy do they taste good. So if you get an ugly one - just slice it as best you can and enjoy.

As you may notice on the pictures below - the plants do not look well at all. This is due to the very wet and cool June/early July that we had. They all have septoria which is in the soil and loves cool wet weather. But the plants have fruit and the fruit is ripening just fine. They taste great which is the important part. You will find variety in your bags this week - we do have some Black Krim, Black Brandywine and Black Tula that are coming off in addition to Goliath, Big Beef and Mountain Merit. There are a couple of plants that have large orange tomatoes and these taste excellent. Sure wish I could remember what they are! I will have to go back and see what seeds I ordered. Remember - DO NOT put tomatoes in the refrigerator. They lose their flavor if they are cooled below 55 degrees and most fridges are much colder than that! Leave them on the counter until you are ready to slice. You can slice and chill for 30 minutes before eating.

## This Weeks Photo's



Yes, these are weeds in the tomatoes and the brown leaves are from septoria. We sprayed a copper spray a few weeks ago to stop the septoria. New growth looks good and there are still tons of blossoms on tops.



No need to tell you what this is!



### What's bugging us?

the Tomato hornworm. I am totally expecting those this year because this is the year that tomatoes seem to be the target of absolutely everything! I will keep you posted on those.

On the Monarch butterfly watch, I have seen more of them this week. They were all over my zinnias this morning and I saw several when we went to Beaver Creek West to irrigate the squash.

I also went out to the pie pumpkin patch to make sure pollination was going good - I found at least one honey bee and sometimes three in each giant blossom. It looks like a banner harvest for the pie pumpkins this year.

### What's new?

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



## Tips & Recipes

### Cucumber Tomato Salad

Tomatoes, Cucumber, Red Onion, Basil, Feta Cheese & Zesty Italian Olive Oil Dressing

I slice the tomatoes, cucumber and red onion and layer on a plate or platter. Chop the basil, crumble the Feta Cheese over and dress with the Italian Dressing. Let it chill for a couple of hours in the refrigerator and serve.

**In Week 7 I put in a Rutabega and Fennel recipe for you. Here is another Fennel Recipe with Green Beans.**

### FRESH GREEN BEAN AND FENNEL WITH FETA

1 pound fresh green beans, trimmed  
1 fennel bulb, cut into thin slices  
1/4 cup extra-virgin olive oil  
2 tablespoons chopped fresh basil leaves  
salt and pepper to taste  
1/4 cup crumbled feta cheese

Fill a saucepan half full with water and bring to a boil. Add the green beans and fennel slices; cook until just beginning to become tender, about 4 minutes. Pour into a colander to drain and run under cold water to stop the cooking process.

Return the empty pan to the stove and set heat to medium. Pour in the olive oil and let it heat for a minute. Return the green beans and fennel to the pan. Season with basil, salt, and pepper; cook and stir until coated and warm. Transfer to a serving dish and toss with feta cheese.

I went ahead and made the Green Bean Fennel & Feta. It was excellent. I decided to try it before sending this as the fennel in your box had bolted and I wanted to make sure that it still tasted good, and it does. You may want to cook an extra minute because of this though.

You can always cook the sweet corn, slice the tomato and just eat simply the best of summer with a Pac Choi salad on the side! This is the best time of the year for eating simply.

Cheri D

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