



# Beaver Creek CSA

## your local food connection!

BEAVER CREEK GARDENS  
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### What's bugging us?

I thought I was going to have to repeat for another week of what is bugging us, but thankfully (NOT) I have an new little bug to talk about this week. I went out to take pictures of the blossoms on the egg plants (left) and the egg plants for you when I noticed a very fat orange beetle on the leaves of several plants. These are Colorado Potato Beetle, picture on page 4.  
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## Garden and Weather Report

**H**ello from the Gardens!

I am writing this on Monday as I am RAINED OUT just as I was getting ready to weed. What a break that was. Although there are some beds that the weeds are taller than me (which is not a big deal because most everything is taller than me) I am not even going to tackle those. We are just letting some go as it is impossible to get to them at this point. One of those beds is a beet bed and I did look at the beets today and found some huge ones. Obviously the weeds did not hurt the Cylindra Beets! But they did hurt the carrot beds. Carrots just cannot compete against weeds which is why they are so difficult to grow.



What I am keeping up with are the late summer crops like the green beans and fall crops, broccoli and cauliflower. With the rain I was finally able to seed some fall lettuces for you too. It is getting close to the end of time to seed anything. Most lettuces will come up and be ready in 6 weeks though.

We received about .75 inches on Friday and Saturday. Interestingly, we only received about a tenth of an inch at Beaver Creek West where our squash and pumpkins are. Hopefully these next few days of rain will hit over there. It was really amazing to watch on Saturday, the rain actually formed overhead and poured on us, not showing up on radar until after it had passed over us. That is really something to see out here.

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### What's Inside

This is WEEK #11  
of the 2015 Season  
It's a B Week



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# PRODUCE of the Week



Egg plant - coming soon!



Winterbor Kale

Wash your Vegetables before cooking or eating raw.

## Week 11 Produce

**TOMATOES!!!!**

Pac Choi or Broccoli Raab

Beets

Pepper

Sweet Corn\*\*

Onion

Kohlrabi

Cabbage

Cucumber

Kale or Kalette Tops

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. Basil in a zip lock in the refrigerator. As I mentioned previously - do NOT refrigerate your tomatoes.

This week I would like to continue on with information on tomatoes and I we are also featuring it's companion, basil.

Aztecs and other peoples in Mesoamerica used the fruit in their cooking. The exact date of domestication is unknown: by 500 BC, it was already being cultivated in southern Mexico and probably other areas. The Pueblo people are thought to have believed that those who witnessed the ingestion of tomato seeds were blessed with powers of divination. The large, lumpy variety of tomato, a mutation from a smoother, smaller fruit, originated in Mesoamerica, and may be the direct ancestor of some modern cultivated tomatoes.

Spanish conquistador Hernán Cortés may have been the first to transfer the small yellow tomato to Europe after he captured the Aztec city of Tenochtitlan, now Mexico City, in 1521, although Christopher Columbus, a Genoese working for the Spanish monarchy, may have taken them back as early as 1493.

So you see, although we associate the tomato with Italy, it was in the Americas first and brought to Europe by the early explorers of American Continents.

However, the tomato's ability to mutate and create new and different varieties helped contribute to its success and spread throughout Italy. And so we now have San Marzano, Umberto, Genovese, and Italian Pear to name a few famous ones.



Tomato loves heat and so it developed quickly in the southern areas of the U.S. and that is also why the Italians took to this amazing fruit as their climate is perfect for growing.

Basil is an herb that just goes so well with tomatoes. Many growers actually grow their Basil in the same bed as their tomatoes, they are excellent companion plants in the field and on the plate!

Basil is possibly native to India, and has been cultivated there for more than 5,000 years. It is a half-hardy annual plant, best known as a culinary herb prominently featured in Italian cuisine, and also plays a major role in Southeast Asian cuisines of Indonesia, Thailand, Malaysia, Vietnam, Cambodia, Laos, and Taiwan. Depending on the species and cultivar, the leaves may taste somewhat like anise, with a strong, pungent, often sweet smell.

Basil is most commonly used fresh in cooked recipes. In general, it is added at the last moment, as cooking quickly destroys the flavor. The fresh herb can be kept for a short time in plastic bags in the refrigerator, or for a longer period in the freezer, after being blanched quickly in boiling water. (Wikipedia)

# Garden and Weather Report

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This will be the last week for sweet corn and you may have noticed last week that it was smaller in length. This is due to the lack of rain for the last month. The corn filled beautifully and tasted great, it was just smaller in size and probably will be as well this week. Some other effects of the lack of water are things like cucumbers. They are coming in, but certainly need the water from mother nature to really get going. We watered all the beds the last 3 weeks, but there is nothing like an inch of rain per week for growing vegetables. We continue to get rain into Monday evening and it looks like we will get our inch for this week - yippee!

Once again I will put basil in your boxes to go with the tomatoes. On the last page I have pictured a black heirloom tomato. These are often times really strange in their shape. To maximize for slicing, if it is really large like the one pictured, I sometimes cut it in half through the core and then cut half slices. It works much better and you will get more tomato that way.

Some of you will get the Kalette tops. If these are anything like the tops of Brussels Sprouts, they should taste amazing. You may want to saute these in olive oil with onion or garlic or just steam them in a little water on the stove. I will be trying them this week for the first time as well. You could also add in the broccoli raab or pac choi for additional flavor with the Kalette tops. This is the first year for these, so welcome to my world of experimenting with the unusual or new. If you come up with something great, please make sure you drop me a line to let me know so that we can share with everyone.

We should be getting some egg plant soon in addition to some different green beans. Watch this space for my annual talk on the Cherokee Trail of Tear beans and the beans from Terra Del Fuego, South America!

**SAVE THE DATE - SATURDAY OCTOBER 4TH.** We will have our annual Customer appreciation, worker appreciation Harvest Festival on this date - details coming in subsequent newsletters!

## This Weeks Photo's



I put flowers in your box almost every week. These will become green beans in the next two weeks. Notice the different colors, the one on the left is a Royal Burgandy and below is Tongue of Fire (pink striping on bean). Flowers reflect the color of the fruit!



These are not the adults but the larvae which is what I found on the eggplant.



### What's bugging us?

Colorado potato beetle females are very prolific; they can lay as many as 800 eggs. The eggs are yellow to orange, and are about 1 mm long. They are usually deposited in batches of about 30 on the underside of host leaves. Development of all life stages depends on temperature. After 4–15 days, the eggs hatch into reddish-brown larvae with humped backs and two rows of dark brown spots on either side. They feed on the leaves and are easy to squish when you see them. - UGH. But that is what I did in addition to spraying neem oil which suffocates them. They are resistant to insecticides.

They can completely destroy the leaves of potatoes or egg plants, a favorite host plant.

### What's new?

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



## Tips & Recipes

### Cucumber and Kohlrabi Salad

- 3 medium sized kohlrabi, exteriors trimmed, cut into bite sized pieces
- 1 whole cucumber, seeds removed, cut into bite sized pieces
- 4 radishes, ends trimmed, cut into bite sized pieces
- 1 clove of garlic, minced into a paste
- generous pinch of salt
- generous pinch of cracked black pepper
- 12 leaves of fresh mint, finely chopped
- 4 tbsp plain Greek yogurt
- 2 tbsp Mexican crema, or sour cream
- 2 tbsp Tahini paste
- 1/2 lemon, juiced
- 1/2 tbsp olive oil

Start by getting all of your ingredients ready. Next, add the tahini, yogurt, crema, lemon juice, olive oil, and salt and pepper to a mixing bowl. Mix well to make your dressing.

To another, larger bowl, add the kohlrabi, cucumber, radishes, garlic, and mint. Stir well. Pour the dressing all over the vegetable mixture, continuing to mix to coat all of the vegetables. Pour the mixture into a sealed tight container and place in the refrigerator for at least two hours to let all of the flavors come together.

I am certain that you can add or subtract ingredients from her recipe, be creative. I have put one huge Kohlrabi in your box which is about the size of 2 or 3 medium ones. I am definitely going to try this recipe. Don't forget to try grilling your Cabbage - quarter it, tuck in some garlic cloves, butter and season it and wrap in heavy duty foil. Grill 1 hour -



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