



# Beaver Creek CSA

## your local food connection!

BEAVER CREEK GARDENS  
beavercreekgardens.org

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### What's bugging us?



Squash bugs this week are on the pumpkin plants that we have here, so far none at Beaver Creek West although Ron took the big guns with him over there today just in case. The big guns are Pyganic and Neem Oil. I sprayed the little stinkers and they scattered so obviously they did not like my organic cocktail. Ron also squished some with his thumb!!!!

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## Garden and Weather Report

**H**ello from the Gardens!

"When the winds of November come early . . ." well maybe not as cold as November but it definitely feels like late September at least. We didn't have to turn on the furnace only because in may later years Ron says I am the furnace!! After about 3.5 inches of rain over 3 days, I can safely say we are good for awhile. Everything loved the deluge except workers that had to go on in the mud!



Things are at least growing again. Sometimes a crop will just "tread water" waiting for rain and once we get it - look out because not only do green beans, squash, egg plant and others grow, but the weeds do too, unfortunately. I am giving this year to the weeds.

**SAVE THE DATE - SATURDAY OCTOBER 3rd.**  
Please note that I had the 4th in last week's news and the correct date is the **THIRD!** We will have our annual Customer appreciation, worker appreciation Harvest Festival on this date - details coming in subsequent

newsletters!  
You will notice on page 2 that I have listed Egg Plant or Cauliflower. It took the rain last week to get these two crops moving the right direction and as you can see by the photos, we do have many egg plants coming, but they are still small. The cauliflower is putting on heads and we will mix these two this week, but by next week everyone should be able to get both! I cannot hold the Egg Plant as it

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### What's Inside

This is WEEK #12  
of the 2015 Season  
It's an A Week



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Raspberries, loaded and coming!



Pumpkin on a Stick (eggplant)

Wash your Vegetables before cooking or eating raw.

### Week 12 Produce

**TOMATOES!!!!**

Head Lettuce

Beets

Tomatillo Bag

w/Jalapeno peppers

Egg Plant or Cauliflower\*

Onion

Kohlrabi\*\*

Cabbage\*\*

Garlic

Kale\*\*

\*\* Smaller amts in Individual box

### Storage Information

Everything in your box this week can be kept at 33 degrees with the exception of egg plant, tomatoes and peppers. They can be kept in a warmer spot in your refrigerator. - do NOT refrigerate your tomatoes. You can take out the onion and garlic and keep on the counter until you use them.

# PRODUCE of the Week

This week I am shortening the produce information so that I can include additional recipes for you. We have an abundance of Kohlrabi this year. Every year certain vegetables seem to just do better and this year is no exception. We have had great Romaine Lettuce, green beans, peppers and kohlrabi. So to help you utilize everything in the box, I am going to give you some additional recipes for those items, beginning the hot peppers and kohlrabi this week.

Compared to other chillies, the jalapeño heat level varies from mild to hot depending on cultivation and preparation. The number of scars on the pepper, which appear as small brown lines, called 'corking', has a positive correlation with heat level, as growing conditions which increase heat level also cause the pepper to form scars. Jalapeños are a good source of vitamin A and vitamin C, ripe red jalapeños being higher in both than green though the nutritional values given are for raw green jalapeño which is still a good source of both. Jalapeños are considered to be high in antioxidants and are lower in capsaicin and in flavonoids than other peppers, but as they are often eaten green are higher in chlorophylls compared to other peppers. Jalapeños are higher in vitamin E, vitamin K, and vitamin B6 than other peppers.



Tomatillos originated in Mexico and were cultivated in the pre-Columbian era.[1] A staple of Mexican cuisine, they are eaten raw or cooked in a variety of dishes, particularly salsa verde. The fruit can be several colors when ripe, including yellow, red, green, or even purple. Tomatillos are a key ingredient in fresh and cooked Mexican and Central-American green sauces. The green color and tart flavor are the main culinary contributions of the fruit.

Now combine these two for green salsa, add a little garlic, cilantro and onions - ohh la la!

### GREEN SALSA

1/2 bunch of cilantro

1 lb tomatillos (in bag)

1 Jalapeno

1/2 bulb of garlic

1/2 onion

1 lime squeezed - Slice the tomatillos in half and place on a baking sheet skin up. Roast the garlic and tomatillos until they begin to brown, add the rest of the ingredients in a food processor, blend and chill in the refrigerator before eating. I always place mine in 1/2 pint or pint jars and store for months - Serve with Tortilla Chips. You can also cut fresh tomato into it when you serve.

# Garden and Weather Report

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needs to be harvested and given out to you. It will store in cooler temperatures, but not for long so if you got one, make sure you use quickly. When I have only one egg plant, I typically just slice it, salt it and let it stand for about 1/2 hour and then saute in olive oil. You can roll in egg and flour too - more calories but very good!

In our Produce section this week I am going to put in additional recipes. I am calling this our HOT week for veggies. In your box are tomatillos that I use to make up Green Salsa and is so easy to make. I actually made some last year and it was in the fridge all winter. Ron used it recently on top of a pizza - gave it a great little bite if you like that on pizza. I am also putting in a recipe called Cowboy Candy. This calls for about 1 pound of Jalapenos and if you want to make this recipe, please email me and I will put it the pound of Jalapenos in your next box. I tried a jar of this last year and it is delicious - serve over cream cheese - YUM!

We harvested both the Kohlrabi bed and the Beet bed this Saturday which was difficult as the weeds had pretty much overtaken these two, especially the beets. We have removed the leaves from the Kohlrabi and probably will be doing the same with the beets as I noticed that the Beet leaves did not look great. They need to be fresh, green and unmarked for juicing, which with the recent dry spell, they are not. You may notice that your beets are more cylindrical than round and that is the type of beet called "Cylindra." Aptly named!

With the days shortening (seems like an hour on both ends) crops like beans take longer to mature as they sun sensitive, not heat. So although we had tons of blossoms last week, we have beans but they are about a week away. I am also skipping peppers this week even though there are a ton on the plants. They are beginning to turn colors and I would like to get a color variety to you this year. This year has been great for peppers and green beans. The fall crops are on schedule for broccoli in September! I love fall broccoli. We will also have Brussels Sprouts, Kalettes and fall squashes coming!

## This Weeks Photo's



This is a sweet pepper turning red to the left and below if you look closely you can see five egg plants that are on one plant - so it won't be long before you will get enough to make some Baba Ghanoush.



These are Squash bugs on my pumpkin pie pumpkins - I went after them!



### What's bugging us?

We still have a few Colorado Potato Beetle larvae on the Egg Plant but I believe the Neem pretty much did them in last week and I have just squished the few I find when I am harvesting the Egg Plant. I did notice that they are not on the Pumpkin on a Stick Egg Plants, thank goodness.

Organic protocols for bugs work, but you have to be diligent and keep after everything. It is not like conventional farming when you send a giant sprayer in that kills everything in sight! I have to admit that I am jealous sometimes of how easy that aspect is for the conventional farmer, but they have other issues to deal with!

Flea Beetles are still everywhere - winter will get them!

### What's new?

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



## Tips & Recipes

### Cowboy Candy Recipe

1 LB of fresh jalapenos	2 Cups sugar
2 TBSP mustard seed	2/3 Cup Cider Vinegar
1/4 tsp tumeric	1/4 tsp celery seed
1 TBSP garlic powder	1/4 tsp cayenne pepper

Slice jalapenos. Mix vinegar, sugar, tumeric, celery and mustard seed, garlic, and cayenne to boil. Reduce the liquid for 5 minutes to a simmer. Add jalapenos to the syrup and simmer for 5 minutes. Remove jalapenos from liquid with a slotted spoon into a bowl. Pack into sterilized canning jars with jalapenos first using a spoon, or a small spatula to press into the jar. Add liquid filling the jars leaving a 1/4 head space. Process in a water bath for 15 minutes. Makes 2 pints.

### Roasted Kohlrabi

4 Kohlrabi Bulbs
1 TBSP Olive Oil
1 Clove Garlic Minced
Salt & Pepper to taste
1/3 Cup grated parmesan Cheese

Preheat an oven to 450 degrees F (230 degrees C).

Cut the kohlrabi into 1/4 inch thick slices, then cut each of the slices in half. Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat. Spread kohlrabi in a single layer on a baking sheet.

Bake in the preheated oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly. Remove from oven and sprinkle with Parmesan cheese. Return to the oven to allow the Parmesan cheese to brown, about 5 minutes. Serve immediately.



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