



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
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Garden and Weather Report

Hello from the Gardens!

We got a wonderful 1 inch rain Friday evening into Saturday morning. Gentle and soaking is how I would describe it and it did wonders for the green beans, newly planted lettuces and other crops in the field. The tomatoes and egg plants, however, need the heat of this week - I certainly do not! I just melt in humidity and temperatures above 85 degrees. So here I go "melting" this week. We have many tomatoes on the Big Beef, Goliath and Mountain Merit row that with this heat will hopefully finish out. We have noticed that the blossoms are gone on these and that the tomatoes appear to be shutting down.



We should have several more weeks of them based on what I see on the plants, but it will be a shorter than normal season this year. The plants are not as tall and this is certainly a result of the cool wet six week period in June through mid July.

But what Mom Nature takes away, she gives back in spades

in other crops, like the green beans. We harvested about 30 pounds this morning just from the first picking of the bed of round beans that you have been getting all season (Provider Beans) and we will be harvesting Italian Flat Beans on Tuesday with the Tongue of Fire that are pictured on page 2. So everyone will once again get their fill of beans this week. I do not know which variety will be in your box - it will be a surprise.

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What's bugging us?

Well well well, I was harvesting Sun Gold tomatoes when I found my first Tomato hornworm but it was totally covered in little white lice looking things (see picture on page 4). I had looked these up once before but could not remember what they were exactly so I went back to Google again. They are the cocoons (larvae) of the Braconid Wasp.



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What's Inside

This is WEEK #13
 of the 2015 Season
 It's a B Week



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Last of the Lettuces!



Beautiful Color in the store!

Wash your Vegetables before cooking or eating raw.

Week 13 Produce

TOMATOES!!!!

Beets
Cauliflower
Onions **
Kohlrabi**
Green Beans**
Celery**
Garlic
Peppers**
Berries
Kale**
Eggplant??

?? May be in your box

** 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 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 we are featuring two of the varieties of green beans that you will be finding in your boxes this week and in later weeks. The first is pictured on the right. It is the Tongue of Fire shelling bean. This bean currently looks like the picture. We will not harvest it until it is more mature.

The Tongue of Fire shelling bean was originally collected from Tierra del Fuego on the tip of South America.

The Tongue of Fire shelling bean is an Italian heirloom variety of *Phaseolus vulgaris*, and may also be referred to as Borlotto Lingua di Fuoco. It is a bush bean that is often compared to the Cranberry bean. The definition of a shelling bean is any bean that is grown primarily for the edible seed inside. Most often the pod is not eaten, because it is too fibrous to consume. Thus, most shelling bean crops are harvested when the pods and beans inside are dry, just before the pod shatters.

So with this bean, we have harvested them and cooked them, but they are best when left to mature and used in recipes as a shelled bean.

We will be letting this bed of beans mature and will provide them to you in the pods ready to shell.

Tongue of Fire w/Garlic and Parmesan

3 cups Tongue of Fire beans
2 carrots
2 stalks celery
1 onion peeled and studded



1 bunch fresh herbs of choice tied together in a bouquet garni
parmesan cheese
parsley chopped
3 cloves garlic minced
2 Tb lemon juice
salt and pepper to taste
6 Tb olive oil -

Rinse and soak beans overnight in cold water. Rinse and put in a pot of water with the vegetables, bring to boil and simmer for 45 minutes to an hour.

Let cool and combine lemon juice, garlic, salt and pepper, slowly whisk in the olive oil.

To serve, drain beans and pour vinaigrette over, top with parmesan and parsley.

Our next bean is the Italian Jumbo Flat bean that some of you may find in your box this week. These are amazing just cooked in garlic, onion, olive oil with salt and pepper to taste.

They have a different flavor than the Provider round bean and were one of my Aunt Sue Goss's favorite green beans. I grow them every year thinking of her as I plant, harvest, prepare and then eat.

Beans are an amazing crop. They can be used in so many different ways and are truly beneficial to grow as they will fix nitrogen in the soil.

Garden and Weather Report

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But you can cook them both the same. I absolutely love to sautee the Italian Flat beans in olive oil, garlic and onion - excellent way to prepare.

CELERY - in your box is really cooking celery. Chop and freeze for use in the fall and winter! Chop leaves and everything to get the best flavor. Ron and I use it year round in all our soups, it tastes amazing fresh or frozen.

The egg plant is growing so slowly, but hopefully with the heat this week we will get enough to put in all the boxes. What I will do though if there is not enough, is give them to a specific group and I am keeping track so that you all get some this season. So if your box doesn't have them in - no worries you will find them in another week.

We did the Green Salsa recipe with Tomatillos last week and so for this week, I will have bags at each delivery so that if you did not get a box last week you will have them this week separate from the box. I will mark the bags TOMATILLOS and send the tomatoes separately. There will be enough at each delivery point for all those B subscribers that did not get them last week. Some of you have requested an additional pound of Jalapenos to make the Cowboy Candy recipe - make sure you send me an email for this and these I will add to your box and put your name on the box so if you ordered the peppers, look for your name!

The rain did amazing things to the Cauliflower that is in your box this week - it is huge and looks great. It is a different variety than the one I plant in the Spring. We will have more in the fall too, hopefully. Cauliflower is a funny crop - it loves wet weather and although we irrigate and make sure it gets an inch a week - it just loves that stuff that falls on it directly from overhead!

SAVE THE DATE - Our Harvest Festival will be Saturday, October 3rd and the time will be from 10:00 a.m. until 2:00 p.m. - Refreshments, pick up your pumpkin, hayrides and of course visit the chickens!

This Weeks Photo's



John Jones planted the mums for me this past Friday, I guess that means that Fall is in the air?

The Eggplant below is one of the few that were big enough to pick for you last week!



These are the little larvae cocoons on the hornworm I found in my ecologically balanced garden!



What's bugging us?

The white projections are the larvae of the braconid wasp, *Cotesia congregatus*. Larvae that hatch from the wasp's eggs, which are laid on the hornworm, feed on the inside of the hornworm until the wasp is ready to pupate. Such "host" hornworms should be left in the garden in order to conserve the beneficial parasites. The wasps will kill the hornworms when they emerge from their cocoons. They will also seek out other hornworms to feed upon and kill.

Mother Nature taking care of things again! And do not scream if you notice a host-hornworm on your tomato vines. For it means your garden is ecologically balanced, thanks to your non-use of pesticides.

What's new?

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



Tips & Recipes

If you still have cabbage in your refrigerator from the last couple of weeks, my cousin Deborah Stoddard gave me this recipe and it looks delicious:

Unstuffed Cabbage Rolls

1 1/2 to 2 lbs of ground beef or ground turkey
1 large onion chopped
3 cloves of garlic minced
1 cabbage chopped (1/2 head if it is a large cabbage)
2 cans low sodium diced tomatoes or you can dice up the ones in your box this week (1 can of regular, 1 can fire roasted)
1 8 oz can of tomato sauce
1/2 Cup water - salt and pepper to taste

Brown ground beef and onion in olive oil. Add garlic and saute for one minute
Add all other ingredients
Bring to a boil, cover and simmer 20 to 30 minutes.
You can add a cup or two of cooked rice
The entire pot is just 7 Weight Watcher points!

Now if you want something to do with the other half of the large cabbage, this comes of Desi Munch - subscriber and worker share!

1/2 head of cabbage, chopped
1 Cup of celery diced
1 cup white or yellow onion, diced
1 cup carrots, diced
1 green bell pepper, diced
2-3 cloves of garlic, minced
4 Cups of chicken broth
14 oz can basil, oregano, garlic diced tomatoes
1 tsp oregano; 1 tsp basil
1/2 tsp red pepper flakes - few shakes of black pepper; salt to taste (opt)

Heat olive oil in large pot over medium heat. Add celery, onions, bell peppers and carrots. Saute until slightly tender. Stir in garlic, pour in chicken broth. Stir in tomatoes and cabbage. Bring to a boil and then reduce heat. Cook until cabbage is tender. Stir in oregano, basil, red pepper flakes, black pepper and salt. Taste broth and adjust seasoning if needed.
Serve and enjoy! Makes enough for 3 days and keeps for 3 days in fridge.

KEEP these recipes as we will have some more cabbage (storage and red) coming a little later in the season. Both of these cabbages can be stored in the fridge for a few months so that you can make these two recipes when it is a little colder. They both sound like a great meal on the cool autumn day.

Please remember that if you have a favorite recipe - I love to share with the rest of the group. Just email it to me and it will appear!

Have a great week.

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