



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
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Garden and Weather Report

Hello from the Gardens!

We received about 1.3 inches of rain with the slow moving front coming through finally to relieve the heat. I for one do not appreciate 7 days in a row with the heat and humidity.



I am not a fan of air conditioning and it has been running for over a week. I plan to turn it off tonight and hopefully for the season. I love the fall weather and look forward to the change of seasons.

We did manage to get the last of the lettuce that was pictured last week into the ground before the rain. I have it planted close by so that if we get an early frost it will be easy to cover and protect. I also seeded some radishes, arugula, mizuna and spinach for the fall.

It is a little late to be planting seeds but radishes and arugula come up and are ready inside of a month.

Baby arugula tastes great and would be a nice addition to our fall lettuce mixes.

I have put photos in from week 8 of the Trail of Tear beans and the fall broccoli so you can see what transpires out here

in a mere six weeks. We have over 550 broccoli plants and they look wonderful compared to the spring broccoli so I am anticipating some really big beautiful and tasty heads for you in a week or two.

You will notice on the produce list that I have listed Cauliflower or Cabbage and Egg Plant or berries. We still do not have enough large egg plant to get one in everyone's box this week. I would rather do the either or and give big ones.

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What's bugging us?

So in addition to the hornworm attacking the tomato plants, we also have the lovely picnic bug boring it's way into tomatoes that are very ripe and raspberries in all stages of development.



We harvested a ton of raspberries and took them all off at one point hoping that the bugs would find something else, and they did! They went on the unripe berries.

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What's Inside

This is WEEK #14
of the 2015 Season
It's an A Week



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PRODUCE of the Week



Week 3 Fall Broccoli



Week 14 Fall Broccoli!

Wash your Vegetables before cooking or eating raw.

Week 14 Produce

Cauliflower or Cabbage**

Onions **

Kohlrabi**

Green Beans**

Celery**

Peppers**

Berries or Egg plant

Spaghetti Squash**

Kale**

Tomatoes

** 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 squash and keep on the counter until you use them.

Although I am not putting Cherokee Trail of Tears in your box this week, I am going to talk about the bean. We will probably put these in some of the boxes next week and the rest will be harvested as a dry bean. I tell this story every year for all the new subscribers as I feel it is an important segment of the history of this country.

Between 1830 and 1850, the Chickasaw, Choctaw, Muscogee, Creek, Seminole and Cherokee peoples (including European Americans and African American freedmen and slaves who lived among them) were forcibly removed from their traditional lands and relocated further west. The Native Americans suffered from exposure, disease, and starvation while enroute, and many died before reaching their various destinations. The Cherokee Nation removal in 1838 (the last forced removal east of the Mississippi) was brought on by the discovery of gold near Dahlonega, Georgia, in 1829, resulting in the Georgia Gold Rush. The Cherokee was divided into thirteen groups, the last of which was led by John Ross, who had negotiated the nation's emigration contract with the Van Buren administration. Approximately 2,000-6,000 of the 16,543 relocated Cherokee perished along the way.

The seeds for this bean were given to several seed companies that had been passed down by the Cherokee ancestors.



The picture above is of the beans and they are amazing in soups. They should be dried in a couple of weeks and I hope to give each of you some in your box to use with any recipe that calls for Black Beans. They hold their shape. They taste okay as a green bean in the pod, but are amazing as a shelled or dried bean.

You will also find in your box Spaghetti Squash this week. Make sure it is yellow before you cut and eat it. Some of the ones we took out were not quite ripe but they will continue to ripen off the vine. It was mighty hot when we were harvesting and I believe my help (Ron) was a little aggressive in his selection!

This squash is pretty amazing in that you can actually substitute it for pasta to save calcs and carbs. You can cook it by cutting it in half and placing it on a baking sheet in a little water. Bake it at 350 for about an hour and use a fork to get the squash out of the shell which then makes a nice noodle looking presentation. Pour a red sauce, marinara or whatever you like over it and it will taste great as an alternative to spaghetti noodles, thus the name, Spaghetti Squash.

Garden and Weather Report

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I want to make sure that everyone gets egg plant so I have a list of where it has gone the last two weeks. There are still blossoms so if we do not have an early frost, we could have this working this way for several more weeks. The Cauliflower is a late planting of a spring variety that I did not plant a lot of. I do not want to waste the last 40 heads. Most of you will get cauliflower, a few will get Savoy or Red Cabbage. Remember, you can just shred the cabbage and add to any salad. I do know how many of you go to Costco, but my winter go to salad comes from there and it is Kale Salad that features cabbages and other types of greens like cabbage in it. They add dried cranberries and seeds to it, it is delicious.

As we are winding down this season, I have to say it has been an interesting season so far. This is my 7th year and the first year we nearly drowned in June followed by a mini drought in July and August. If this is climate change as Ron insists, I am not liking it for vegetable production. It has been a challenging year to say the least. But if every year was like last year or 2013, it would not be as fun. Part of what I enjoy is the challenge and the old farmer saying of "wait until next year, it will be the best year yet." I have already selected the tomatoes for next year and a new plan for carrots to make it easier to get those to you. I am going to contract locally for melons, so you see, we are not done with this year and next year is already in the works!

I love what I do, growing healthy food for about 90 families - I look forward to the finish of this year and then on to 2016!

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



This is what the Trail of Tear Beans looked like in Week 8 to the left - and below was taken today. Amazing what six weeks can do! This has been a great year for green beans - any variety!



This is an enlargement of the picnic bug (beetle) that are plaguing my raspberries and tomatoes.



What's bugging us?

We took off the almost ripe and the ripe and they just simply moved to the next berry. They are such a nuisance and received their name from someone with a real sense of humor. They supposedly show up at a picnic the minute the food comes out and I believe that to be true.

When you open your berries, make sure you rinse them. We try to get the berries with no picnic bugs, but those little devils hide way down in the tip of the berry. We do not wash these, but harvest them right into the containers as they will stay fresher for you without being washed. Make sure you wash before eating or you may find some protein you had not planned on!

What's new?

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



Tips & Recipes

You have two types of green beans in your box - we had such an amazing harvest this week and I wanted to get them to you fresh. The Jumbo Flat Italian taste totally different to me than the Round Provider Bean. I love to simply saute the Italian Bean in olive oil with red onion and garlic until just tender. The Provider Bean can be cooked this way as well. Of course you can always fry up some bacon first and cook them that way too - Ron always says "fat equals flavor!"

Here is a recipe that takes one tomato and basil to the mix: 1 lb of beans, 3 clove garlic, 1 tomato, 6 basil leaves (opt); salt & pepper to taste

Jumbo Italian Green Beans w/Tomato & Basil

Bring a large pot of salted water to a boil over high heat. Add the green beans and cook for 5 to 7 minutes, until tender. Drain immediately.

While the beans are cooking, heat the oil in a medium sauté pan or skillet over medium-high heat until the oil shimmers. Add the garlic slices, distributing them evenly. Cook for 4 to 5 minutes, until the slices become almost translucent and start to brown on the edges; be careful not to let the garlic burn.

Add the diced tomato and salt and pepper to taste, then reduce the heat to medium. Cook for 2 to 3 minutes, so that the tomato is heated through.

Add the cooked green beans and heat through for 1 to 2 minutes; mix well. Taste and adjust seasoning as needed.

Transfer to a serving dish and top with the basil, if desired. Serve warm or at room temperature.

Spaghetti Squash w/Tomato, Basil & Feta

1 squash; 3/4 C Feta; 1 clove garlic, minced; 1 onion, chopped; 2 TBS veg. oil; 2 TBS chopped basil; 3 TBS slice olives; 1 1/2 C chopped tomatoes

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet. Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven and set aside to cool enough to be easily handled.

Meanwhile, heat oil in a skillet over medium heat. Cook and stir onion in oil until tender. Add garlic; cook and stir until fragrant, 2 to 3 minutes. Stir in tomatoes and cook until tomatoes are warmed through.

Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss with the vegetables, feta cheese, olives, and basil. Serve warm.

This sounded really good - I haven't tried it but think I will!

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