



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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What's bugging us?

Ok - I have planted the flea beetles favorite food one more time this season with the hope that this little bug has gone subterranean for the year. So far so good. I just checked the argugula this afternoon and did not see any of the beetles around. I also did not see them on the planting of radishes which is their second most favorite dish.



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Garden and Weather Report

Hello from the Gardens!
Wow, what a contrast these page few weeks have been in terms of the weather. By the way I am leaving the picture in to the right as I have just loved the resurgence of Monarchs this year.



I did check on a site and it is real, this increase. Evidently the weather has been very favorable for them and so they have increased their numbers by about 10% which is better than a decrease. Just remember that the actual decreases are at 70%. There were once over a billion and the most recent count was 33 million, quite a drop. But us Monarch lovers will take any good news!

Now back to the weather. We had 90 degrees the beginning of

the month. This past weekend was downright cool - sweater weather and here we are today back in the mid 80s. You gotta love the midwest!

I think it is helping move the fall broccoli along. Check out the picture on page 2. I had one plant that looked like that last week and this week there are many. I am

thinking we will be harvesting it for you next week. We planted over 500 plants so we should have plenty for you this fall.

Now you are going to think I am nuts but we do need a frost in the next couple of weeks. Frost actually helps crops like Brussels Sprouts, Collards and Kale sweeten up. They do not taste nearly as good without a good frost on them. So once the tomatoes, egg plants and peppers are done - I am ready for it.

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What's Inside

This is WEEK #15
of the 2015 Season
It's a B Week



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Week 15 Fall Broccoli!

Wash your Vegetables before cooking or eating raw.

Week 15 Produce

- Squash
- Onions **
- Brussels Sprouts Tops**
- Green Beans**
- Celery**
- Potpourri Hot Pepper Bag**
- Pears**
- Beets - Wed/Thurs Boxes*
- Egg Plant - Fri/Sat Boxes
- Chard
- Carrots
- 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.

PRODUCE of the Week

You can certainly tell when fall has arrived - with it comes all the varieties of squash. We have several weeks of Acorn and Butternut coming at you and although I am doing recipes for the peppers on page 4, cooking squash is so easy that I don't think recipes are necessary. You simply have to bake it at about 350 degrees for about an hour, plus or minus depending on the size. You can season it so many different ways - I usually just like salt, pepper and butter on mine but Ron loves some cloves and brown sugar on his.

When I put the butternut in, I will give you our recipe for squash soup - it is something you can make with these huge squash, freeze and save for later. We are holding the squash in the green house for a couple of weeks to season it. Seasoning Butternut squash requires a couple of weeks at about 80 degrees and then put away in a cooler area so that it will keep for months. We will have at least 2 weeks of Butternut, possibly three so if you get a box every week, you can tuck this away until Thanksgiving. It tastes great peeled, sliced and baked too or make soup, freeze it and bring it out on a cold January day!

The Acorn will not store as long as the Butternut, so make sure you eat those first. We also have some delicata and sweet dumpling, but the pollination on these was not what I hoped so you could see one with your Acorn next week.



I think the pollination issues once again related totally to the cool wet June we had. These have male and female blossoms as well and although they were planted later, I think the bees were not thrilled with our June and early July weather when the blossoms were out. If you are wondering why I did not help these along like I did the zucchini, one can only have so much "sex in the garden" before getting tired!

Now, some information on the Acorn Squash in your box - Although considered a winter squash, acorn squash belongs to the same species as all summer squashes.

The most common variety is dark green in color, often with a single splotch of orange on the side or top. However, newer varieties have arisen, including Golden Acorn, so named for its glowing yellow colour, as well as varieties that are white. Acorn squashes can also be variegated (multi-colored).

As the name suggests, its shape resembles that of an acorn. Acorn squash is good and hardy to save throughout the winter in storage, keeping several months in a cool dry location such as a cold cellar.

Garden and Weather Report

continued from page 1

Speaking of tomatoes, look long at the photo below - it may be the last of them. We have some green ones in two beds but it is not for certain that they will ripen before that frost I mentioned on page 1. I usually start the season with my fried green tomato recipe, this year we may be ending with it, strange year that it is. I did manage to get enough seconds out to make my world famous (well maybe northern Illinois or Boone County famous) sauce. You will be given options for your last box and this will be one of them, more on that later. The other picture are pears that are in your box. We have to thank Desiree Munch for these. He sister, Molly, has several trees and after the entire family canned what they could there was enough left for us to put in boxes this week. Desiree is a first year worker share and an amazing and generous lady! Thank you Molly and Desiree.

You will also notice that I am putting beets in Wednesdays pack out and Egg Plant in Friday. You have a hot pepper bag with 4 to 6 peppers in it depending on the size and type. I am putting in several "popper" or stuffed pepper recipes on page 4 for you to use. We have such an abundance of certain things this year and being a "shareholder" in the farm, I am going to share them with you and this year it is beans, peppers, cabbage and kohlrabi that just kept giving and giving!

The carrots will be a variety of yellow and purple, some are small so we have combined them into bags for you. The purples are a surprise because we mowed the bed down due to weeds and lo and behold the darn things came back and look great, so here they are. If you haven't ever had Brussels Sprouts tops - saute them in olive oil, butter or bacon - they are delicious.

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



We will have a couple of tomatoes for you in your box this week - I will slip in the boxes after they come out of the cooler. The paper bags will have the pears in them and the potpourri hot peppers (could be jalapeno, banana or poblano peppers).



First pumpkins of the season! Ron planted these and is so proud!



What's bugging us?

With the cooler weather I also noticed that the picnic bugs were not all over the raspberries I picked to make jam. Now I am not saying that they were not in there, just not in the numbers that they were previously when the temperatures were at 90 degrees. It is always fun to make jam because inevitably one or two will come floating up when we are cooking it. Not that I mind a little protein in my jam, but I don't think you guys would. So we do our best to find them in advance and get them out of the fruit. They are little stinkers!

With the cooler weather now, we should not see the pressure from insects. What a break!

What's new?

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



Tips & Recipes

Roasted Jalapeno Peppers

6 Large Jalapeno or use the 4 banana peppers in your bag
2 ounces Feta Cheese
4 ounces of room temperature Cream Cheese
4 ounces of shredded sharp cheddar or pepper jack cheese
handful of cilantro
2 TBS of grated onion

Preheat oven to 425 degrees. Slice peppers in half scoop out seeds
Mash cheeses together with onion and cilantro and stuff the peppers
Roast for 15 to 18 minutes until the peppers are soft and the cheese is brown on the edges and bubbly.

If you got the Banana Peppers, you can make the popper recipe. If you got Pablano or the Banana Peppers, you can make the Rice stuffed peppers below.

Make sure you wear gloves when handling hot peppers!

Stuffed Poblano Peppers

4 poblano peppers or banana peppers
1 cup uncooked brown rice (or 4 cups of any cooked grain)
1½ cups salsa
1 15 oz. can of black beans
1½ cups frozen or canned corn kernels
3 green onions (optional)
1 teaspoon cumin
1 teaspoon chili powder, Cayenne to taste
Salt and freshly ground pepper
Shredded cheese (we used a Mexican blend)
Chopped cilantro for serving (optional)

Combine 1 cup uncooked rice with 2 cups water. Bring to a boil, then simmer according to package instructions. (Or, prepare the rice or grain ahead of time.)

While the rice cooks, prepare the peppers: slice them in half and remove the seeds and ribs. Place the peppers in a baking dish skin side up. Broil about 7 minutes, then flip the peppers and broil 7 minutes more.

Chop the 3 green onions (if using), and drain and rinse the black beans. In a large microwave safe bowl, combine: beans, onions, 1½ cups salsa, 1½ cups corn, a bit of the shredded cheese, 1 teaspoon cumin, 1 teaspoon chili powder, a couple dashes of cayenne (if you like it spicy!). Season with salt and pepper to taste. When the rice is finished, combine with the filling. Heat the filling a few minutes in the microwave (or on the stove) until warm, depending on the heat of the rice. Place the pepper halves skin side down in a baking dish, and spoon the filling into each half. Top with shredded cheese and broil until the cheese is melted, for about 1½ to 2 minutes. If desired, garnish with chopped cilantro and serve with sour cream.

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