



# Beaver Creek CSA

## your local food connection!

BEAVER CREEK GARDENS  
beavercreekgardens.org

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### What's bugging us?

With the cooler weather, the bugs are not quite as annoying as they were when it was 90 degrees. A frost would really help slow them down. I, for one, never mind the first fall frost because it does slow them down. And, if there is one thing I like about winter it is NO FLIES!! I had to google the benefit of flies recently as we inadvertently left an upstairs



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## Garden and Weather Report

**H**ello from the Gardens!

If we had had a frost, I would have called this week Indian Summer.

But that only occurs after the first frost of the season which looks to be a long way off at this time.

But as we all know, the weather can change on a dime! We did get another 3 inches of rain with the last front that came through. It has caused some of the top heavy kale to topple over. That is a first for me.

We are definitely winding down though. The cool nights have slowed down the growth on the seedings I did in August. We will have lettuce again, but it looks like next week for that. We heard from our bee keeper this week and he said that when he checked the hives, there was

not enough honey to harvest. This explains the problem with pollination - cool and wet is not favorable to the bees. They stay in the hives when it is cool and wet and do not get to the flowers to do their job! No pollen no honey.

The tomatoes are all but done. We are getting a few as you can see on the



left. These are heading into a last BLT and I will be processing the remaining tomatoes for sauce which will be one of your choices for your last box. Please watch your emails this weekend as I will have some type of order email so that you can select which processed item you would like in your last box. The B week folks will get theirs on Week 19 and everyone else on Week 20.

I am adding more choices this year. You need to respond

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### What's Inside

This is WEEK #15  
of the 2015 Season  
It's an A Week



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# PRODUCE of the Week



Cinderella Pumpkins coming in.



Wash your Vegetables before cooking or eating raw.

## Week 15 Produce

Squash\*\* (3 Lbs in large box/2 in sm.)

Onions

Brussels Sprouts Tops

Shelling Beans

Celery\*\*

Sweet Peppers\*\*

Garlic

Broccoli\*\*

Sage & Parsley Bouquet

Kale\*\*

\*\* Smaller amts in Individual box

\* Not included in individual Box

## Storage Information

The herbs, kale, Celery, Brussels Sprouts Tops, Shelling Beans, peppers and Broccoli should all be kept cold in the refrigerator.

The rest can be kept outside of the refrigerator.

The Acorn Squash will last quite awhile - like months if you wanted to save them up for later.

Pictured on the right is a pink, yes pink, green bean that you will find about a 1/2 pound of in your box this week. These are the Tierra Del Fuego (Tongue of Fire) beans that I wrote about a couple of weeks ago. I let these beans ripen until they are tough on the outside but large and delicious on the inside. These are absolutely perfect for shelling. If you are new to our CSA, you may not know what to do with these. Shell them! Add them to a salad or just eat them raw. They are all the rage on the West Coast. We are always a little behind California!

Now I could have shelled them for you, but being part of a CSA you need to be prepared for some adventure, not just in eating but in prepping the food as well. In the fall I like to let you guys help me harvest and shelling beans is one of the things I like to let you do.

You will also find you are harvesting Brussels Sprouts in a few weeks - more on that later!

I have fun every week with what I do whether it is out in the garden, writing this newsletter or thinking of challenging things for you CSA Shareholders. One of the things I thought about this week was giving you what I had plenty of - so when I looked at my herb situation and remembered that I really hadn't given you a ton of those, I googled Acorn Squash and parsley to see what came up. On page 4 you will see the recipe that I found. Luckily I had plenty of the other items in the recipe.



So you will find a herb bouquet in your box this week that fits the recipe on page 4. What fun. Now, I haven't tried this particular Pesto recipe, but it sure looks like it would taste good. I may try it tonight, but that would be a little late to give you my opinion on it - so let's just all take the adventure and try it!

Last week I put in the recipe for the stuffed Jalapeno. Ron and I were invited to Deb and Dale Bruesewitz's house for dinner and she made it as an hors d'oevre. It was delicious. She said she suspected that I did not try all the recipes that I give you - she was 100% correct - I give you some of my tried and true and then some to experiment with and some that have been given to me.

So this week you are getting my tried and true Cream of Broccoli Soup - it is to die for and the adventure called Acorn Squash with Parsley, Sage and Walnut Pesto from Eating Well.

Please always let me know if you have found something from your sense of adventure that turned out great - I will be happy to share it with the other shareholders. This week, the third recipe is from Sue Ciechanowski for the Kale. Enjoy your box this week.

# Garden and Weather Report

continued from page 1

quickly to get your first choice! Just so you can begin thinking about it - I have pictured a few of the items we have been making from the garden. On page one is some of the jam, hot raspberry and hot pepper. On page 4 you can see some of the zucchini bread I have made, I will also be making pumpkin bread as a choice. You can always select the 2 cups of baked pumpkin puree and use it to make your own bread, bars or use it for pie at Thanksgiving. I also make a red sauce to use as a marinara or in chile, soup or spaghetti. We will have pickles, sweet and dill as well, lots to choose from this time around! If you do not choose - I will pick something for you.

We are having our Harvest Fest - Customer Appreciation day on October 3rd, Saturday from 10:00 a.m. to 2:00 p.m. If you are coming a distance and want to make a day of it for your children or grandchildren, there are several other places in the area to take them in the fall. Edwards Apple Orchard (will be crowded if it is nice) is always a wonderful place - petting zoo and all kinds of activities for kids. The Pumpkin Patch on Route 173, west of Highway 76 is also fun for children.

We will have hayrides, snacks and of course the chickens to visit. The pumpkins will be out for you to choose too. Our address is 20506 Beaverton Road, Poplar Grove 61065. Directions are from the East or South, get to Harvard and take 173 West out of Harvard to White Oaks Road, turn right. Take White Oaks only about a mile to Hunter, turn left. Take Hunter about 8 miles West to Beaverton and turn right. We are located 1.3 miles north of Hunter Road on the left - sign in the front yard. From the West - 173 to Highway 76, north to Hunter, 3 miles to Beaverton and north 1.3 to house.

We certainly hope that you can make it on the first Saturday in October. We will have it no matter what the weather is, last year it was cold if I recall, but in past years it seems we have had a run of Doetch luck with the weather.

## This Weeks Photo's



To the left if Bruce Renwick harvesting (digging) sweet potatoes. It looks like we will have some for you this year! Below is our pumpkins from Beaver Creek West. Some are huge and we had a beautiful day to harvest. Thanks to Pat and Amy Kaminski for harvesting!



Some of the breads I am baking for you to be able to select for your last box!



## What's bugging us?

window open and they were coming in in droves until I figured out where they were coming from.

They do serve a purpose, although it is a disgusting one. They aid in the decomposition of things - living things that is - yuck. I suppose it is one of those purposes that we can't live without - no pun intended!

With the cooler weather, I may convert this space on page four to additional recipes - I have many soups to share with you, bread recipes and great holiday treats so watch this space in the weeks to come.

**Note: on the Broccoli Soup** - you can freeze it in a zip lock bag after blending and before adding cream.

## What's new?

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



## Tips & Recipes

### Acorn Squash with Parsley, Sage & Walnut Pesto

Yield - 6 servings - recipe calls for 3 Acorn that total 3 to 3.5 pounds.

in your box you will find 2 - that will total over 3 pounds

1 tsp extra-virgin olive oil

Salt & freshly ground pepper to taste. Preheat oven to 400 degrees; coat baking sheet with cooking spray, cut squash in half lengthwise and scoop out seeds. Brush cut sides of squash with oil, place cut side down on sheet and roast until tender - 35 to 45 minutes

#### PESTO:

1 clove garlic peeled, 1 Cup fresh parsley leaves; 3 TBS fresh sage leaves

2 TBSP walnut pieces, toasted; 1/4 tsp salt; 1/4 tsp fresh ground pepper

3 TBSP chicken broth or vegetable broth (reduced sodium)

2 TBSP extra virgin olive oil - while motor is running in your food processor or blender, drop garlic in and process until finely chopped. Add parsley, sage, walnuts, salt and pepper and process until finely chopped.

Drizzle in broth and olive oil and process until pesto is creamy.

When squash is tender, spoon a teaspoon of pesto into each squash half and serve.

### Cream of Broccoli Soup

1 C of onion chopped; 1 C Celery chopped-saute in 3 TBSP butter, add 4 to 6 cups chopped broccoli (1 - 2 large heads) and saute for another five minutes; Add 3 Cups of chicken broth and 1/2 tsp of Worcestershire sauce. Salt and pepper to taste, let simmer 15 min.

Put in a blender (in batches) or use an immersion blender. Add 1 1/2 C of half and half (can substitute 2% milk but it will not be as thick) and reheat. Grate cheddar cheese over top and serve. Serves 4

### Kale Citrus Salad

1 bunch of Kale, leaves torn off the stalks

1/4 C orange juice; 2 TBSP olive oil; 1 tsp sugar

1 clove garlic, pressed or grated

Salt and freshly ground black pepper

1 heaping TBSP sour cream or plain Greek Yogurt

3 tangerines, mandarins or clementines or 1 orange peeled & cut

1 jalapeno, seeded and sliced very thin (optional)

4 oz. goat cheese

Combine the OJ, olive oil, sugar, garlic and some salt and pepper in small jar. Shake until combined, then add sour cream or yogurt, shake again until creamy. Toss the kale in half the dressing then add citrus pieces and pepper. Toss until combined, adding a little more dressing. (Extra dressing can be stored and used in any other salad.) Break goat cheese into chunks and toss into salad just before serving.

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