



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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What's bugging us?

Now that the front has come in, I expect the insects will really



slow down - YIPPEE. I did spray some squash bugs yesterday and there are still picnic bugs around but the Flea Beetles (pictured above) is leaving the Argula and Radishes along. You will see those in the last boxes pretty much without leaf bites!

Garden and Weather Report

Hello from the Gardens!
At about 5:38 a.m. I heard Leo the Rooster crow and it is as if he was heralding in another cold front because the wind blew right after that with rain following. We can use a little rain



on the lettuces so I am happy to see it and it looks like it won't be an event (meaning 2 to 3 inches) just a nice fall rain. It was enough though for me to call off harvesting until this afternoon. Almost everything was already in and I am going to let the rain help the lettuces one more day.

DON'T FORGET HARVEST FEST AND CUSTOMER APPRECIATION is this Saturday from 10:00 a.m. to 2:00 p.m. Bring the kids, we have snacks and a hayride available for them besides being able to pick

out a pumpkin for your family. The weather forecast is for mid 60s and sunny, perfect and when we get weather like this for an event - we like to say it is Doetch Luck!

Please also do not forget to email me with your preference for the "Taste of Harvest" that will be in your last box. I sent an email out on Sunday

night. In fact I sent two, the second one has the attachments for you in a PDF so that you can open it. Right now it looks as though we will have enough of everything as you all have varied tastes and are selecting that way. We have plenty of Bread & Butter Pickles, Breads and Pumpkin Puree so if you do not choose something, you will probably get one of those items. Week 19, all the B every other week subscribers will get their item.

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What's Inside

This is WEEK #17
of the 2015 Season
It's a B Week



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PRODUCE of the Week



Kalettes as tall as me!



Thanks to Bruce, Bill, Norm & John

I thanked them twice because it is a huge JOB getting 250 pounds in!

Week 17 Produce

Butternut Squash
Small Onions**
Beets*
Shelling Beans
Celery**
Sweet Peppers**
Baby Lettuce
Broccoli**
Kalettes**

** Smaller amts in Individual box
* Not included in individual Box
WASH YOUR VEGGIES!

Storage Information

The kale, Celery, Beets, Lettuce Shelling Beans, peppers and Broccoli should all be kept cold in the refrigerator. The rest can be kept outside of the refrigerator. The Butternut Squash will last quite awhile - like months if you wanted to save them up for later, keep in cool place.

KALETTES are our featured item this week and they are pictured top left coming out of the field and to the right ready to go into a recipe on page 4. Now the important thing to know is that this is Harvest Season and for the next four weeks I am going to let you help me harvest.

This week and next week you will complete the harvest of the Kalettes in your box and as you can see by the picture upper left - these are huge. So we will cut them for you and place the stalk in your box with some of the tops. You should eat both as they are definitely different. I found the tops to be very mild and delicious so make sure you do something with those.

This plant is a hybrid and is a combination of a Brussels Sprout and Kale. It grows with the appearances of a Brussels Sprout and to me, tastes like a real combination of these two plants. I found the seeds in the catalog and Debbie Bruesewitz told me that a local grocery store in Rockford carried them. Everytime I went in to purchase - the bin was empty so I figured they must be something special and they are.

Those of you that love Kale or Brussels Sprouts will definitely like this vegetable. Because of the size, we will try to get the entire plant in the 3/4 bushel boxes but you 1/2 bushel folks will get a smaller sample of this amazing vegetable. Please make sure I get some feedback on this for next year.



I usually go to Wikipedia for information on the nutrition of a vegetable, but in searching the internet, they are not even in Wikipedia yet. They came out in December of 2014 and to find out more about them and to get other recipes you can go to Kalettes.com. They describe the flavor as Sweet and nutty and I would have to agree.

One of the things that supposedly improves the flavor is a frost. I am guessing they would be even sweeter. To make sure that they were okay to put in boxes without a frost I sent them home Saturday with Meghan Hembrough, a worker share and school teacher. It was her homework assignment that she earned hours toward her box for - being a teacher, I assumed she would take the homework seriously and do her report on time! I was totally correct on that.

On page four are the two ways that she prepared this and some notes on the left from Ron and me on preparing as well.

She liked the assignment so much she asked for more homework just like this - oh wouldn't it be lovely if your children had that attitude!

Enjoy this new vegetable and your box this week.

Garden and Weather Report

continued from page 1

I also sent you all a pricing sheet for next year. I always start accepting subscriptions in October for the following season as that gives me an idea on how much seed to order, lets you know that I will be back, and gives us the best selection and prices for seeds. Ordering seeds by January assures this. I will be updating Local Harvest site this week and my site indicating that we have end of year specials available for early sign up. I always give the best price to my current subscribers - I call it the Loyalty Special and it is available in October through December 31st. Your prices are \$210 for Individual Box; \$300 for Half Subscription and \$525 for the full 20 week subscription. I am not increasing at all as I feel that my niche marketing is to the local population and I want to keep it affordable. By doing that I do not have the expense of refrigerated trucks, travel, etc. which keeps the prices down. Payment plans are available and on the sheet with Sunday email. Checks can be made out to Beaver Creek Gardens or Oatlink (yes I finally did the DBA with the State of IL. - they got my hard earned cash for that). I hope to have most of you back as you have been a great group this year!

In your box this week you will find Butternut Squash and Kalettes as two items not seen before. I will feature both in Produce of the week but because the Kalettes are so different the recipes will be for these and next week I will get to the Butternut Squash with recipes. Make sure you try your Shelling Beans (pink beans in a bag in your box). Take the beans out of the shell as a snack or add them to a salad. Please take note that the beans actually take on the pink shade marbled through it. Have the kids shell them for you - they love doing these type of things and maybe they will take a bite and learn to like something different. I had a great email from Mike Harding in McHenry - he is a first year subscriber with four young children. He said that his kids have loved all the veggies (even the rutabega!). He thinks that roasting all of them in olive oil with salt and pepper is the ticket - try that out if your little ones balk at vegetables - thanks Mike!

This Weeks Photo's



To the left is broccoli head (about 60) brought in on Monday. The broccoli is going crazy so you will find two large heads in the full/half boxes and one large in the Individual - below, SWEET POTATOES and lots of them - Way to go Bruce, Bill, Norm & John!



These are the pumpkins that will be converted to bread and puree for you.



Recipes & More

So in addition to what Meghan Hembrough gave us to the right, Ron took the tops of the Kalettes that I had taken the stems out as well, he cut them into small pieces and added them to scrambled eggs that I am eating as I write this - OMG they are delicious served this way too.

We cooked the sprigs (pieces in between the large leaves) last night and did not cut them up - we found you can do it this way but you will need to jam some heat into them to get them tender. We cooked these in bacon and added parmesan cheese as well.

Have some fun with these and if you come up with another recipe - please share!

What's new?

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



Tips & Recipes

I had a great time cooking the kalette this weekend! For future reference, I am always willing to take on cooking homework. Both were delicious! I ate all of recipe 1 myself!!!!

Recipe 1; Smaller Kalettes ("sprigs" from the sides of the stalk, larger stems removed)

3 cups kalettes (just leaves, cut into 1 inch pieces)
4 slices thick cut bacon
1/4 c Worcestershire sauce
salt and pepper to taste

Slice bacon into 1 inch pieces. Cook bacon in pan. When bacon is crisp, remove from pan and set aside on paper towel to drain. Drain off excess bacon grease, but save 1 T. Put saved grease back in pan. Sauté kalettes (I also added the Brussels sprouts tops from our box this week) 3-5 minutes. When kalettes are cooked (wilted and dark green) add bacon back to pan. Add Worcestershire sauce to deglaze pan. Add salt and pepper to taste. (You need very little salt, as there is plenty of salt in the bacon and Worcestershire.)

Recipe 2; Kalette tops (leaves only, stems removed)

4 cups kalette
1 medium size red onion (the onion you gave me!)
4 slices thick cut bacon
chicken sausage (I used Johnsonville 3 Cheese Italian)
2 cups chicken broth
Corn starch, if needed, to thicken sauce
pasta, cooked according to package directions (I used farfalle)

Slice bacon into 1 inch pieces. Cook bacon in pan. When bacon is crisp, remove from pan and set aside on paper towel to drain. Drain off excess bacon grease, but save 1 T. Put saved grease back in pan. Sauté onion for 2-4 minutes. When onions have softened and are beginning to brown, add kalette tops. Sauté 3-5 minutes. Add sausage and bacon. (Sausage is fully cooked, so you only need to heat it through.) After 2-3 minutes, add chicken broth. Cook 5-7 minutes, or until reduced and thickened. (You can quicken up the process by adding a cornstarch slurry. Add 1 t cornstarch to 3 T water or chicken broth. Stir vigorously to blend. Add to liquid in pan, stirring quickly to prevent lumps.) Add cooked pasta to pan; stir to combine. Delicious served with parmesan cheese!

THANK YOU MEGHAN - YOU GET AN A ON YOUR HOMEWORK.

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