



# Beaver Creek CSA

## your local food connection!

BEAVER CREEK GARDENS  
beavercreekgardens.org

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### What's bugging us?

So what is bugging us in the cool, fall weather?



Actually, believe it or not, it is the birds that are migrating and doing fly overs on the garden. They deposit their waste (poop) and I have noticed it on almost everything, but particularly the broccoli. The heads are large and must look like a target to all the birds flying by! WASH everything please.

## Garden and Weather Report

**H**ello from the Gardens! I woke up this morning to a complete fog outside which tells me warmer weather is coming. I never mind the changing temperature in fall, it just comes with the season and gives us the opportunity to feel like the summer is extended. After the brutal winds this weekend, the 5 mile per hour for the next few days will be a respite and I think I will put the deck umbrella up again, probably for the last time before it heads into winter storage.



although cold, those of you that came still were able to take a hayride and enjoy the fire we had going! Thank you to everyone that came by to visit and see our gardens.

The picture to the left are strings of hot peppers that you will find on top of your box. They are ready to hang dry in your kitchen

or pantry, looking lovely while they dry. You can also speed up the drying process using your oven and slicing them in half or even in quarters and place on a cookie sheet. Bake at 200 degrees for 1 to 3 hours, checking them frequently. Chop them up when dry and use in any recipe that calls for red pepper flakes - these will be much hotter than store bought, so be careful with them in recipes. We love to put them on top of pizza and in eggs.

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### What's Inside

This is WEEK #18  
of the 2015 Season  
It's an A Week



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We had a great time both Saturday and Sunday. We had the customer appreciation day on Saturday and had a great turnout. The weather cooperated compared to last year and

# PRODUCE of the Week



Harvesting the hot peppers



Foggy morning at Beaver Creek

We are putting 1/2 a stalk and half a top of Kalettes in this week.

## Week 18 Produce

Kalettes\*\*

Butternut Squash

Broccoli\*\*

Carrots

Sweet Potato Bag\*\*

Cabbage or Kohlrabi\*

Radishes

Lettuce

Hot Pepper string

Kale/Chard?

?If it fits

\*\* Smaller amts in Individual box

\* Not included in individual Box

WASH YOUR VEGGIES!

## Storage Information

The broccoli, carrots, cabbage/kohlrabi, lettuces and kale should be kept in the cold part of your fridge. 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.

This week we are featuring the two items on the picture to the right. You will find a bag of sweet potatoes in your box this week. These are shown hanging to cure and actually need to cure for about 4 weeks before they will have that sweet taste that everyone loves. So take the bag and set it aside for a few more weeks please before you bake them. You will be glad you did! They also store much better with a little soil on them so just wash that off before you prepare them. Their skin is very tender when they are taken out of the soil so we do not want to tear it by brushing it off for you.

The sweet potato is a large, starchy, sweet-tasting, tuberous root and is a root vegetable. The young leaves and shoots are sometimes eaten as greens. Ipomoea batatas is native to the tropical regions in the Americas.

The origin and domestication of sweet potato is thought to be in either Central America or South America. In Central America, sweet potatoes were domesticated at least 5,000 years ago. In South America, Peruvian sweet potato remnants dating as far back as 8000 BC have been found. So as you can see it is native to the Americas and a very old vegetable. It is also considered a Super Food because of its nutritional value. The Center for Science in the Public Interest ranked the nutritional value of sweet potatoes as highest among several other foods.



Above we have Butternut Squash. This is one of my favorite squashes as I love the color and texture of it. It is also sweeter tasting to me than Acorn Squash so I often times eat it with just a little butter and pepper. It makes up into a wonderful soup and sometimes is used for baking in pies - a very versatile squash, its only downfall is the difficulty in getting that darn skin off!

"Butternut squash (*Cucurbita moschata*), also known in Australia and New Zealand as butternut pumpkin, is a type of winter squash. It has a sweet, nutty taste similar to that of a pumpkin. It has yellow skin and orange fleshy pulp. When ripe, it turns increasingly deep orange, and becomes sweeter and richer. Although a fruit, butternut squash is used as a vegetable that can be roasted, toasted, puréed for soups, or mashed and used in casseroles, breads, and muffins. It is a good source of fibre, vitamin C, manganese, magnesium, and potassium. It is also an excellent source of vitamin A and vitamin E." from Wikipedia.

You can grill it, bake it, roast it or puree it in a soup. It is delicious any way. Check out the internet for a multitude of ideas on preparation of this "fruit."

# Garden and Weather Report

continued from page 1

Please make sure you read page 2 Produce of the Week - the Sweet Potatoes in your box are not ready to eat - they need to cure at least another couple of weeks. I usually like to take care of this for you, but they had to stay in the ground to finish and because of the cool summer, it took a few weeks longer than usual.

Once again I am putting the Kalettes in your box so that the A folks get a sample of this new vegetable. Make sure you read last weeks newsletter for recipes and information on this vegetable. They do have their own site [Kalettes.com](http://Kalettes.com) if you want more information or recipes. I also put one on page 4. The tops I believe can be substituted for the actual kalettes which is what we did last week, just cut them into 1" pieces.

We have two weeks remaining and so the Taste of Harvest will appear in your boxes starting next week. I have heard from most of you but if you haven't made a specific request and your last box is next week, you still have a few days to send me an email. I will choose something for you if I do not hear from you. I have extras so far of everything, interestingly giving you guys a choice turned out pretty even, leaning a little heavy toward the pumpkin items - 'tis the season.

In addition to the customer appreciation on Saturday, we also had our workers over for their appreciation dinner and sunset hayride. Ron cooked and I made the Kale Citrus Salad that was in Week 16 - wow that was excellent. I used honey goat cheese on it and it sweetened it up just perfectly. If you haven't tried that with your Kale - give it a whirl. I believe it would taste excellent with the Kalette tops as well.

The Cabbage/Kohlrabi selection this week are for storage cabbage and kohlrabi. The Kohlrabi is called Super Schmeltz and it is a jumbo size storage kohlrabi. You can store these in a cold spot in your refrigerator for months and have garden fresh during the winter. The lettuce is leaf Red Romaine this week. We are winding down, but I believe we will have lettuce in the last two boxes with a little Arugula (not flea beetle

## This Weeks Photo's



To the left are Molly, Desi and Cindy B stringing the peppers for you - below is our table for 28 workers and significant others (family members, whoever they chose to bring) - eating, eating & eating!



Lining up for dinner, some of our high school interns stopped by for dinner before Homecoming!



## Recipes & More

### Onion Blue Cheese Kalettes

3 TBS Olive Oil - 2 TBS Balsamic Vinegar - 1 Med onion sliced vertically  
5 ounces of kalettes  
1 tsp dried thyme  
1/8 C crumbled blue cheese  
salt & pepper

Pre-heat the oven to 425 F. In a skillet over medium, heat 1 1/2 tablespoons of olive oil and then add the onions. Sauté for 5 minutes. Reduce heat to medium low and sauté onions for an additional 10 minutes, stirring occasionally.

While onions are sautéing, place Kalettes on a rimmed baking sheet and drizzle with remaining olive oil. Sprinkle with thyme and balsamic vinegar. Season with salt and pepper and combine. Roast in oven for 10 minutes. Remove pan from oven and stir Kalettes making sure to coat with the pan juices. Add the sautéed onions and toss to combine. Place in serving bowl and sprinkle with blue cheese.

### What's new?

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



## Tips & Recipes

### Ron's Ginger Butternut Squash Soup

1 or 2 butternut squash about 4 3/4 lbs total, halved lengthwise, seeded  
3 TBS vegetable oil  
2 Cups thinly sliced onion  
2 TBS minced fresh ginger  
2 garlic cloves, coarsely chopped, dash to taste of cloves, curry & cumin  
5 Cups (or more) canned low-salt chicken broth  
chopped fresh parsley  
cooked cranberries

Oil baking sheet, place squash cut side down on sheet, add splash of water and bake in 375 degree oven until squash is very soft, 50 minutes. Using large spoon, scoop squash out of peel; discard peel (it will have a foul odor). Cut squash into 2" pieces. Heat oil in heavy large pot over medium-low heat. Mix in onion, ginger and garlic. Cook until onion is translucent, about 15 minutes. Add squash and chicken broth. Bring to boil, reduce heat to medium-low. Cover and simmer 10 minutes. Add cloves, curry and cumin.

Working in batches, puree soup in blender. (can be prepared 1 day ahead, cool slightly, cover and refrigerate). Return soup to pot. Season soup with salt and pepper. bring to simmer, thinning soup with more broth if necessary. Ladle into bowls, sprinkle with parsley, cranberries and cloves.

### Broccoli Salad

8 ounces of bacon  
5 cups broccoli florets  
1 TBS cider vinegar  
1/4 C sugar  
1/2 C sunflower kernels  
salt  
1 C mayonnaise  
1/3 C chopped onion  
3/4 C raisins

Cut bacon into small pieces and cook over medium heat until just crisp, drain on paper towels. Bring large saucepan of salted water to a boil, add the broccoli and blanch until bright green and slightly softened, about 3 minutes. Drain well, run under cold water to stop the cooking and drain again.

In a mixing bowl, combine the mayo, vinegar, onion, sugar and raisins. Add the broccoli and toss with the dressing. Refrigerate for 1 hour. Just before serving, fold in the sunflower kernels and the bacon pieces. Serve immediately.

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