



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
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What's bugging us?

We are still having the fly overs from the birds on all broccoli



especially. I also noticed when I cleaned broccoli to cook this week that I did find some of those lovely green caterpillars - they won't hurt you, just don't eat them! These are the cabbage loopers once again from those darling little white butterflies of summer.

Garden and Weather Report

Hello from the Gardens! I think you can tell from the picture below that the wind is blowing like

mad at our house today! It started as a beautiful summer like day and while I was out harvesting for the box



this week, the wind came up and the dirt just came across the field on the top of the corn that is not yet harvested. My brother-in-law Len was combining beans on the other side of the field of corn and it just blew right over.

Look at the vibrant red color on our Autumn Blaze Maple. I have never seen this color on that tree. I think it may have something to do with the incredible rains we got in the first half of this summer. It seems to me that I remember another fall

like this and it was after quite a bit of rain as well. It looks like we may actually get a real frost Friday or

Saturday. Ron said we had a very light frost a couple of days ago. It wasn't a killing frost by any means and so light I did not notice it at all. But these cooler nights and mornings have helped the Brussels Sprouts, so I will be putting them in

your box this week.

On this first bunch, make sure you slice in half and saute them in either butter or bacon grease with an onion to sweeten them up. We did have some the other day and they tasted good. I am thinking next week they will be even better.

If you are new to the CSA this year, I let you harvest these too. You just need to cut or pull the sprout off the stalk. If you have big dogs, they may like the stalk!

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What's Inside

This is WEEK #19
 of the 2015 Season
 It's a B Week



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PRODUCE of the Week



More fall broccoli



Baby Romaine, red lettuce & arugula

We are putting a stalk of Brussels Sprouts in the 3/4 boxes.

Week 19 Produce

Brussels Sprouts**
Bag of Potatoes**
Broccoli**
Carrots
Sweet Potato Bag**
Radishes
Baby Romaine, Arugula Mix
Sweet Peppers
Tosceno Kale
Garlic

Taste of Harvest - B Week Boxes
** Smaller amts in Individual box
* Not included in individual Box
WASH YOUR VEGGIES!

Storage Information

The broccoli, carrots, lettuces, yellow potatoes and kale should be kept in the cold part of your fridge. The rest can be kept outside of the refrigerator. The Sweet Potatoes have cured and taste pretty darn good, but if you want to save them for Thanksgiving - keep in pantry.

This week you will find two new items, brussels sprouts, pictured to the right and Yukon Gold potatoes. Brussels Sprouts typically taste much sweeter after a frost and we usually have a frost by the 9th of October - not this year. So to make sure they were good enough to put in your boxes, I harvested a plant and cooked it up last week. It was very good. I never like the ones that came frozen or even fresh from the store, they tasted bitter to me, but the variety I grow have never tasted that way to me.

So if you have had the same experience with Brussels Sprouts, give them another try. Once I started growing them and Ron cooked them for me, they have become one of my favorite veggies. We will actually leave them in the field all fall until even Christmas and just go out and cut a stalk for dinner. We let Mother Nature refrigerate them for us. It must be quite a site to see me shoveling snow to get to them in January.

Now for a little Wikipedia Information on the Sprouts. Forerunners to modern Brussels sprouts were likely cultivated in Ancient Rome. Brussels sprouts as they are now known were grown possibly as early as the 13th century in what is now Belgium. The first written reference dates to 1587. During the 16th century, they enjoyed a popularity in the southern Netherlands that eventually spread throughout the cooler parts of Northern Europe.



The other feature in your box this week is the Potato. I love the yellow (Yukon Gold) from Igl because any way we prepare it, it tastes great. We will mash it for Thanksgiving and it is so creamy, no butter is necessary. I hope you all will find it to your liking too.

Potatoes grow best in loose, well-drained loam soil. Heavy clay soil retains too much moisture and tends to become hard as it dries, which can eventually slow water absorption and make it difficult for tubers to grow. Sandy soil drains too quickly, which can result in drought stress unless you water often.

Our soil at Beaver Creek Gardens is the heavy clay that does not grow great potatoes. I cheat with the Sweet potatoes by hilling up the soil to make it loose, but all my previous attempt to grow reds or yellows produced very small potatoes. The soil in northern Wisconsin is loose loam leaning toward sandy and is perfect for them.

One medium-size potato has just 110 calories and is absolutely fat-, sodium and cholesterol free, making them downright undeniable for any diet. The power of the potato doesn't stop there. Whether yellow, purple or red, potato nutrition is good for you!

Garden and Weather Report

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Sue Ciechanowski, a long time worker share, has Newfoundland dogs and they eat the kale stems and Brussels Sprout stalks - an interesting way of recycling or using the entire plant! The purple carrots in your box are thin partly due to the variety, but also due to the fact that they had a tough time this year competing with the weeds. We did something we have never done before and that is, we actually mowed them down, let the mowed weeds act as mulch and they regrew. We did the same with the beets that will be in the box next week. Sometimes necessity is truly the mother of invention.

You have two bags of potatoes this week, the last of the sweets and a yellow Yukon Gold type that I buy in from Igl Potato Farms in Antigo Wisconsin. No other place with the possible exception of Idaho, grows potatoes like northern Wisconsin - they simply have the best soil. These are organic and if you are new this year, I think you will love them. Keep them in the refrigerator and they will last a very long time. We had some leftover last year that went well into the spring, so saving these for a Thanksgiving dinner will work just fine.

If this is your last week for a box, when you get to your pick up or delivery site, your box will have your name on it with your "Taste of Harvest" item in it. If you didn't get back to me, I have selected something for you. We had a surplus of several items and I baked like crazy because quite a few of you requested the breads. No worries, they are baked and will be in your boxes this week and next!

Remember we have the Loyalty Special going on right now through the end of the year. If you intend to renew, this is a great time to do so as the price of the box is the best in October through December of this year. If you need to get that pricing again, I will attach it to the email that brings this newsletter to you for the next two weeks!

This Weeks Photo's



Can you see the Praying Mantis, praying in the grass. I found it on my sliding screen and when I moved the screen, it flew - very cool bug! Below are Pumpkin on a Stick - you will see those next week!



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



Recipes & More

Roasted Brussels Sprouts

1 1/2 pounds of Brussels Sprouts
3 TBS Olive Oil
3/4 tsp kosher salt; 1/2 tsp. pepper

Preheat oven to 400 degrees F.

Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt (I like these salty like French fries), and serve immediately.

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What's new?

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



Tips & Recipes

Zuppa Toscano Soup

1 LB Mild Italian Sausage
1 large onion chopped
2 garlic cloves
16 ounces chicken broth
1 Cup heavy whipping cream
2 large russet potatoes sliced 1/4"
1/4 C bacon bits
2 Cups Kale chopped
1 quart water

Chop or slice uncooked sausage into small pieces.

Brown sausage in your soup pot.

Add chicken broth and water to pot and stir.

Place onions, potatoes, (quarter potatoes and slice in 1/4" pieces) and garlic in the pot.

Cook on medium heat until potatoes are done.

Add bacon.

Salt and pepper to taste.

Simmer for another 10 minutes.

Turn to low heat.

Add kale and cream.

Heat through and serve.

Oven Roasted Potatoes - Rachel Ray

2 1/2 pounds red skinned potatoes - we use yellows and leave on the skin
3 tablespoons extra-virgin olive oil
1 green bell pepper, seeded and chopped
1 medium onion, chopped
1 tablespoon grill seasoning (recommended: McCormick's Montreal Steak Seasoning)
2 teaspoons sweet paprika

Preheat oven to 500 degrees F.

Coarsely chop potatoes and transfer to a nonstick cookie sheet. Toss with oil, peppers, onions and seasonings and place in the oven 25 minutes, turning twice with spatula. Serve hot.

Ron makes these on top of the stove too - browning them and then covering with a little water to steam them through.

Read more at: <http://www.foodnetwork.com/recipes/rachael-ray/oven-home-fries-with-peppers-and-onions-recipe.html?oc=linkback>

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