



# Beaver Creek CSA

## your local food connection!

BEAVER CREEK GARDENS  
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### Garden and Weather Report

**H**ello from the Gardens!  
 Oh my goodness. I was hoping for an inch of rain last week (and we needed that) but as of this writing, we have received 5 inches since the last newsletter, most of that in the last 3 days. As you can see by the picture, you could row a boat in our front yard by the sign. This is the main reason we grow all of our crops on beds that are about 8 inches when we plant them. In a dry season we can irrigate but in a wet season such as we are having this month, there is nothing you can do but hope it eventually stops raining and if you are on flat land, you hope that happens before the crop drowns. Plants can drown. What happens is that they do not get air and the plants' root systems need air to



survive. I don't mind the break in work that rain brings, but as you can see by the pictures throughout

this newsletter, the weeds love the rain also. Once it dries a little, we will have our hands full trying to find the crops. It was very challenging getting

the spinach out for you this week, but oh my, what great spinach we found among the weeds! I was also surprised to find that the snow peas were ready to begin harvesting and you will find those in your box this week with a garlic scape to use in a stir fry with the peas. (Recipe on page 4). You can also add these to a salad if you are not a fan of stir fry. The sugar snap peas are loaded with blossoms but will take a week or so to fill before we harvest those for you.

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### What's bugging us?

We still have flea beetles on the new Pac Choi I just planted and the baby arugula. The white butterflies are all around but it will have to stop raining before I can spray for anything right now. Please make sure you wash your Romaine and watch for slugs. With this wet weather, they are most certainly in your head lettuce. I found a few while doing the initial rinses.



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### What's Inside

This is WEEK #2  
 of the 2015 Season  
 It's a A Week



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# PRODUCE of the Week



See the small broccoli head in the center of the plant?



So much rain, even the toads are coming in for cover.



## Week 2 Produce

Pac Choi  
Radishes  
Spring Onions  
Romaine Head Lettuce  
Bag of Leaf lettuce  
Bag of greens  
Spinach  
Kohlrabi  
Snow Peas with garlic scape  
Kale  
\*everything in Individual boxes, smaller amounts

## Storage Information

Everything in your box this week needs to be kept at very cold temperatures. Most folks know the colder spots in their refrigerators. If you haven't given it a thought though, a good clue is that eggs are kept at slightly warmer temps than other items. So if you need to keep something closer to 40 degrees, put it near your eggs. Look at where your freezer vent feeds into your refrigerator, this will be a cold spot and always the milk and crisper drawers are colder areas as well. I have an Accurite Thermometer for the fridge and freezer that I have moved around. They are inexpensive and a great idea.

### SNOW PEAS AND GARLIC SCAPE

- This week we put in enough snow peas to add to several salads or to use in a stir fry with the garlic scape.

Garlic scapes are the "flower stalks" of hardneck garlic plants, although they do not produce flowers. These stalks start to appear a month or so after the first leaves. They are usually cut off of the plant, since leaving them



on only diverts the plants strength away from forming a plump bulb. If left on, they eventually form small bulbils that can be planted to grow more garlic, but it takes 2-3 years for them to form large bulbs. Garlic scapes are both edible and delicious. Snow peas, along with sugar snap peas and unlike field and garden peas, are notable for having edible pods that lack inedible fiber (in the form of "parchment", a fibrous layer found in the inner pod rich in lignin) in the pod walls. Snow peas have the thinner walls of the two edible pod variants.

### KALE

- You'll want to include kale as one of the cruciferous vegetables you eat on a regular basis if you want to receive the fantastic health benefits provided

Garlic Scapes Pictured above.



by the cruciferous vegetable family. At a minimum, include cruciferous vegetables as part of your diet 2-3 times per week, and make the serving size at least 1-1/2 cups. Even better from a health standpoint, enjoy kale and other vegetables from the cruciferous vegetable group 4-5 times per week, and increase your serving size to 2 cups.

Kale is one of the healthiest vegetables around and one way to be sure to enjoy the maximum nutrition and flavor from kale is to cook it properly. We recommend Healthy Steaming kale for 5 minutes. To ensure quick and even cooking cut the leaves into 1/2" slices and the stems into 1/4" lengths. Let them sit for at least 5 minutes to enhance their health-promoting qualities before steaming.

We are growing five different varieties of Kale again this year. Two curly varieties – Winterbor and Redbor; Red Russian which is green with red veins; Tuscano which is an Italian variety and the ingredient in the Olive Garden's Zuppa Toscano Soup; and Beira Kale which is a very large leaf Kale that strongly resembles cabbage in flavor. This week you will find a mix in your box so that you can see the different varieties. (From WHFoods.org)

# Garden and Weather Report

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We have blossoms on the green beans. The beets and carrots are not far off either. There are blossoms on the zucchini too, but I am guessing with the rain, that the bees are not around for pollination. It may be time for me to pollinate (a little sex in the garden, I call it).

The plants that love heat and humidity, like tomatoes, are finally growing and seem to grow inches in a day with the weather we have been having. Pictured below are the five varieties of Kale.



## This Weeks Photo's



Strawberries to the left - beets and carrots are below among the weeds!





## What's bugging us?

The rain will inevitably cause diseases. Right now the tomatoes look very good, but with this much rain, the lower leaves may start showing evidence of septoria. If you have ever grown tomatoes, you will remember their lower leaves turning yellow and dropping off. This is caused by a soil borne fungus.

Although blight is an issue these days, that spore can only travel about a mile and with conventional farming around us, I would hope that we would not see this tomato disease. We have planted one disease resistant tomato to hedge our bets called Mountain Merit!

## What's new?

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



## Tips & Recipes

### Ingredients for Simple Bok Choy Stir Fry

- 1 head of bok choy, cleaned and chopped
- 1 red onion, minced or 1 bunch of scallions or green garlic, chopped (in your box you have spring onions and a garlic scape to use here)
- 1-2 Tbsp oil (Sunflower, Sesame, Olive)
- 1 Tbsp tamari or soy sauce
- 1 Tbsp mustard
- Juice of 1 lemon
- Salt and pepper to taste
- 1 cup snow peas

### Directions

- 1) Sauté the onion in the oil until it becomes translucent.
- 2) Add the bok choy and the tamari or soy sauce.
- 3) In a separate bowl mix the mustard, lemon juice, salt, and pepper together.
- 4) Add the peas, to the bok choy and cook until everything is lightly cooked (it will be crunchy still and bright green). When complete, combine and toss with the mustard mixture. Enjoy!

**Bok Choy or Pac Choi – are one in the same. Bok choy or pak choi (*Brassica rapa* subsp. *chinensis*) is a type of Chinese cabbage. *Chinensis* varieties do not form heads; instead, they have smooth, dark green leaf blades forming a cluster reminiscent of mustard or celery. Bok choy contains a high amount of vitamin A per 4 oz. of serving - about 3500 IU.[3] Bok choy also contains approximately 50 mg of vitamin C per 4 oz. serving. Chinese cabbage was ranked second for nutrient density out of 41 “powerhouse” fruits and vegetables in a peer-reviewed US Center for Disease Control study – from Wikipedia.**

### Bok Choy (Pac Choi) Salad

- ½ cup olive oil
- ¼ cup white vinegar
- ⅓ cup sugar
- 3 tablespoons soy sauce
- 1 large head or 2 small bok choy
- 1 bunch green onions
- ⅛ cup slivered almonds
- 6 ounce chow mein noodles

In a glass jar with lid mix together olive oil, white vinegar, sugar and soy sauce. Shake well until mixed.

Combine bok choy, green onions, almonds and chow mein noodles in a salad bowl.

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