



# Beaver Creek CSA your local food connection!

BEAVER CREEK GARDENS  
beavercreekgardens.org

20506 Beaverton Rd • Poplar Grove, IL 61065 • 815-494-1251 • CDoetch53@gmail.com

## Garden and Weather Report

**H**ello from the Gardens!

We had a major hard freeze last Friday night into Saturday. It got down to the mid 20s and that caused almost everything to just shrivel up. Fortunately I had a great group working Friday and they went out and got all the sweet peppers out of the garden so that we will have a bunch of peppers in your boxes this week. I have never had peppers the last week of the season. It was a very late frost and an unbelievable crop of peppers this year.



With the hard freeze and frost that followed on Saturday night, the Brussels Sprouts should be sweeter this week. The Collards are also probably ready with the temperatures getting that cold and staying cold for that amount of time. I had not planned on

putting them in your box this week but decided to do that if I can fit them in. I will have a

recipe for cooking them on page 4 but basically, you just cook the heck out of them with some bacon or hamhocks for flavor and they are delicious. I probably won't be

able to fit any more in than a taste, but I have 300 feet of them planted and if you decide you want more, just call me to come out and pick them up. John Jones will be out to harvest them later, and you are welcome to them as well. John always picks up about 50 feet and takes them in to his buddies where they cook them up.

This is the last box of the season and I have to say I am looking forward to a little time off. I have some knitting to get done!

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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. This is an intentional repeat of last week!

## What's Inside

This is WEEK #20  
of the 2015 Season  
It's an A Week



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# PRODUCE of the Week



Peppers - Yikes!



Frosted Pepper Plants

We will try to fit Collards in your box, laying them on the top

## Week 20 Produce

Brussels Sprouts\*\*  
Bag of Potatoes\*\*  
Broccoli  
Beets  
Squash\*\*  
Pumpkin on a Stick\*  
Baby Romaine, Arugula Mix  
Sweet Peppers  
Leeks/Rutabega/Kohlrabi  
Herb Bouquet  
Collards/Kale (if they fit!)\*  
Taste of Harvest

\*\* Smaller amts in Individual box

\* Not included in individual Box

WASH YOUR VEGGIES!

## Storage Information

Store the potatoes in your refrigerator and they will stay good for months. Broccoli, beets, lettuce, collards, herbs, leeks and kale should also be refrigerated. The squash and pumpkin stick should be left out. You can continue to dry the pumpkin stick and watch the greens turn to bright orange.

This week I am putting in the item pictured to the right. They are called Pumpkin on a Stick. Believe it or not, they are actually eggplant but are not edible when they have turned orange. The green ones on your branch could be cooked but I think they are just a wonderfully decorative stick for this time of year. If you let these continue to dry and season, the green fruit will turn to orange. I am planning on using mine for an arrangement on Thanksgiving.

Pumpkin on a Stick has been delighting gardeners for more than 125 years, and goes by many names. Some call it Pumpkin Tree or Pumpkin Bush, because of the sturdy, long-lasting branches set with large purple thorns. (Those thorns are one of the giveaways that it's an eggplant, by the way!) Others call it Mock Tomato, because it really does resemble a heavily ribbed tomato, especially when the fruits first turn from green to scarlet. They won't get their pumpkin-orange tones until they begin to dry out. Still others know it as Hmong Eggplant, Red China Eggplant, or Scarlet Chinese Eggplant, reflecting its origin in Southeast Asia. But whatever you call it, you must grow it for indoor bouquets and arrangements all autumn long!

Use your imagination, add some fall flowers or foliage and have a conversation piece for your Thanksgiving table. If these are a hit, I will grow more next year and get them in earlier so they are ready October 1st.



The collards in your box are usually associated with southern cooking. I have had a hard time figuring out how they get these out of the garden in light of the fact that they really only taste good (bitter if not harvested after frost or hard freezes) after cold weather. So I think they must be harvested in late December or January in the south.

Collard greens (collards) are various loose-leafed cultivars of *Brassica oleracea*, part of the *Acephala* group, which also contains cabbage and broccoli. The cultivar group name *Acephala* ("without a head" in Greek) refers to the fact that this variety of *B. oleracea* does not have the usual close-knit core of leaves (a "head") like cabbage.

The plants are grown for their large, dark-colored, edible leaves and as a garden ornamental, mainly in Brazil, Portugal, the southern United States, many parts of Africa, Montenegro, Bosnia and Herzegovina, southern Croatia, northern Spain and in northern India. They are classified in the same cultivar group as kale and spring greens, to which they are genetically similar. The name "collard" is a corrupted form of the word "colewort" (the wild cabbage plant).

# Garden and Weather Report

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This has been a remarkable year and although I am done after this week, the harvest of the corn and beans in our area continues for the next couple of weeks. We will not only put our garden to rest, but also start preparing it for spring 2016. We typically get a few beds up so that we can plant even if the rest of the garden is wet from spring rains. We also will be mulching the garlic which was planted a couple weeks ago. I have been waiting for a rain to put down the straw as the fierce winds will just blow the straw down the road if we don't get it wetted down a bit. I will get about six weeks of rest before I start thinking and planning for next year. Surprisingly, by the time the catalogs come out in December, I am ready to begin working on the spring plant selections and thinking about ways to improve the selections.

This week all the boxes have a "Taste of Harvest Special" in them and so all boxes will have names on them. Please make sure you look before you grab your boxes. This is the time I always ask for feedback from you. You can certainly send me emails to let me know if there is something you would like more of or something I didn't grow that you would like. If you have any suggestions, recommendations or comments, they are all welcome.

You all have been an awesome group this year. It has been my pleasure to produce the food for you and I certainly hope that you will resign for 2016. I can promise you it will be a different year, no two are ever the same.

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 again this week. I will have spots open for next year as people do tend to move or discontinue the box for various reasons, so let your friends and family in on our CSA!

## This Weeks Photo's



Note the wind in the tree to the left - it was blowing from the south bringing in our short couple of days of Indian Summer. Below is Len Doetch's corn bordering on our north, just about ready to be combined!



Variety of squashes that will go into Individual Boxes.



## Recipes & More

### Seasoned Yukon Gold Wedges

**3 Med. Yukon Gold cut into wedges**

**1 tablespoon olive oil**

**1/4 cup dry bread crumbs**

**1-1/2 teaspoons paprika**

**3/4 teaspoon salt**

**1/4 teaspoon dried oregano**

**1/4 teaspoon dried thyme**

**1/4 teaspoon ground cumin**

**1/8 teaspoon pepper**

**1/8 teaspoon cayenne pepper**

**In a large bowl, toss potatoes with oil. Combine the remaining ingredients; sprinkle over potatoes and toss to coat.**

**Arrange potatoes in a single layer in a 15-in. x 10-in. x 1-in. baking pan coated with cooking spray.**

**Bake, uncovered, at 425° for 40-45 minutes or until tender, stirring once. Yield: 6 servings.**

## What's new?

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



## Tips & Recipes

### TRISHA YEARWOOD COLLARDS

**2 BUNCHES OF COLLARDS; 1/2 LB HAMHOCKS; 1/2 C SALT BUTTERMILK CORN BREAD AND HOT SAUCE FOR SERVING**

Prepare the collards for cooking by cutting the large stems from the center of the leaves. Stack the leaves and cut them crosswise into 1-inch strips

Put 2 inches of water in a saucepan large enough to hold the raw collards (the leaves can be pushed down tightly and will wilt to about one-quarter volume as they cook). Add the ham hock or pork and bring the water to a boil. Add the collards and toss with tongs until the water returns to a boil and the leaves wilt down into the pan. Reduce the heat, cover and simmer over low heat for 1 hour, or until tender. Stir occasionally, checking to be sure there is enough liquid to prevent scorching. Taste the liquid and add salt if needed. Serve with buttermilk cornbread and hot sauce.

Cook Notes: You can cook and freeze these in the summer to eat throughout the year.

If the collards are homegrown, soak the leaves briefly in a salt-water brine made by adding 1/2 cup salt to enough water to cover the leaves.

### Roasted Butternut Squash Salad

On a baking sheet, toss cut-up squash with olive oil, salt, and pepper and roast at 400° F until tender. Toss with greens (such as spinach, arugula, or escarole), chopped roasted almonds, and your favorite vinaigrette.

### Sweet and Spicy Butternut Squash

On a baking sheet, toss cut-up squash with melted butter, brown sugar, rosemary sprigs, salt, black pepper, and cayenne pepper. Bake at 375° F until tender. Sprinkle with chopped toasted pecans.

### Sautéed Butternut Squash With Feta

Sauté cut-up squash and chopped garlic in olive oil until golden. Add 1/2 inch of water, cover, and cook until the squash is tender. Sprinkle with sliced scallions and crumbled Feta.

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