



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

Hello from the Gardens!
We are into Week 3 already, time certainly flies. I promise not to complain too much about the rain but here it is Monday afternoon and I am out of the garden again because it is raining.



We were able to harvest about 50 pounds of snow peas for you before the rain started up again. We did get caught up on some of the weeding, but there are still a few beds that really need a hoe!

We did have a lovely Father's Day (it was also Ron's birthday) so we took to the links. The golf course might look a little familiar as it is our backyard where brother-in-law and subscriber Len Doetch has made a five hole par 3 large cup course. It was really fun to play. You can see the only par 4 on our course in the picture. It is

a dog leg left from Blaine Road to the Raspberries and then about 100 yards to the hole in front of the corn and yes we use a golf cart for our tiny course! No laughing Marilou or Jody!

I have to thank all my great workers as they really cleared the way to taking a Sunday off by working hard on Saturday for me. We have such a great crew this year.

So what is up with this weather? This is climate change rearing it's ugly head. It is not necessarily warming, but extremes in weather that was promised with the climate change. Just take a look at California with their 3 year old extreme drought. They would kill for just some of the water that we have received east of the Rockies. It is definitely affecting our crops too.

We are much wetter this year and although it feels as though we are cooler, actually the temperature average has been above normal.

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What's bugging us?

We have a new little stinker that Cal Pickrum noticed while trying up the sugar snap peas that you will see next week - it is the Green Stink Bug - told you it was a stinker! These in small numbers do very little harm, however they can actually suck the moisture right out of the pea pod and if they are in sufficient numbers, can devastate the peas and beans.



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What's Inside

This is WEEK #3
of the 2015 Season
It's a B Week



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Rain, rain, go....



Hurry up with our morning treats!

Wash your Vegetables before cooking or eating raw.

Week 3 Produce

- Garlic Scapes
- Radishes*
- Spring Onions
- Romaine Head Lettuce
- Bag of Red Leaf lettuce
- Beat Greens
- Broccoli
- Kohlrabi
- Snow Peas
- Kale/Chard
- *Not in Individual boxes

Storage Information

Please make sure that you wash all your vegetables before consuming them. I do an initial rinse on let-tuces and those types, but storage for items like peas and broccoli keep fresher without rinsing and adding water to the storage bins. In fact, note the picture above, we are actually drying the peas with a fan before putting them in the cooler. This week all vegetables should be kept in the mid 30 degree range in your refrigerator.

PRODUCE of the Week

This week we are featuring our Broccoli and Beet Greens.

Beet Greens are the leaves on top of the beet that are often cut off the beet. They are, however, the most nutrient rich part of the plant and provide amazing health benefits.

We are actually thinning the beets and giving you just the thinned beet greens (you may notice a tiny beet attached). These are excellent for juicing or can be utilized very similarly to spinach or chard.

Beet greens are in the same family as chard and although they are green, the veins take on the color of the beet root which can be red, gold or white.

They have carotenoids, beta carotene and lutein in them. Lutein is notable for its contribution to eye health.

Beet greens should be cooked so as to sweeten them, boiling them is best and these can be substituted for spinach in any of your favorite cooked spinach recipes. I will have a recipe on page 4 for you.



Broccoli is an edible green plant in the cabbage family whose large, flowering head is eaten as a vegetable. It is absolutely loaded with Vitamin C and is considered an excellent source of dietary fiber.

Your parents knew what was up when they told you to eat your broccoli. This verdant vegetable is a powerhouse of nutrients. It's reputed to benefit digestion, the cardiovascular system and the immune system, and to have anti-inflammatory and even cancer-preventing properties. Plus, broccoli is low in sodium and calories, at about 31 calories per serving. It's also a fat-free vegetable.

Eat it raw in a salad, steam it in water until vibrant green in color and just tender. Add a little salt and butter to the cooked broccoli, Yum!

Garden and Weather Report

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This morning I woke up to 70 degrees and 70 on the dewpoint, check out the photo below - very foggy and moist which is why we had to dry the peas after we picked them. This weather has been great for peas and other cold weather crops but not so great for getting the tomatoes, peppers and eggplants growing. Each year is different in terms of what does really well - with a little July heat the tomatoes, peppers and egg plant should come through!

In your box this week, you will see the first of the broccoli. Although it doesn't appear to be as big as last fall's broccoli, the heads are running close to one pound plus which is a very nice size. I am thrilled to see that we will have an adequate supply of this spring time favorite of many of you. While the broccoli is finally ready, the cauliflower is not far behind nor is the cabbage. We are growing a couple of different varieties of cabbage for you this year and will have plenty of recipes for you.

Just a little house keeping - please make sure you return your boxes each week, we do use them until they are in too rough of shape and it does help keep your box cost down. If you cannot get to your pick up site on time, please call the number of the host. You can call me, but I often times do not have my phone with me in the garden.

Also, if you have an individual share, your name will be on a box on a strip of blue painter tape and that is to make sure that you do not pick up a full sized box in error. If you are a full or half share, the box size should be the 3/4 bushel with no name on it.

Week four is the week before the July 4th holiday which falls this year on a Saturday. Many of you may be planning on traveling that weekend. Please make sure you let me know of any pick up changes as soon as possible.

This Weeks Photo's



In the fog to the left and peas drying below!





Green Stink bug! - BUGLY!

What's bugging us?

The rain will cause diseases. After receiving over 6 inches in the last 10 days, we will have to spray as soon as the rain gives us a break to do so.

We haven't seen much in the way yet of powdery mildew or septoria, but my experience with the wet weather tells me to watch for it and get the plants sprayed as soon as the weather clears. Now that we have cucumber plants up and squash plants too, we will be on squash bug and cucumber beetle watch.

One insect that I typically see this time of year is the Japanese Beetle and I haven't seen one yet. Last year they came later and were much less than in years past - let's hope we get a second year break as well.

What's new?

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



Tips & Recipes

Simple and Delicious Beet Greens

Serves - prep time 20 minutes

- 1 bunch of beet greens, stems removed
- 1 1/2 teaspoons extra-virgin olive oil
- 1 clove garlic - or use chop up your scapes in box
- 1/8 teaspoon crushed red pepper flakes
- salt and pepper to taste
- 1 lemon quartered

Bring pot of salted water to boil - add greens and cook uncovered until tender, about 2 minutes. Drain in Colander then immerse in ice water for several minutes until cold. Drain well and coarsely chop. Heat the oil in large skillet over med heat. Stir in garlic and red pepper flakes; cook and stir until fragrant, about 1 minute. Stir in the greens until oil and garlic is evenly distributed. Season with salt and pepper. Cook just until greens are hot and serve with lemon wedges.

Quick Sesame Snow Peas

Serves 4 - Prep time 20 minutes

- 2 TBS Sesame oil
- 1 pound of fresh snow peas (in your box!) washed and patted dry
- Juice of 2 lemons - 6 TBSP
- Coarse kosher salt or flaky salt
- Freshly ground black pepper
- Sesame seeds for garnish - (not optional in my book)

Heat the oil in large saute pan until almost smoking. Add peas and turn the heat down a little so they do not burn. Cook shaking the pan and tossing for about 1 1/2 minutes or until just barely warmed through and tender crisp. Remove from heat and toss with lemon juice. Set aside to rest for a few moments, partially covered. After 5 minutes they should still be crisp but more tender. Toss with salt and pepper and eat immediately.

GARLIC SCAPES - try cooking these on the grill - they are delicious that way.

Try roasting your broccoli in oven and sprinkle with parmesan cheese.

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