



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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Garden and Weather Report

Hello from the Gardens! This is the Fourth of July week lead in and we are hoping for a nice dry Fourth of July! This evidently has been the wettest month in Illinois history! No need to tell me that. It is evidenced in the unbelievable weed growth in our gardens. It seems to me that nothing grows faster than a weed, other than maybe corn which doubled in size in the last week. We are weeding what is absolutely necessary, the rest is going to be taken out with the big weed machine (tractor and tiller) once



the crop is out. We simply cannot keep up when it rains like it has been these past 3 weeks. You do not want to "violate" the soil when it is as wet as it has been. That causes compaction and it is difficult to get the weeds without pulling out the plants you are growing. I am thankful for the water because irrigation just doesn't seem to have as good of results as old Mother Nature dumping inches of rain on the gardens. We typically have at least a couple of weeks of a dry spell in July and August and having all this water will help that for the gardens. Water

• Continued on page 3

What's bugging us?

So with the rain, we are seeing many slugs in the lettuces and as I mentioned in another section of the newsletter, I actually found an Army worm in the Crispino I brought in to make a salad.



Army worms are called that because they actually have been known to "march" across a road from one field to another in mass. They can be a devastating little critter when found in sufficient numbers.

• Continued on page 4

What's Inside

This is WEEK #4
of the 2015 Season
It's an A Week



News - pages 1-3
Recipes - page 4
Produce for the Week - page 2

PRODUCE of the Week



Three little strawberries - two blossoms



Zucchini female blossom

Wash your Vegetables before cooking or eating raw.

Week 4 Produce

Garlic Scapes
Zucchini
Spring Onions
Romaine Head Lettuce
Crispino Head Lettuce*
Beat Greens*
Broccoli
Cauliflower
Snow or Sugar Peas
Swiss Chard/Kale*
*Not in individual boxes

Storage Information

Please make sure that you wash all your vegetables before consuming them. I have done a bottom rinse on the head lettuce, but make sure you wash these before eating. I have found slugs and an army worm in the head lettuce I cleaned for our personal use. They get in between the leaves and hide. This week all vegetables should be kept in the mid 30 degree range in your refrigerator except Zucchini - it stays fine for days on the counter.

This week we are featuring our cauliflower, crispino head lettuce and zucchini in our comments and recipes.

Crispino is Beaver Creek Garden's version of iceberg lettuce. I have been making a knock off of Portillo's chopped salad with the fixings you will find in your box. I chop the romaine, crispino and the spring onion very fine. Add the gorgonzola cheese with bacon bits and dress it with Portillo's House Italian. You can google the dressing recipe as someone has put it on line.

Crispino, like all iceberg lettuce, is not all water as everyone thinks. One cup of iceberg lettuce contains: 10 calories, 0 grams of fat, 1 gram protein, 2 grams carbs (1 of dietary fiber), 7 percent of vitamin A, 3 percent of vitamin C, 1 percent of calcium and 2 percent of iron. It also contains trace amounts of potassium, folate, vitamin K, magnesium and phosphorus.

Zucchini - low in calories, high in vitamins A-D, iron and fiber - enough said!



Cauliflower - Cauliflower is low in fat, low in carbohydrates and high in dietary fiber, folate, water, and vitamin C, possessing a high nutritional density. It comes from the same family as broccoli and for highest and best use as a nutritional source - steam it, roast it or eat it raw. Once you boil it, you lose as much as 75% of the nutrients.

Cauliflower is a very old vegetable. There are records of cauliflower's existence dating back to the 6th Century BC.

Low carbohydrate dieters can use cauliflower as a reasonable substitute for potatoes or rice; while they can produce a similar texture, or mouth feel, they lack the starch of the originals.

I actually mashed and froze it last year to add to potatoes which cut the calories of the mashed potatoes but not the flavor. I liked it - Ron didn't, oh well!

Garden and Weather Report

continued from page 1

on our land seems to sit at about 17 inches below the surface, so it would be accessible to plants if we hit a dry spell along the way!

This week we will have a few different items in your box. By the way, if you love Kale, you probably are thrilled with having it in your box almost every week. Those of you that do not know what to do with all that Kale are probably wondering by now why we have it in the boxes as much as we do. Many of the subscribers juice and Kale is a wonderful vegetable to add to almost any juice and those that do juice expect to get frequent Kale. If you are not a juicer, you can saute it in oil with garlic and onion, adding any additional items like the beet greens to this. You can also make Kale chips, recipe on page 4. It is a super food so try to find some way to enjoy this great vegetable.

Remember too that we do not use any pesticides or herbicides on your food. There will be an occasional "critter" or weed that may have escaped our initial wash/rinse or eyes. This is why I remind everyone to wash their vegetables again before you prepare them.

The weather forecast for the July is for below normal temps with above normal rainfall so other than being concerned about the growth of melons in the cold and wet, most of the things we plant will do just fine.

This Weeks Photo's



Fall crops hardening off to the left - can you see the tiny tomatoes below?



There are many varieties but this looks like the one I found.



Army Worm - Marching

What's bugging us?

bers. I actually read somewhere a few years ago about a road between fields becoming slick to drive on with the onslaught of the army worms crossing the road. There has to be a good joke in here somewhere!

However, we see a few each year and simply use BT on the crops that they appear to be bothering. This seems to keep them under control.

Still have not seen one Japanese Beetle - this is unbelievable since they have been a huge nemesis for the last seven years. I also haven't seen many bees or butterflies yet this year which always concerns me. I have been pollinating the zucchini myself this past week - would much rather have the bees!

What's new?

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



Tips & Recipes

Kale Chips - 1 bunch of Kale; 1 TBSP olive oil; 1 tsp salt (use seasoned salt)

Preheat oven to 350; remove leaves from stems and tear into pieces - place on cookie sheet, drizzle oil and sprinkle salt - bake 10 to 15 minutes until edges are brown.

Ron's Fried Zucchini

Slice Zucchini; fry up 4 to 8 pieces of bacon; dip zucchini slices in beaten egg and then flour (salt and pepper); fry zucchini in 1-2 TBSP of the bacon grease on one side, turn and top with mozzarella cheese and crumbled bacon - cover pan and let cheese melt -

Roasted Cauliflower - there are plenty of recipes on the internet - here is Food Network's:

Ingredients

1 head cauliflower (about 2 pounds), cut into bite-size florets (about 8 cups)

1/4 cup extra-virgin olive oil

5 cloves garlic, roughly chopped

1/4 teaspoon crushed red pepper

2 teaspoons kosher salt

2 teaspoons roughly chopped fresh thyme leaves

Preheat the oven to 450 degrees F.

Toss the cauliflower with the olive oil, garlic, and red pepper on a baking sheet; sprinkle with the salt and thyme and toss again. Roast until golden and tender, about 20 minutes. Transfer to a serving bowl and serve.

You can use the garlic scapes in your box - We also love to just grill the garlic scapes when we are grilling fish or something else - they taste great this way.

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