



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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Garden and Weather Report

Hello from the Gardens!
We had a great Fourth of July as evidenced by the photo just to the right. We entered our Allis Chalmers D17 tractor and the Combine that we do use in the parade up in Sharon Wisconsin. Driving the tractor is one of Ron's interns, James and riding on the Combine is Cal a 2nd year intern. These two do quite a bit of clean up for me as well when we are "in the weeds" literally. They will mow, weed, tie up tomatoes and do anything else that our worker shares are not able to get to.



We are "getting out of the weeds" finally with the recent dryer weather. One crop that we did not weed was the bed with the carrots in it that are in your box this week. We did an initial clean up before the 8 inches of rain set in and were not able to get back to the bed before the carrots were ready to take out. To save time, I do not weed beds we are beginning to harvest. What I found in that bed were some beautiful carrots and some not perfect ones as well. I have put both in bunches as the not perfect carrots looked great from the bottom up. The tops have

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What's bugging us?

You may find in the cabbage, broccoli and cauliflower evidence of the cabbage moths that have been flying around. We do spray with BT but it doesn't get them all. These are those pretty white summer butterflies that fly around in pairs and guess what they are doing? Yes, and then laying their eggs in crops like their namesake, cabbage. The larvae emerge as green (actually

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What's Inside

This is WEEK #5
of the 2015 Season
It's a B Week



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Tendersweet - note cabbage moth munching holes!



Beets just harvested

Wash your Vegetables before cooking or eating raw.

Week 5 Produce

- Carrots**
- Zucchini
- Spring Onions**
- Romaine Head Lettuce
- Tendersweet Cabbage
- Beets
- Broccoli
- Green Beans**
- Sugar Peas**
- Kohlrabi
- Cauliflower*

*Not in individual boxes or smaller**

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. 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.

PRODUCE of the Week



This week we are featuring those delicious green beans in your box, beets and the tendersweet cabbage.

The green bean that I grow is called Provider and they are just that. They are an amazing tasting green bean and once they are ready to pick, it is almost a full time job to keep up with them. We picked 122 lbs. over the 4th weekend just to keep up.

Nutritionally green beans are great for fiber, no fat and are very low in calories, 31 for one cup and have 27% of daily Vitamin C requirement. I love to eat them raw, or steamed lightly so that they still have a little crunch to them.

This particular variety is grown on a bush and these are considered a round bean. We will have some flat Italian bush beans later this year along with one type of pole bean that I grow every year.

The beets in your box this week are what I would call a typical red round beet. You will see some other varieties of beets later in the year, like cylindra and golden.

Most folks are either a beet lover or hater and there seems to be no inbetween. Beetroot can be boiled or steamed, peeled and then eaten warm with or without butter as a delicacy; cooked, pickled, and then eaten cold as a condiment; or peeled, shredded raw, and then eaten as a salad. Pickled beets are a traditional food in many countries. Nutritionally Beetroot is an excellent source of folate and a good source of manganese,[12] and contains betaines which are believed to aid heart health and prevent strokes.

The cabbage this week is called Tendersweet and is absolutely wonderful for making coleslaw, grate the carrots and kohlrabi in for extra flavor. Cabbage is an excellent source of vitamin C and vitamin K, containing more than 20% of the Daily Value (DV). Check out Wikipedia for more information on cabbage.

Garden and Weather Report

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some damage that I suspect came from a 13 striped ground squirrel (gopher), the same ones that chewed my tomatoes when I planted them. Picture on page 1 under what's Buggin' Us. I wanted to kill each and every one of them, but . . . it is not possible to get them all, nor would you want to. Our garden is part of a much larger eco-system where everything in it has a place, even those little gophers. I went to Wikipedia to find their purpose in our garden and was amazed to find that they eat insects and caterpillars as part of their diet - so the carrots and tomatoes must have been dessert. The following paragraph is from Wikipedia.

“Its primary diet includes grass and weed seeds, caterpillars, grasshoppers, and crickets, but it may also eat mice and shrews; it will viciously attack and consume cicadas if able to catch them. This squirrel sometimes damages gardens by digging burrows and eating vegetables, but also devours weed seeds and harmful insects.” Obviously they missed the weed seeds in the carrot beds and went straight for dessert! Did you also know that when they hibernate in October through March - their respiration drops from 100 to 200 breaths per minute to one per five minutes?

So, as you can see, they are very beneficial to our garden and killing them would only cause additional problems in another area! This is all part of belonging to a CSA, understanding nature and the part it plays in our food production. We have to understand that we are just another cog in the wheel, not the wheel.

Everything is growing great, we have actually tasted tomatoes and strawberries and my hope is that you will see some of those in your boxes in the next few weeks. The tomatoes are struggling with septoria and other wet weather diseases, but we are treating and I know from past years that the tomatoes will come inspite of adverse conditions.

Weather is predicted to continue cool with occasional summer like days in the mid to upper 80s through July with normal rainfall for July. I love the summer weather in the midwest!

This Weeks Photo's



Some of you may hit the jackpot this week with a purple cauliflower, we harvested about 20 of this color and check out the ripe Sun Gold below!



Here is a photo of the cabbage looper right next to the hole he chewed!



What's bugging us?

kind of pretty if you like worms) worms that munch mostly on the outside leaves of the cabbage. We have seen an abundance of these in the last few weeks and I have observed the telltale signs on the leaves of the cabbage. Once again, they are harmless.

Japanese beetles have arrived but seem to like Liz's flowers more than any of the veggies, at least for now. I usually find them on the basil, but haven't seen them there yet.

Bees - let's talk about one insect that would be most welcome. This is the canary in the coal mine scenario. I have literally seen less than half a dozen honey bees and the zucchini in your box was pollinated by me. This is very worrisome.

What's new?

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



Tips & Recipes

Grandma Goss's Coleslaw: 1 Head of cabbage, 1 carrot, 1 kohlrabi (my addition to my grandmother's recipe) chopped and grated with salt and pepper to taste.

Dressing: 3/4 C sugar; 1/2 C Tarragon white wine vinegar, 1/4 vegetable oil. Boil ingredients, pour over chopped cabbage, let set for 45 minutes and refrigerate. Tastes best day 2.

Beets: I like to roast mine at about 375 degrees for an hour after rubbing the skin with olive oil. You can then eat them hot, let them cool or freeze them for winter! I am absolutely going to try this Allrecipes Beet Salad below, sounds delicious!

4 Med beets, scrubbed, trimmed and cut in half

1/3 C chopped walnuts - 3 TBSP maple syrup - baby greens or lettuce

1/2 C frozen orange juice concentrate - 1/4 C balsamic vinegar

1/2 C extra-virgin olive oil - 2 oz. goat cheese

Boil beets for 20 to 30 minutes until tender, cool and cut into cubes.

Place walnuts into skillet, heat until warm starting to toast, stir in maple syrup. Cook and stir until evenly coated, remove and cool.

In a small bowl whisk the OJ, vinegar and oil to make the dressing. Place greens or lettuce on 4 plates, sprinkle walnuts, place beets and top with goat cheese. Drizzle with dressing.

Green Beans -

I am certain that you all have a favorite recipe for green beans. Ron always like to saute them in either olive oil or bacon grease (after frying the bacon he crumbles it and adds it back in. He also sometimes will caramelize onion to add to the green beans and then will top with toasted almonds.

11 Fresh Green Bean Recipes | www.realsimple.com

Green Bean Side Dish Recipes - Allrecipes.com

Green Beans with Lemon and Garlic Recipe | MyRecipes.com.

Above are few sites with many green bean recipes. If you try one that turns out great, let me know and I will share it with the CSA!

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