



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
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Garden and Weather Report

Hello from the Gardens!
 Another great week of sun and then Monday night!

We were awakened at about 4:30 a.m. with the storm that came through with winds that were unbelievable. We have



two guests staying with us, our granddaughter, Liz and an intern Rob, who is from New York. He said he has never heard winds like that. Ron and I turned on the weather to make sure we didn't have to bring our guests to a lower level! I am writing this on Monday afternoon with more storms expected tonight.

Being inside this afternoon is much more pleasurable than the temperature of 87 outside with dewpoints approaching 80 as well. The air is so thick that

working in it becomes impossible. I am sure of one thing though, the tomatoes are loving this. We

did need the .75 inches of rain we received and we knew this rain event was coming. I had our Saturday crew take out the rest of the carrots in the bed, transplant the fall crops, and seed more beans and beets for fall as well

in anticipation of rain. The winds came out of the north and many of the plants are leaning like the dill in the picture above.

I am updating this section as we had another round of storms on Monday early evening that came with incredible winds and hail, rather large hail to boot.

We did have some hail damage and you will notice it on the lettuce this week. I actually found round indents in the zucchini I harvested today.

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What's bugging us?

This is pretty much a repeat from last week in what we have bugging us in the garden this week. You will notice hail damage on some crops in your box that were harvested Tuesday and Wednesday. And you will 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



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What's Inside

This is WEEK #6
 of the 2015 Season
 It's an A Week



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PRODUCE of the Week



Fall broccoli and cauliflower planted on Saturday



Strawberries!!!!

Wash your Vegetables before cooking or eating raw.

Week 6 Produce

Carrots
Zucchini**
Spring Onions**
Head Lettuce
Tendersweet Cabbage
Beets
Broccoli
Green Beans**
Cauliflower**
Mixed Red Berries
Dill and Kale

** Smaller amts in Individual box

* Not included in individual box

Storage Information

Everything in your box this week can be kept at 33 degrees with the exception of the zucchini and dill. I always keep my dill in water on the counter until I use it - although it will also keep in the fridge at the colder temperatures too. The red berries will be either raspberries or strawberries with currants mixed in and these do not have a great shelf life at any temperature, so eat them quickly!



This week we are featuring red berries. We have three different varieties that are ripening right now. The first, and probably everyone's favorite, is the strawberry. These are the everbearing through frost variety, so if you didn't get these in your box this time, you will as we have just begun the harvest the beds and they will continue to flourish as the summer wears on. The second is our summer raspberries, my personal favorite. The third is the currant which is a small tart red berry that is delicious and great in any juice.

We are getting about 4 to 5 pints a day of the berries so we will be putting them in boxes as we harvest in small 1/2 pint containers. We hope to go to larger pints when the strawberries pick up. We will be adding blueberries to this mix a little later.

Currants grow on a small bushes and are harvested in by pinching the little sprig right off the plant. They do have a much better shelf life than strawberries, are about 63 calories per cup and have an interesting tart flavor.

Red currants are a rich source of Vitamin C, due to which they contain important antioxidant properties. Because of the high amount of Vitamin C, the iron that is present in red currants also gets easily absorbed by the body.

They are very high in fiber, which helps in the proper functioning of the digestive system as well as the development of the appropriate gut micro-flora. (google this for info)

The other feature this week is the herb Dill that is at the top of your box. This is a great smelling herb that is used in pickling, potato salads and the "dilly bean" recipe on page 4. Believe it or not I sometimes just harvest a few stems and let them sit in the pack out area or store for the fabulous aroma that is dill. We will have dill most of the season as it planted itself all over my garden. I also planted an additional bed.

Garden and Weather Report

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Ron and I especially enjoy teaching the interns we have for the summer the tricks of our trade. Liz is here for three weeks and is working the mornings for me. I must wear her out because she takes a nap every afternoon after work? I am thinking it is a teenage thing. I asked her to write a paragraph about her thoughts and experiences in the garden and we are calling it Liz's Blurb - I will place it at the end of the Garden and Weather Report for the next couple of weeks - a 16 year old perspective on the garden!

We still have broccoli this week, although this is probably the last week of that until fall. I have one late bed of cauliflower that you will see in a few weeks. We will be harvesting the garlic and onions this weekend. Those need to season (dry) in the packout, greenhouse and store. I hang them everywhere I can find a hook and this year we will have a much better garlic harvest. If you are new to the CSA, the drought of 2012 cost us our seed and we actually went 2013 with no garlic, 2014 with a little and now have replenished our stock so that you will see it in your box more frequently. It is big and tasty, picture of the first few harvested is below.

Ok - here is Liz's Blurb! (As you can see, farm girls learn fast!)

I have learned a lot of interesting stuff at the garden by working here. I got here on the 7th and I started working for Beaver Creek Gardens on the 8th. So far my favorite job is picking strawberries because I get to eat them as I pick. My least favorite job is picking beans because I do not like them raw. Therefore I do not eat and it is a boring job. My grandmother Cheri has allowed me to have "sex in the garden" by doing the pollinating of the zucchini that is in your boxes this week. This gardening is a lot of hard work!!

Submitted by Elizabeth Carlson (Doetch) Dupree

This Weeks Photo's



Coming this fall - Kalettes. These are a hybrid of a Brussels Sprout and Kale, you can see the tiny head beginning to form in the arm - garlic below!



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



What's bugging us?

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 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.

I have finally seen some honey bees hanging around the zucchini and tomatillo blossoms. It is about time and I am hoping that they will take over the pollination in the garden as we have cucumbers that have blossoms and helping the zucchini was enough for me!

What's new?

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



Tips & Recipes

Refrigerator Dilly Beans

2 cups of green beans

1 cup vinegar

1 cup water

2 ½ tablespoons of sugar

2 cloves of garlic OR 3 tablespoons of minced garlic scapes

1 ½ teaspoons of kosher salt

½ of a medium onion, sliced thinly

2 sprigs of fresh dill

½ teaspoon of whole black peppercorns

¼ to 1 teaspoon of red pepper flakes (depending on how hot you want them) – you can also add a whole dried chili if you have one.

You don't need any canning supplies for this project. You don't even need special jars. Make your brine. This is the longest part of this process (and it only takes a few minutes!) so do this first. Add your water, vinegar, salt, sugar, and garlic (which you've minced) to a saucepan and bring it to a boil. Once it is boiling, turn it off and set it aside to cool down to room temperature.

Trim the beans. You want them all to fit in your jar with about an inch at the top so the brine covers them completely. You can trim both ends, or just the stem end. I think the pointy blossom end of beans are pretty, so I leave them. It's up to you.

Blanch the beans. Bring a saucepan of water to a full boil, then dump the beans in and boil them for thirty seconds. Drain them, and quickly add them to a bowl of iced water to shock them and stop the cooking process. You want your beans to be brightly colored and still crisp.

Drain the beans and set them aside. Add your onions, dill, red pepper flakes, and peppercorns to your jars. Now add your beans to the jars. They look prettiest standing upright, but don't worry about being perfect. The easiest way is to lay the jar on its side, or hold it horizontally, and place the beans inside. Go ahead and pour your brine in once it has reached room temperature. Fill the jar to 1/2 inch below the top of the jar, and put the lid on. Place the jar of dilly beans in the fridge, and let them sit for at least two days before eating them.

They'll keep for up to six months in the fridge, but I'll bet you foldable money that you won't have them around nearly that long!

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