



# Beaver Creek CSA

## your local food connection!

BEAVER CREEK GARDENS  
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### Garden and Weather Report

**H**ello from the Gardens!  
 We have survived several bouts of temperatures in the 90s and humidity right up there with it. Our local weather folks said today that we have passed the high average temperature for the



season and from now on it the high average will recede from 85 down to 81 by the end of August. The sun is also on the move toward the southern sky or actually I think the earth is tilting which changes the appearance of the sun in the sky. We are heading away from summer from today on! Boy it went fast!

We have a lot of tomatoes on the plants and actually the Sun Golds are ripening. We have been eating a few as we walk by and I am thinking that we will have

some for you next week. This week Ron took a trip to Michigan so you will find in your boxes blueberries mixed with currants for color. Our strawberries are still ripening but not in large enough numbers to fill pint containers for you. They have been affected by the recent wet weather too.

It looks like we are heading for at least a 5 day no rain through this Saturday. We certainly hope so as everything is just wet - wet - wet.

We took the garlic out on Saturday and not a moment too soon as we got another .75 inches right after we dug it. I had a work crew of 6 - Schaumberg, Bill and Norm to dig, clean and place on the wagon for drying. Debbie B and I got it all hung on Monday as you can see by the pictures on page 3.

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### What's bugging us?

As you can see, we have plenty of flowers in our garden this year to attract the honey bees. They are here but not in huge numbers. Other bugs do help with the pollination. The picture to the left is cleome. Butterflies love this plant and so do bees. I grow some every year.



Japanese beetles have been nibbling on the basil, you may notice a few little chew marks on the

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### What's Inside

This is WEEK #7  
 of the 2015 Season  
 It's a B Week



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Onions hanging in greenhouse



Basil

Wash your Vegetables before cooking or eating raw.

## Week 7 Produce

Fennel  
Zucchini\*\*  
Head Lettuce  
Cabbage\*  
Beets  
Broccoli or Cauliflower  
Green Beans\*\*  
Rutabaga\*\*  
Onion  
Blueberries/Currants  
Basil

\*\* 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 basil. I always keep my basil in water on the counter until I use it - although it will also keep in the fridge at the colder temperatures too. The rutabaga will keep for months should you decide to wait for more root crops to roast it with, just keep it cold and come back to it in Sept/Oct.

# PRODUCE of the Week

This week we are featuring fennel and rutabagas. These two vegetables have very different flavors. The fennel has a definite "licorice" smell and taste, but is excellent roasted as are rutabaga.

Although most of us roast vegetables like rutabaga and fennel in the winter, I took the opportunity of the cool front and actually made pot roast Monday night and rather than put in potatoes, I added the rutabaga with my carrots and it was delicious.

Fennel is crunchy and slightly sweet, adding a refreshing contribution to the ever popular Mediterranean cuisine. Most often associated with Italian cooking, be sure to add this to your selection of fresh vegetables from the autumn through early spring when it is readily available and at its best.

Fennel is composed of a white or pale green bulb from which closely superimposed stalks are arranged. The stalks are topped with feathery green leaves near which flowers grow and produce fennel seeds. The bulb, stalk, leaves and seeds are all edible.

The most fascinating phytonutrient compound in fennel may be anethole—the primary component of its volatile oil. In animal studies, the anethole in fennel has repeatedly been shown to reduce inflammation and to help prevent the occurrence of cancer.

You can freeze the bulb for use later too.



Before there was agriculture, there was the turnip. That's how old the turnip is. Turnips were cultivated some 5,000 years ago and may have been eaten as long as 5,000 years before that. Turnips were as important to the Romans as potatoes were to the Incas.

The history of the rutabaga is much shorter. In the early part of the 17th century, Swiss botanist Casper Bauhin crossed a cabbage with a turnip and got a rutabaga, sometimes called a yellow turnip. It became popular in northern Europe and, in fact, derives its name from the Swedish rotabagge. (Rutabagas are sometimes called swedes.)

The nutrient content of rutabagas makes them a worthy addition to your dietary plan. Not only are they low in fat, but they contain multiple vitamins and minerals. They are excellent roasted or added to potatoes and mashed.

During the two World Wars in the last century, the Europeans depended on root crops like the rutabaga to fend off the severe food shortages that wars bring. Because of this, the French to this day are not fond of rutabaga and it is mostly the Northern Europeans that cook with this root crop.

# Garden and Weather Report

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What you can see below on the right is about 500 or 600 head of garlic hanging. We hang it for about a week, then will cut its "beard" (roots) and trim off the dry leaves. It will take another 2 weeks to be cured enough to put into your boxes. We have enough to get all of you garlic for about 7 weeks which is 5 more weeks than we had last year - I am thrilled with that. The seed garlic for next year is hanging in another room and we have enough of it to plant 3 complete beds for next year. It all looks good, most heads are what I would call medium to large - very few small heads, a successful growing season for garlic!

We have huge Walla Walla onions that we are harvesting this week. They also need a little curing in the greenhouse but we will put them in before they are completely seasoned so that you have onions in every week. We have Cippolini Reds, Red and white onions also being harvested and heading for your boxes. I picked the first cucumber today too! - much more to come.

## Liz's Blurb!

I have now been working for about 10 days in the garden. Even though it is hard work, I am enjoying making money this summer. This is my first summer job and I love working with my grandmother because I get to pick my jobs for the morning. I learned that working in the mud is not fun and that zucchini can grow to 8 pounds - see the picture below!

Submitted by Elizabeth Carlson (Doetch) Dupree

We have not been able to get into the zucchini beds frequently enough so you will start seeing larger squash in your boxes, but with recipes to help you use these Baby Huey Zucchini with the first one being my favorite zucchini bread recipe on page 4 - I think Huey would make about 8 loaves!

## This Weeks Photo's

Liz with Baby Huey the Zucchini



That is the 8 pounder Liz harvested and we found his brothers Duey and Louie in the garden too. Below is the garlic drying in the store.



Here is a picture of the Japanese Beetle - they are beautiful and destructive.



### What's bugging us?

top leaves of the basil in the box. They are not in sufficient numbers for me to even consider spraying though. But they are bothering Liz's zinnias and will probably go after mine as well. I have seen them all over the smart weed - they can eat all of that plant. It is amazing how they adapt to what is readily available in a garden. I wish they could eat all the weeds!

You will notice some feeding on the rutabaga - just cut or peel it away which is what I did when I prepared it this week. I believe these subterranean critters that like to nibble on root plants. They seem to cut a shallow path that is easily cut away. The only way to rid the soil of these is to use an insecticide - I won't do that!

### What's new?

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



## Tips & Recipes

### Roasted Rutabaga & Fennel au Gratin

3/4 cup grated low-fat Cheddar cheese  
1/3 cup all-purpose flour  
2 tablespoons chopped fresh sage  
3/4 teaspoon salt  
1/4 teaspoon ground black pepper  
1 small rutabaga, thinly sliced (5 ounces)  
1 medium russet potato, sliced (5 ounces)  
1/2 small yellow onion, thinly sliced (1/2 cup)  
1/2 small fennel bulb, thinly sliced (1/2 cup)  
1 cup low-fat milk

Preheat oven to 350 degrees F. Grease 1-quart baking dish with oil. Combine cheese, flour, sage, salt, and pepper in bowl.

Layer half of rutabaga, potato, onion, and fennel in prepared baking dish. Season with salt and pepper, if desired, and sprinkle with half of cheese mixture.

Top with remaining vegetables; season with salt and pepper, if desired; and pour milk over top. Sprinkle with remaining cheese mixture.

Bake 1 hour, or until liquid is absorbed and vegetables are tender. Let stand 15 minutes before serving.

You can also take the Rutabaga, fennel, carrots, broccoli, cauliflower, onion and anything else in your crispier that needs to be cooked, salt with kosher salt, fresh ground pepper and drizzle olive oil over, roast for 15 to 45 minutes until vegetables are browned. Add fresh parmesan cheese. You can also roast with garlic - use your imagination when roasting vegetables and remember that veggies like broccoli and cauliflower will roast and be done more quickly than something like rutabaga.

**Cheri's Pineapple Zucchini Bread** - Makes 2 loaves - Bake 350, 1 Hr. in greased and floured large bread loaf pans

3 Eggs; 2 C Sugar; 2 tsp vanilla; 1 C oil - place in mixer and beat until fluffy

Add the following:

- 2 Cups zucchini peeled, grated and drained
- 3 C Flour
- 1 C crushed pineapple, drained
- 1 tsp. salt
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/2 C Raisins
- 1 C Chopped nuts (optional)

This bread freezes. I bake, cool and place in gallon zip lock bag. It will hold in the refrigerator for a month or more and I will make up about a dozen loaves and freeze them to use throughout the winter. It is a great emergency "take to a party" food when you are busy during the Holiday.

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