



# 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

**H**ello from the Gardens!

We did receive those 5 days of very dry and hot weather and believe it or not, we are watering the beds that have the mulch on them. We have dried out and actually could use a little rain which according to the weatherman, we should get some with the cool front coming through on Tuesday night.

You will notice in the picture above that we have begun to find ripe tomatoes. Although not in numbers to give out to you, this is a good sign. We have plenty of green tomatoes on most of the plants so with this warmer weather - maybe next week?

You do have a couple of new things in your box this week - the first sweet corn of the season. Ron and I test drove it for you already and it was very good, like last year. I will put a half dozen ears on the bottom



of the 3/4 bushel boxes and four ears in the individual boxes. You will also find a pepper in your box. Typically these ripen at the same time as tomatoes and cucumbers, but this year is anything but typical. I cannot believe I have peppers before cukes and tomatoes.

I grow several varieties of the sweet peppers, one is the very typical bell pepper in a variety of colors, and the other is a cubanelle. This is usually a long, narrow sweet pepper. (see picture on page 2.) I love the cubanelle because it has a thinner skin than the bell and is just as sweet.

Also in your box this week are Michigan Blueberries. You may have gotten some last week mixed with red berries, but this week we are putting in just the blue!

We also finished the harvest of all of the onions and they are everywhere drying. We have them in the greenhouse and wagons.

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### What's bugging us?

We have seen plenty of honey bees this week - thank goodness!



They have finally arrived in numbers to pollinate and I am hoping they are working on the tons of cucumber blossoms I have in two cucumber beds.

I have notice the dreaded Squash bug and squash bug eggs on the zucchini - however because we planted our other squashes at Beaver Creek West, I am not too

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### What's Inside

This is WEEK #8  
 of the 2015 Season  
 It's an A Week



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# PRODUCE of the Week



Onions hanging in greenhouse



Pole Beans

Wash your Vegetables before cooking or eating raw.

## Week 8 Produce

Zucchini\*\*  
Head Lettuce  
Cabbage\*\*  
Pepper  
Sweet Corn\*\*  
Onion  
Blueberries  
Kohlrabi  
Kale\*\*

\*\* Smaller amounts 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 peppers. They can be kept in a warmer spot in your refrigerator. The Sweet Corn should be kept in the refrigerator as we have already cooled it. The head lettuce in your box is Hearts of Romaine. We have taken the outer leaves off as they were somewhat damaged by the hail last week.

This week we are featuring sweet corn and sweet peppers.

In the United States, the term "sweet pepper" encompasses a wide variety of mild peppers that, like the chile, belong to the Capsicum family. Both sweet and hot peppers are native to tropical areas of the Western Hemisphere and were brought back by Christopher Columbus to his homeland where they quickly found their way into Spanish cuisine. Sweet peppers can range in color from pale to dark green, from yellow to orange to red, and from purple to brown to black. Their color can be solid or variegated. Their usually juicy flesh can be thick or thin and the flavors can range from bland to sweet to bittersweet. The best known sweet peppers are the bell peppers, so-named for their rather bell-like shape. They have a mild, sweet flavor and crisp, exceedingly juicy flesh

A recent study from Spain took a close look at vitamin C, which they are loaded with, vitamin E, and six of these carotenoids (alpha-carotene, beta-carotene, lycopene, lutein, cryptoxanthin and zeaxanthin) in all commonly eaten foods and found that only two vegetables contained at least two-thirds of all the listed nutrients. One of these foods was tomato, and the other was sweet bell pepper!

So they not only taste great in salads, but are a nutrient dense food to boot!



Sweet corn occurs as a spontaneous mutation in field corn and was grown by several Native American tribes, mainly the Sam Crystal tribe (Hesketh Bank). The Iroquois gave the first recorded sweet corn (called 'Papoon') to European settlers in 1779. It soon became a popular food in southern and central regions of the United States.

At 86 calories per 100 g, sugar corn kernels are moderately high in calories in comparison to other vegetables. However, fresh sweet corn has fewer calories than that of field corn and other cereal grains like wheat, rice, etc. Their calorie chiefly comes from simpler carbohydrates like glucose, sucrose than complex sugars like amylose and amylopectin, which is a case in the cereals. Sweet corn is a gluten-free cereal and may be used safely in celiac disease individuals much like rice, quinoa, etc.

It also contains good levels of some of the valuable B-complex group of vitamins such as thiamin, niacin, pantothenic acid, folates, riboflavin, and pyridoxine. Corn is a good source of phenolic flavonoid antioxidant, ferulic acid. Several research studies suggest that ferulic acid plays a vital role in preventing cancers, aging, and inflammation in humans.

# Garden and Weather Report

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They take about 3 weeks to completely dry but we are still putting them in your boxes. You just need to make sure you refrigerate them and eat them. Once they are dried I will let you know and those onions can be kept out of the refrigeration. You will find either a Red onion, Walla Walla Sweet or possibly a white onion in your box this week.

The Kohlrabi is from a new bed that just ripened and can certainly be added to any vegetables you are roasting or once again, you can grate it into coleslaw, cut into a salad or just eat it as a snack raw. Look next week for some different things to do with all the cabbage you are finding in your boxes - remember, it does hold very well in the fridge for weeks so keep it cold.

In your box this week is a large zucchini that you can use in so many different ways. As you can see below, we baked Baby Huey. On page 4 is a recipe from Cynthia Maddock for Zucchini Taco Boat and I will also give you the pancake recipe on page 4. This is my granddaughter's last week here and last blurb. She has been a great help to me and a joy to have around - Grandpa Ron and I will miss her terribly!

Liz's Third and Final Blurb: Well I have been here for 3 weeks and I want you all to know when you get the garlic in your boxes that I cleaned almost all of it this past week - boy did my hands smell. Cheri says it is really good looking garlic, I wouldn't know - I only know that it is cleaned of dirt and the roots are cut! I can't believe three weeks have gone by, it went so fast. Half of me misses home and the other half wants to stay longer. It is only 12 hours to get here so if my Mom and Dad are mean, I may be back before next summer. I will miss Grandpa Ron and Cheri too, they are so much fun to work with, learn from and just hang out with. See you next summer!

Submitted by Elizabeth Carlson (Doetch) Dupree.

## This Weeks Photo's

And this is baby Huey below! A total of 10 cups!



We baked Huey into four loaves of bread and have the 6 cups to make zucchini pancakes - Yum! Onions below.



Here is a picture of the squash bug - they are light gray and destroy the plant.



## What's bugging us?

concerned at this point. We are almost through with the zucchini beds and by the time the eggs hatch into nymphs, we will probably be tilling these beds in.

I did see some type of tick when I was weeding on Monday, I should have brought it in to see what type it was, but instead just knocked it down. We do not see ticks as a rule so I was a little surprised when I saw the tiny triangle shaped bug.

I am watching closely for the nine spotted moth that is the precursor for the Tomato hornworm. I am totally expecting those this year because this is the year that tomatoes seem to be the target of absolutely everything! I will keep you posted on those.

## What's new?

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



## Tips & Recipes

### Taco Stuffed Zucchini Boats

Skinnytaste.com

Servings: 4

Ingredients:

4 medium (32 ounces) zucchinis, cut in half lengthwise

1/2 cup mild salsa

1 lb 93% lean ground turkey or ground beef

1 tsp garlic powder

1 tsp cumin, 1 tsp kosher salt, or to taste

1 tsp chili powder, 1 tsp paprika, 1/2 tsp oregano

1/2 small onion, minced

2 tbsp bell pepper, minced

4 oz can tomato sauce

1/4 cup water

1/2 cup reduced fat Mexican blend shredded cheese

1/4 cup chopped scallions or cilantro, for topping

Directions:

Bring a large pot of salted water to boil. Preheat oven to 400°F. Place 1/4 cup of salsa in the bottom of a large baking dish. Using a small spoon or melon baller, hollow out the center of the zucchini halves, leaving 1/4-inch thick shell on each half. Chop the scooped out flesh of the zucchini in small pieces and set aside 3/4 of a cup to add to the taco filling, (squeeze excess water with a paper towel) discarding the rest or save to use in another recipe. Drop zucchini halves in boiling water and cook 1 minute. Remove from water.

Brown turkey in a large skillet, breaking up while it cooks. When no longer pink add the spices and mix well. Add the onion, bell pepper, reserved zucchini, tomato sauce and water. Stir and cover, simmer on low for about 20 minutes. Using a spoon, fill the hollowed zucchini boats dividing the taco meat equally, about 1/3 cup in each, pressing firmly. Top each with 1 tablespoon of shredded cheese. Cover with foil and bake 35 minutes until cheese is melted and zucchini is cooked through. Top with scallions and serve with salsa on the side.

Cynthia also makes Zoodles with the large zucchini and her four children love them. That recipe is at [www.skinnytaste.com/search/label/Zoodles](http://www.skinnytaste.com/search/label/Zoodles)

### Zucchini Pancakes

2 Cups grated Zucchini - 2 Large eggs

2 TBSP chopped onion

1/2 Cup Flour; 1/4 Cup grated parmesan cheese

1/2 tsp baking powder and 1/2 tsp salt

pinch of oregano or 1/2 tsp of garlic

1/4 cup of Vegetable oil

Combine zucchini, eggs and onion. Mix flour, parmesan, baking powder, salt and oregano in bowl, stir in zucchini mixture. drop rounded spoonfuls of batter into hot oil. Cook 2 to 3 minutes on each side, drain and serve with sour cream.

This is a great alternative to potato pancakes, lower in calories and definitely delicious. Please let me know if you have a favorite recipe for the gigantic zucchinis that seem to appear every year in gardens!

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