



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
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What's bugging us?

I have not yet seen cucumber beetles, but now that we are harvesting the cukes - they are probably around the corner.



I did check the squash at Beaver Creek West and did not see any squash bugs - this was great news as they can be devastating. The plants look very good and healthy - may need some water soon.

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Garden and Weather Report

Hello from the Gardens!

For those of you that pick up at the farm on Friday or Saturday, you may have noticed my absence. I was in San Diego for my nephews wedding. Just a quick three day trip but was able



to observe first hand the effect that climate change is having on the western states. I felt as though I was flying over a desert for most of the trip. Once out of Iowa, it was very dry and brown. The pundits talk about climate change as though it is something that will happen in the future. I believe we are in the midst of it right now.

One of the symptoms of climate change is extremes. We had unbelievable amounts of rain in June and the first two weeks

of July, and now we cannot buy a rain. We are irrigating all the beds as they rapidly dry out in the hot, dry, windy weather we have had in the last two week. This feels like climate change to me. If you grew up in the 60s and 70s, you will might remember one or two extreme weather events, but this seems to be the new norm. We will

adjust, I am sure, our species always does. So we will continue to water until this dry spell breaks.

As you can see by the picture above, we have begun to harvest tomatoes. I do not have enough ripe ones yet to put in the boxes, but I am thinking that by next week it may be possible. As I said last week, I have never had peppers earlier than tomatoes! This is a year of many changes which is why I love growing, never the same!

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What's Inside

This is WEEK #9
of the 2015 Season
It's a B Week



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PRODUCE of the Week



Giant Zucchini, cucumbers



Teddy Bear Sunflowers

Wash your Vegetables before cooking or eating raw.

Week 9 Produce

Zucchini**
Head Lettuce
Garlic
Pepper
Sweet Corn**
Onion
Green Beans
Kohlrabi
Cucumbers & Dill
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 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. Garlic in the pantry or on your counter.

This week we are featuring garlic and cucumbers.

Garlic is widely used around the world for its pungent flavor as a seasoning or condiment.

The garlic plant's bulb is the most commonly used part of the plant. With the exception of the single clove types, garlic bulbs are normally divided into numerous fleshy sections called cloves. Garlic cloves are used for consumption (raw or cooked) or for medicinal purposes. They have a characteristic pungent, spicy flavor that mellows and sweetens considerably with cooking.

A 2013 meta-analysis concluded that garlic preparations may effectively lower total cholesterol by 11-23 mg/dL and LDL cholesterol by 3-15 mg/dL in adults with high cholesterol if taken for longer than two months. The same analysis found that garlic had a marginally positive effect on HDL cholesterol, no significant effect on blood triglyceride levels, and that garlic preparations were generally well tolerated with very side effects.

Garlic has been regarded as a force for both good and evil. In Europe, many cultures have used garlic for protection or white magic, perhaps owing to its reputation as a potent preventative medicine. Central European folk beliefs considered garlic a powerful ward against demons, werewolves, and vampires. To ward off vampires, garlic could be worn, hung in windows, or rubbed on chimneys.



Charlemagne had cucumbers grown in his gardens in the 8th/9th century. They were reportedly introduced into England in the early 14th century, lost, then reintroduced approximately 250 years later. The Spaniards (through the Italian Christopher Columbus) brought cucumbers to Haiti in 1494. In 1535, Jacques Cartier, a French explorer, found "very great cucumbers" grown on the site of what is now Montreal.

Cucumbers grown to eat fresh are called slicing cucumbers and that is what the mini whites are. You will notice in the picture upper left that there is a basket of cucumbers that look different from the typical green you find in grocery stores or the mini whites that will be in your boxes this week. These are pickling cucumbers. They are a different variety grown to make dill or sweet pickles when you slice and add vinegar, sugar and spices to them. We will be making a batch in the next few weeks of bread and butter pickles. They will be available in the store. This is the year I may try my hand at dill pickles, I intend to every year and grow the dill - I just have never made these and quite frankly, I worry they will taste like Aunt Bee's in the Andy Griffith show.

Garden and Weather Report

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We also found cucumbers for you this week. If you are new to the CSA this year, you may not recognize them. They are the yellow-white little things in your box. I grow a variety called mini white and I let them get a little larger and yellow before picking them. I grow these for several reasons. The first being they taste great and you do not have to peel them - I guess that is two good reasons. The third is that because they are smaller, they are the perfect size for a salad. I don't know how many of you have cut half a cucumber for a salad and put the other half in the crisper drawer only to find it mushy and moldy the next week. Doesn't happen here!

This is the last week for zucchini - they have totally gotten away from us and have squash bugs on them. We will harvest one more round to have plenty of large ones for baking and boats. So if you decide you want more than you have received these last two weeks, please let me know and I will see to it that you get one.

The green beans this week are a combination of Provider and Royal Burgundy. The purple will disappear when you cook them, but they are fun to look at and taste good too. You will also find a medium to large garlic head in your box or two small ones - these will store great in a pantry and you will be getting some for the next four to five weeks for sure.

The last three weeks we have had my granddaughters blurb in this spot, but she has gone home to get ready for her junior year in high school. Maybe I can encourage you subscribers to submit something for this spot each week - could be a recipe, observation, anything you might want to share? Please make sure I have it by Monday morning as I often work on this newsletter early.

This Weeks Photo's



To the left is a sweet potato blossom and below are the sweet potatoes on their bed - they look like the best I have grown in years - keep you fingers crossed!



No need to tell you what this is!



What's bugging us?

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.

I have seen something positively wonderful this year, tons of Monarch butterflies. Although the reports this spring were that they were in a huge decline, they seem to be back this year in our area and I am thrilled.

I think this year I will actually try and find some of the caterpillars and hatch some so that I can record it on my camera for you. It is an amazing thing to watch.

What's new?

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



Tips & Recipes

Creamy Cucumber Salad

1 pound English cucumber (about 1 medium cucumber), sliced 1/8 inch thick

3/4 teaspoon kosher salt

1/2 cup sour cream

2 tablespoons finely chopped fresh dill, chives, or a mixture of both

1 tablespoon white wine vinegar

1/4 teaspoon freshly ground black pepper

Total Time: 1 hr 15 mins

Makes: 4 servings

Removing the excess moisture from cucumbers is vital to getting the rich texture that a creamy cucumber salad should have. Toss thinly sliced cucumbers with salt, let them sit for an hour, and then gently press out the moisture with paper towels. Mix the seasoned cucumbers with sour cream, vinegar, and fresh herbs. Serve this light, summery salad next to a piece of grilled salmon.

Roasted Garlic

1 Head of Garlic

2 TBSP Olive oil

Salt and peper to taste

DIRECTIONS

Preheat oven to 425 degrees F.

Slice off the very top of the garlic head. Place in a piece of foil and drizzle olive oil inside the head of garlic until it is completely filled and just starting to run down the side.

Wrap tightly with foil and place on a cookie sheet and bake until tender and fragrant, roughly 35 minutes.

Remove from the oven and let cool. Peel outside off of bulb of garlic, then gently squeeze each clove out.

Use in the recipe of your desire, or simply spread on bread for a wonderful addition to any meal.

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