



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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Garden and Weather Report

Hello from the Gardens!
Another week without any measurable rain. I am complaining in case you don't recognize it. We are irrigating and that keeps the plants going but there is nothing like a good douse from Mother Nature.



There is so much more to a rain shower than just moisture. Rain and especially a little lightening will bring additional nitrogen to feed the plants. All a very good thing. This is setting up to be a rather serious drought. I even noticed some of the corn pineappling in the fields around me. They only had 5 or 7 leaves on them and this is really unusual. I have to be thankful that we have the option of irrigating. Most of the farm community just counts on timely rains! There is not much in the forecast in the near future either.

Of course if it isn't one thing it's another - RoseAnn Rosanna Danna! I will say this though. There is still moisture in the soil from the winter snows. When we dig down we can find it and it does tend to come up overnight. That is the only explanation for planting all the squash seeds, some additional beans and pumpkins in completely dry soil. Amazingly, they are

up - so the only explanation is the movement of water overnight! with a fine textured soil it will come close to the surface and germinate seeds planted. We will put lines on those beds too so that we can keep the plants growing. I have never had to water up plants like we are doing this year.

We had a very successful first box pick up. Everyone seemed to find us in our new location - great job, thank you.

This week's box has a few new items in it and I strive to keep variety in the boxes.

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What's bugging us?

I hope this is the last week to feature the flea beetle to the right. For the first time in years I feel like we were aggressive enough at the outset to get control of them. We have some minor feeding on leaves, but nothing like years past - thank goodness!



Paige found another little caterpillar on the Tuscan Kale - this would be a cabbage caterpillar. .

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What's Inside

This is WEEK #2
of the 2018 Season



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PRODUCE of the Week



Wash your Vegetables before cooking or eating raw.

Week 2 Produce

Pac Choi
Radishes
Spring Onions
Romaine Head Lettuce
Bag of Red Romaine
Spinach
Kale
Garlic Scapes
Beet Greens
Arugula

Storage Information

Please make sure that you wash all your vegetables before consuming them. I do an initial rinse on lettuces and those types, but storage for items like Romaine and Pac Choi keep fresher without rinsing and adding water to the storage bins. This week all vegetables should be kept in the mid 30 degree range in your refrigerator.

This week we are featuring Beet Greens and Garlic Scapes.

Beet Greens are the leaves on top of the beet that are often cut off the beet. They are, however, the most nutrient rich part of the plant and provide amazing health benefits.

We are actually thinning the beets and giving you just the thinned beet greens (you may notice a tiny beet attached). These are excellent for juicing or can be utilized very similarly to spinach or chard.

Beet greens are in the same family as chard and although they are green, the veins take on the color of the beet root which can be red, gold or white.

They have carotenoids, beta carotene and lutein in them. Lutein is notable for its contribution to eye health.

Beet greens can be cooked which will sweeten them, boiling them is best and these can be substituted for spinach in any of your favorite cooked spinach recipes. I will have a recipe on page 4 for you. Great in a salad as well.



Garlic Scapes are actually the flower “escaping” from the plants, hence the name for them Scape! We cut these when they begin to curl and before the flower appears at the end. You will see a bulb looking white part at the tip and that will evolve into a flower and eventually seed for more garlic. If it is not cut, the energy of the plant will be concentrated on this flower. Once cut, the bulb under ground gets the fuel and becomes much larger.

Seed garlic can come from either the flowering at the top, or breaking the cloves from the bulb and planting them in the fall for next year’s garlic.

Garlic scapes are a good source of Vitamins A and C as well as fiber. They boast many of the nutritional benefits of garlic cloves, including being high in antioxidants, which, as part of a healthy diet, decrease inflammation in the body, are protective against things like arthritis, heart disease, and cancer.

Garden and Weather Report

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We finally were able to get all the tomatoes in this past weekend. We planted 220 of them. We will have plenty for the CSA plus some for canning and freezing this year. I planted 63 Big Beef and 66 Marzano plants because these are just great processing tomatoes. The Big Beef are also wonderful slicers for those summer BLTs.

Please remember to pick up your boxes as early as possible, this will ensure that they stay fresher longer in your refrigerators. We will keep your box until Saturday afternoon unless you make a special arrangement with Paige or Cheri. We need the space in refrigeration to start bringing in next weeks' crops.

PAIGE'S PATCH

Onto a little slice, or shall I say 'patch,' of what I've been up to! My little pumpkin and gourd patch is the inspiration for the name of this section, so we might as well start there! Up first in the pumpkin patch are some absolutely delicious pie pumpkins - Cheri's favorite, Winter Luxury, and one of my own favorites, Marina Di Chioggia. Next in the planting are our decorative pumpkins, including some really beautiful varieties, like the vivid red Rouge Vif D'Etampas, and the funky buttercup-shaped Turks Turban. While Cheri and I planted about a dozen other varieties, one last one that I'd really like to highlight is our Dill's Atlantic Giant pumpkins! These pumpkins commonly result in 200-300 pounders, but with a little TLC can break records of over one ton!! I'm so excited for everything this season has yet to offer (giant pumpkins especially), and equally excited to meet all of you throughout it! Happy gardening!

Enjoy your box and have a great week!

This Weeks Photo's



Tomatoes and Red Outredgeous (Romaine) Lettuce





What's bugging us?

So do you all remember watching those lovely little white butterflies in early summer? Well they are not so lovely in a garden filled with Kale, Broccoli, cabbage. They fly in pairs, mating in the air it seems and then the female plants her eggs in our plants.

We do our best to find them ahead of putting them in your box. We use BT to control them in the field, but they do seem to hide and will appear when you wash your broccoli and cabbage specifically.

ADDITIONAL RECIPES: Grilled Garlic Scapes

This one is really easy, just rub the scapes in a little olive oil, put them on the grill and yes then eat them.

The garlic scape is very mild and so you can just add them to anything, like scrambled eggs or a salad or they taste great in any pasta dish!

What's next-kohlrabi



Tips & Recipes

GARLIC SCAPE PESTO

10 to 12 large garlic scapes, with the bulb removed, cut into 1/2 inch pieces

1 cup (lightly packed) clean and dry basil leaves (optional)

1/2 cup pine nuts or walnuts

1/4 - 1/2 teaspoon Kosher salt

1/2 to 1 cup (or more depending on how thick you want your pesto) of good quality olive oil

1/2 to 1 cup of grated Parmesan Cheese

Add garlic scapes, basil and salt to the large bowl of a food processor. Start processing, adding oil slowly.

Stop processing and scrape down the sides of the bowl with a rubber spatula.

Once a smooth paste has been achieved, add parmesan and process until completely mixed in.

Stop processing and add all of the nuts.

Pulse processor until nuts are roughly chopped and fully mixed in. This gives the pesto a great texture.

Store in an airtight container, cover with thin layer of olive oil. Refrigerate and will stay fresh for 1 week - you can also freeze, try filling an old ice cube tray and freeze in that - bring out cube at a time to use on grilled meats, toasted baguettes with ricotta cheese - google for ideas!

Simple and Delicious Beet Greens

Serves - prep time 20 minutes

1 bunch of beet greens, stems removed

1 1/2 teaspoons extra-virgin olive oil

1 clove garlic - or use chop up your scapes in box

1/8 teaspoon crushed red pepper flakes

salt and pepper to taste

1 lemon quartered

BTips & Rsring pot of salted water to boil - add greens and cook uncovered

until tender, about 2 minutes. Drain in Colander then immerse in ice water for several minutes until cold. Drain well and coarsely chop. Heat the oil in large skillet over med heat. Stir in garlic and red pepper flakes; cook and stir until fragrant, about 1 minute. Stir in the greens until oil and garlic is evenly distributed. Season with salt and pepper.

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