



# Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS  
beavercreekgardens.org

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## What's bugging us?

We have had a few Japanese Beetles on many of our crops but not a huge swarm as in years past. I



have to wonder if it is the drought conditions that are slowing them this year. We are finding them on our eggplant and basil mostly with occasional sightings on beans and squash. We have found some squash bug eggs recently too, but not a lot of those either.

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## Garden and Weather Report

**H**ello from the Gardens. Since our last newsletter we did receive some rain. Not a lot but enough to give my awesome irrigation guy (husband Ron) a break of a couple of days. We are watering again with no rain in sight. But I have to say that this is the best garden I have ever grown despite the drought conditions. Thank you Ron Doetch for all your watering help! The rain and watering finally got those green beans growing so you will see a bag of those in your box this week. I grow a variety called Provider and they are amazing. What I like about them is they taste great young and old. They are great for however you like to eat your summer green beans!



**W**e have also harvested the first of the cucumbers this week, not enough to put in your boxes, but they are on the way! The pickling cukes have also started up so I will be saving the dill that is ready and begin making quarts of dills with Bread & Butter and refrigerator sweets to follow. For those of you that are new to my CSA, you will be given a choice in your last box to include some of my summer canning, pickling and jamming to your pantry. We will also have some of these items available Saturday from 8 to 11 a.m. We have a little Farmstand at the White Barn on Saturdays that has extra items and value added items.

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## What's Inside

This is WEEK #8  
of the 2021 Season



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# PRODUCE of the Week

This week we are featuring the Tendersweet Cabbage and our great Provider Green Beans.

What is Tendersweet cabbage? As the name suggests, plants of this cabbage variety produce tender, sweet, thin leaves that are perfect for stir fries or coleslaw. ... When it comes to growing Tendersweet cabbage, water is essential so we definitely kept the irrigation lines going on this vegetable.

Cabbage is a leafy green, red, or white biennial plant grown as an annual vegetable crop for its dense-leaved heads. It is descended from the wild cabbage, and belongs to the "cole crops" or brassicas, meaning it is closely related to broccoli and cauliflower; Brussels sprouts; and Savoy cabbage. The good: This food is very low in Saturated Fat and Cholesterol. It is also a good source of Thiamin, Calcium, Iron, Magnesium, Phosphorus and Potassium, .

We will also have a savoy cabbage later for you called Famosa. It is also great for coleslaw and cabbage rolls!



Green beans are the unripe, young fruit of various cultivars of the common bean. Immature or young pods of the runner bean, yardlong bean, and hyacinth bean are used in a similar way. Green beans are known by many common names, including French beans, string beans, snap beans, snaps, and the French name haricot vert. We are growing several kinds of green beans for you this year. We will have some Italian Jumbo flat beans and one of my favorite - the Cherokee Trail of Tear Bean.

The green bean (*Phaseolus vulgaris*) originated in Central and South America and there's evidence that it has been cultivated in Mexico and Peru for thousands of years. Green beans are a notable source of the flavonol glucuronide miquelianin, an antioxidant in humans. Low in calories, just a great vegetable cooked or raw!

Wash your Vegetables before cooking or eating raw.

## Week 8 Produce

Sweet Cubanelle or Bell Pepper  
Green Beans  
Summer Lettuce  
Cabbage  
Dill/Cinnamon basil bouquet  
Broccoli  
Zucchini  
Carrots  
Genovese Basil  
Fennel  
Beets

## 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 Lettuces 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 except the zucchini - much warmer and even out of fridge is okay.

# Garden and Weather Report

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We have been busy baking and will have some of those items available for sale on Saturdays as well. So if you are not a baker, come by Saturday and pick up a loaf.

## PAIGE'S PATCH

Hello everyone! You may have noticed, our pumpkin, sunflower, and broom corn patch adjacent to the white barn is coming along beautifully! While walking through it looking for squash bug eggs with Cheri, we noted that it looked like a Three Sisters garden, minus the beans! Some of you may have heard of this form of gardening, as it's been around for centuries in Native American cultures, originating with the Iroquois!

The Three Sisters garden is the planting of corn, beans, and squash together in one garden bed. These three crops compliment each other in so many different ways! The beans climb up the corn's tall, sturdy stalks, and the squash's large leaves form a canopy that help keep the weeds at bay and help to maintain soil moisture. The beans put nitrogen back into the soil, which is important as corn takes a large amount of nitrogen from the soil to grow properly. All together, they're a very balanced diet as well! Corn provides carbohydrates, beans are high in protein and have amino acids, and squash has vitamins and minerals that corn and beans lack. Another important feature of these crops, is that they can all be dried or cured to be used for food all year round.

It is truly no wonder why this form of gardening has stuck around, and has been a staple for some for so long! It's also an excellent form of gardening for those who don't have the greenest of thumbs!!

## This Weeks Photo's



To the left is Paige looking for squash bug eggs in her Pumpkin Patch. We have a two sisters garden here, just missing the pole beans climbing on the broom corn in the background. Above is Ron combining wheat. This is the wheat I use to bake the breads pictured on page 4.

The bread below was baked with Zaria Hard Red winter wheat - it is a heritage wheat from Russia and "supposedly" is able to be tolerated by those with gluten intolerance. You will have to try it and let me know! The Pumpernickel is a combo of our Rye and Zaria.

#### GRAM GOSSES COLESLAW

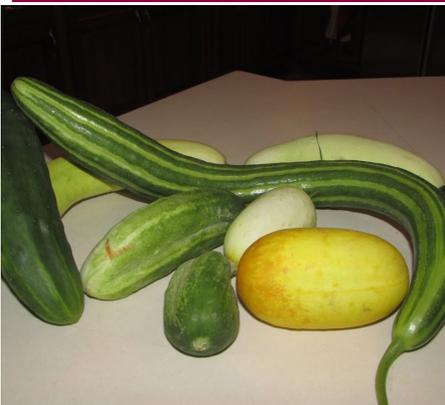
This is great stuff that my gram always had - it is basically coleslaw that you can use the cabbage, add some carrots or kohlrabi shredded in if you still have some - it is the dressing that makes the slaw:

#### BOIL TOGETHER:

1/4 C Veg Oil; 1/2 C White Wine Vinegar with Tarragon; 3/4 C Sugar  
Pour over slaw, let stand 45 min.  
Refrigerate - stays fresh for days!



Next? - cucumbers



## Tips & Recipes

<https://www.fannetasticfood.com/recipes-using-basil-dill/>

The address above has some ideas for using the basil and dill bouquet in your box this week - I like adding dill to egg salad and basil to pizzas or salads. You can always just put it in water in your kitchen and enjoy the great aroma for a few days as well!

#### MOM'S ZUCCHINI PANCAKES!

yields 5 servings  
2 cups grated zucchini  
2 large eggs, slightly beaten  
2 tablespoons chopped green onion  
1/2 cup all-purpose flour  
1/4 cup grated Parmesan cheese  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1 pinch dried oregano  
1/4 cup vegetable oil, or as needed

Blot grated zucchini with paper towels to remove moisture. Stir zucchini, eggs, and onion in a large bowl. Mix flour, Parmesan cheese, baking powder, salt, and oregano in a separate bowl; stir mixture into zucchini until batter is just moistened. Drop batter into pan, fry and try adding sour cream instead of syrup - Yummy!

#### ZUCCHINI BOAT - Allrecipes.com and they have tons of other recipes

2 medium zucchini  
1 slice white bread, torn into small pieces  
1/4 cup bacon bits  
1 tablespoon minced black olives  
1 jalapeno pepper, minced  
3 tablespoons diced green chile peppers  
1/4 cup minced onion  
1/4 cup chopped tomato  
6 tablespoons shredded sharp Cheddar cheese  
1 pinch dried basil  
seasoned salt to taste and ground black pepper to taste  
Prepare the grill for indirect heat.

Place the zucchini in a pot with enough water to cover. Bring to a boil, and cook 5 minutes. Drain, cool, and cut in half lengthwise. Scoop out the pulp to about 1/4 inch from the skin. Chop pulp.

In a bowl, mix the zucchini pulp, bread pieces, bacon bits, olives, jalapeno, green chile peppers, onion, tomato, and Cheddar cheese. Season with basil, seasoned salt, and pepper.

Stuff the zucchini halves with the pulp mixture. Seal each stuffed half in aluminum foil.

Place foil packets on the prepared grill over indirect heat. Cook 15 to 20 minutes, until tender.

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



To the left are the four varieties of lettuce you may find in your box this week - we have a Boston Bibb, Winter Density Romaine, Magenta and Cherokee Dark Purple - They are all great flavors!

Below left is Charles Heide pulling the combine with Ron in attendance and Paige documenting the event! Fun on the Farm! Right - dill with honey bee on it - can you spot it?

Bottom - our Two Sisters Garden. Should have added pole beans, oops!

