



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

16000 B 38th Street, Kwenosha, Wisconsin 53144 - 815-494-1251 - cdoetch53@gmail.com

Garden and Weather Report

Hello from the Gardens! This week we finally had some rain. We got about 1.25 inches at our home garden on 38th Street and about .75 on the gardens that are producing most of the vegetables in your box. I decided to grow some at home to either supplement the bounty from Somers but also to kind of hedge against things like less rain, animals, insects and everything else that goes with growing vegetables. I have a great bed of beets at home and the green beans are ahead of the Somers beans. That is a direct result of the late frost in May. The beans on 38th Street survived the frost, not so lucky out at Somers but the end result is that we will have green beans earlier because I did plant them at home! I feel like the weather has begun a little better pattern. The fronts are coming through and bringing rain



with them. Not a lot of rain, but enough to really help with Ron's irrigation. (Amber waves of grain picture in center.)

We had a great week. Some really fun things went on - the first was this Saturday. Paige and I were in the White Barn at Somers when we saw a huge swarm of honey bees fly by, north to south. We think they came from somewhere in our Prairie area (14 Acres).

When they overpopulate their hive, they produce another queen (royal jelly is placed in the cell chosen by the Worker Bees as the most viable bee to become queen. The special jelly (protein rich secretion from the glands on the heads of young workers) allows this bee to develop reproductive organs. She is fed this exclusively while other larvae are fed mostly a mixture of nectar and pollen. Who knew all of this science was going on inside a hive? She is raised in a specially constructed queen cell - exclusive food and housing for the Queen Bee!

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What's bugging us?

I think I spoke too soon last week. We have had another flush of those



tiny beetles. As I keep telling Paige though, we really have kept better control in that we didn't lose any crops to them. I think a few holes in leaves is worth the price of organic methods and no chemicals!

We are still seeing plenty of white cabbage moths and have found a few caterpillars on some o

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What's Inside

This is WEEK #3
of the 2021 Season



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We will have a head of broccoli in everyone's box this week. They are smaller than normal (to me anyway). I believe this is due to the June heat we had.

Wash your Vegetables before cooking or eating raw.

Week 3 Produce

Pac Choi
 Radishes
 Spring Onions
 Red Green Lettuce Mix
 Super Sugar Snap Peas
 Kale/Chard
 Broccoli
 Zucchini
 Kohlrabi
 Cilantro bunch

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

PRODUCE of the Week



This week we are featuring broccoli and zucchini.

Broccoli is an edible green plant in the cabbage family whose large flowering head, stalk and small associated leaves are eaten as a vegetable. Broccoli is classified in the Italica cultivar group of the species *Brassica oleracea*.

Broccoli has its origins in primitive cultivars grown in the Roman Empire and was most likely improved via artificial selection in the southern Italian Peninsula or in Sicily. Broccoli was spread to northern Europe by the 18th century and brought to North America in the 19th century by Italian immigrants.

A 100 gram reference serving of raw broccoli provides 34 calories and is a rich source of vitamins C and K. Raw broccoli is 89% water, 7% carbohydrates, 3% protein, and contains negligible fat.

The variety in your box this spring is Amadeus and one of my favorites. Because of the heat in spring, the heads are not as large as usual.

The zucchini, courgette or baby marrow is a summer squash, a vining herbaceous plant whose fruit are harvested when their immature seeds and epicarp are still soft and edible. It is closely related, but not identical, to the marrow; its fruit may be called marrow when mature.

Zucchini has many health benefits, heart health, high in antioxidants, lowers blood sugar levels just to name a few. You can google to find other benefits to this "fruit."

Although it is often thought of as a vegetable, it is actually a fruit. While squashes originated in the Americas, this particular variety was first developed in the early 1800s in Italy.

We will have much more coming in the next month, in fact I am going to guess that you will tire of it before I run out. BEST JOKE - do you know why Walmart locks it's doors in the summer? To keep farmers from dropping off their extra zucchini!

Garden and Weather Report

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The old queen started laying eggs in queen cups when conditions are right for swarming. So what we saw was the swarm after a new queen was raised. The old queen is usually the Queen bee that swarms while the new queen remains in the old hive. The picture below shows the workers surrounding and protecting the Queen in the tree. The workers fill up on honey before swarming and were actually quite slow (full stomach syndrome - kind of like after Thanksgiving dinner for us). Paula Heide was able to suit up and put together a tower. She and a friend cut the branch they were on and took them to a new home in her yard. I asked her to make certain that they had directions about 1500 feet north to our zucchini and other vegetable gardens to pollinate for us - she said she would make sure they had those directions! Absolutely amazing to witness this.

PAIGE'S PATCH

Hello everyone! Today's Patch is a preview of next week's Patch. We will be focusing on Somers Farm and Prairie and its role in the success of our CSA and the vegetables in your boxes! I worked for Somers Farm and Prairie (SFP) a couple of summers ago on the Prairie Crew, helping manage the 14 acre Prairie mentioned earlier in our newsletter. It is on this job that I met Ron and Cheri. I actually helped them with their small vegetable garden as they were still living an hour away . . . so I sort of watched over the early version of Beaver Creek Gardens at Somers Farm and Prairie.

EDITORS CORRECTION FROM LAST WEEK - (fixing an oops!) We listed our workers and omitted Teresa Barker - she was on vacation and so I guess out of sight out of mind played into this? She has been with Cheri at Beaver Creek for many years in Poplar Grove, drives here from Woodstock Illinois to help us with pack out, she truly knows the ropes, a pack out pro and a very important part of our crew! Thank you Teresa for all you do.

PLEASE ENJOY YOUR BOXES THIS WEEK!

This Weeks Photo's



Second fun thing, first class at Hollowsteel Institute. Ron gave his program called "Water as a Crop." Everyone left soaked with great information on water!





What's bugging us?

of our crops. So make sure you wash everything thoroughly before eating, otherwise you may find you are getting some unwanted protein.

Now the next beetle we just found is the one above. The Colorado Potato beetle. We have no potatoes, but they love Egg Plant just as much. So we will be watching for these on our Egg Plants. The picture above is an adult, and is very sturdy (hard to kill). The baby beetles are bright orange.

ADDITIONAL RECIPES:

You can obviously eat broccoli and zucchini raw, sliced with ranch dip is excellent. You can also slice the zucchini thinly and the broccoli in small pieces and add them to any salad. Feel free to substitute those garlic scapes from the last 2 weeks for garlic in these recipes.

What's next-cauliflower?



Tips & Recipes

ROASTED GARLIC LEMON BROCCOLI - (serves 6)

- 2 heads broccoli, separated into florets
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 clove garlic, minced
- ½ teaspoon lemon juice

Preheat the oven to 400 degrees F (200 degrees C).

In a large bowl, toss broccoli florets with the extra virgin olive oil, sea salt, pepper and garlic. Spread the broccoli out in an even layer on a baking sheet.

Bake in the preheated oven until florets are tender enough to pierce the stems with a fork, 15 to 20 minutes. Remove and transfer to a serving platter. Squeeze lemon juice liberally over the broccoli before serving for a refreshing, tangy finish.

ROASTED ZUCCHINI

- 1 pound zucchini, cut into 2-inch strips
- 1 ½ tablespoons grapeseed oil
- 1 pinch salt and ground black pepper to taste
- 1 pinch garlic powder
- 1 pinch cayenne pepper
- 1 serving cooking spray
- ½ lemon
- 1 tablespoon chopped fresh parsley
- 1 pinch sea salt flakes to taste

Preheat the oven to 400 degrees F (200 degrees C). Place a rimmed baking sheet in the oven to heat up.

Place zucchini in a bowl. Add oil, salt, pepper, garlic powder, and cayenne; toss to coat.

Carefully remove the hot baking sheet and spray lightly with cooking spray. Spread out zucchini in an even layer.

Roast in the preheated oven until browned, turning halfway, about 20 minutes. Squeeze lemon juice on top and garnish with parsley. Sprinkle sea salt on top.

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