



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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PRODUCTION IS LOCATED AT 5640 COUNTY A WEST, just west of intersection with Hwy 31

Garden and Weather Report

Hello from the Gardens! This is Week 1 of our 18 Week Season and it is very early Tuesday morning. I do like to write the Garden and Weather early and sometimes it becomes a little out-dated by the time Wednesday's first boxes go out. This has been an amazing Spring. We have just about had perfectly timed rains. We did miss the rain last week but it looks like we will be getting our needed inch overnight and tomorrow. When we miss a week, we do have to irrigate because crops like cauliflower require an inch/week to flower (fruit). Ron actually seeded the spinach in your boxes at the end of March. We have harvested all that crop as spinach does not like warm temperatures. Other items that hate the heat are the Arugula, Mizuna and Cilantro that are in your boxes this week.



By this morning, all those will be out as we are expecting some serious heat later this week, so the remaining Cilantro is coming out this morning. That will be the last of those crops until fall when the weather turns a little cooler. I must tell all of you though that this is the best Spring I have had in my 16 years of growing for a CSA. It has been a combination of early

planting and our partner, Mother Nature, cooperating with those timely rains and cool temperatures. Now the heat can turn up so we can get those great tomatoes growing. We planted a total of 13 beds. They are staked and ready to begin tie up. The tomatoes have deep green growing points and I am expecting a great crop from the over 400 planted a few weeks ago. The workers this year have been amazing. Everything is in except the summer lettuces and fall crops. Those are in the waiting pen to plant.

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What's bugging us?

It wouldn't be a year if I didn't complain about the flea beetle - however, this year we seemed to have gotten control over them - small bites in outer leaves is all you will see - however, those darn wabbits, went after the chard with a vengeance and took out about 2 dozen Romaine heads - we have sprayed everything with neem oil (they do not like any odors) and put some load noise in the gardens!



What's Inside

This is Week 1 - A Week



of the 2024 Season

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PRODUCE of the Week



This week we are featuring Purple Snow Peas and Spinach - two varieties.

The purple pea story: About 10 years ago or more, we noticed in our Avalanche Snow pea bed a couple of purple blossoms, followed by purple peas. Ron told me to leave them until they matured and he would pick and take for seeds. Each year after that we would plant the seeds we saved, increasing each year until this year we were able to put in a full bed and look what we took out!

Those few green peas actually came from purple blossoms so we are thinking it may be reversing itself?

Snow peas, along with snap peas and unlike field and garden peas, are notable for having edible pods that lack inedible fiber (in the form of "parchment", a fibrous layer found in the inner pod rich in lignin in the pod walls. Snow peas have the thinner walls of the two edible pod variants.

Calories: 42 · Carbs: 7.5 grams · Fiber: 2.6 grams · Protein: 2.8 grams · Vitamin A: 22%. These will be amazing in a stir fry - add to your garlic scapes, Pac Choi and Spring Leeks!



This week we have two types of Spinach in your box and in the large boxes, we have added tatsoi (very spinach like asian green). So I have put a great Spinach salad recipe on page 4 and in fact, a picture of one I made last week for Ron.

Spinach is very much an early spring crop, loves the cooler temps at night and during the day - anything in the low 70s or even cooler is great for this vegetable. Spinach is thought to have originated about 2,000 years ago in ancient Persia from which it was introduced to India and later to ancient China via Nepal in 647 CE as the "Persian vegetable."

Raw spinach is 91% water, 4% carbohydrates, 3% protein, and contains negligible fat in a 100-gram (3+1/2-ounce) reference serving. It is rich in Vitamin A, C and K. All of which are decreased with cooking, so eating it raw or in a hot bacon dressed salad (to wilt) is the best way to get all the nutrients in this delicious spring vegetable.

Wash your Vegetables before cooking or eating raw.

Week 1 Produce

Pac Choi*
French Breakfast Radishes
Spring Leeks**
Tatsoi**
Bag of Green & Red Leaf Lettuce*
Green Spinach
Red Tabby Spinach*
Purple Snow Peas
Garlic Scapes*
Mizuna/Arugula Bag
Cilantro
Small Kale Bouquet*

*Smaller amt or size in 1/2 Bu

**omitted from 1/2 bu boxes

Storage Information

Please make sure that you wash all your vegetables before consuming them. I may 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.

Garden and Weather Report

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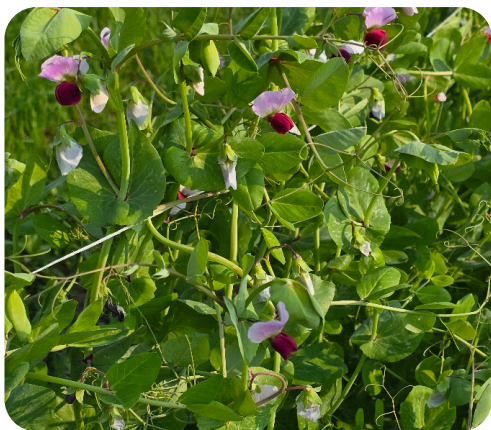
This page is dedicated to housekeeping matters. This is an A week so please refer to the checksheets sent last week indicating the week you are on if you have subscribed to the 9 Week Boxes. Speaking of boxes, please make sure you return them each week. It is not necessary to break them down, in fact I prefer that you do not as that keeps the boxes in better shape. If you are new this year, to open the box up, grab the long folded tab in the middle and pull it back. I will be at the pick ups this week and next to demonstrate. Quite a few of you have elected to unpack your boxes to into bags and leave the box - great idea in light of what we have decided to try this year - a Trade bin.

THE TRADE BIN - There will be a plastic bin in each cooler. If there is an item that you do not want you can take it out and place it in the bin - if there is an item in the bin that someone else placed and you would prefer, trade it. Please do a one on one trade. I will most likely salt the bin with a couple of extra items to get you guys started. We will see how this works and hopefully it will add a little customization to the boxes for you.

Also, we have extended the store hours to coincide with our pick up hours and there will be someone in the store to help you. You can add eggs, meat and many other items to your boxes. We do take credit cards, Zelle, Paypal and Cash! Enjoy the boxes - we have eating out of the garden for a week now - YUM!

Cheri

This Weeks Photo's



To the left are those beautiful purple blossoms that resulted in purple snow peas in your box. Lower left are the Cauliflower beds. The broccoli is beginning to head out and the kohlrabi are getting large enough to start harvesting for boxes next week. Below, me smiling because the spinach is so lovely!



Garlic Scapes

What is the best thing to do with garlic scapes? You can cut them and freeze them to use in a basil pesto recipe that will follow next week. or, grill them, rubbed in olive oil.

Spinach Salad Recipe:

8 Oz of young spinach
2 large eggs, hardboiled
8 pieces of thick bacon, chopped
3 TBS bacon grease
3 TBS red wine vinegar
1 tsp sugar
1/2 tsp dijon mustard
kosher salt & freshly ground pepper
4 lg white mushrooms, slices
3 oz. red onion, thinly sliced

Crumble bacon, set aside. Transfer fat to small saucepan over low heat and whisk in the red wine vinegar, sugar and mustard. Season with pinch of salt and pepper. Add mushrooms and sliced onion to the spinach, toss. Add dressing and bacon and toss to combine, divide into 4 servings, place sliced egg on top. Serve immediately

We will have farm fresh eggs available for purchase when you pick up your boxes on a first come first serve basis - they are \$7.00 per dozen.

Spinach Salad



Tips & Recipes

Vegetable Stir Fry

2 tablespoons water
1 teaspoon cornstarch
2 tablespoons sesame oil
2 tablespoons olive oil
1 tablespoon soy sauce
Bag of Purple Peas in your box
3 leaves of Pac Choi
Can of water chestnuts
1 1/3 cups bean sprouts
8 oz of Tofu or mushrooms
green onions or spring leeks, chopped
3 Garlic Scapes chopped

To this recipe you can add any other vegetables you like and substitute the Tofu for shrimp, beef or pork. Add rice if you like or chow mein noodles.

We will have radishes for several weeks so I thought maybe you would need some additional ideas for those. And Ron put several more beds in as well, so we could have them for weeks to come in various forms. The Radishes in your box this week are French Breakfast that we thinned and put into bunches for you. These are my favorite as they are just right in the spicy department for me!

What can you do with too many radishes?

And as for what to do with a bunch of radishes? Well, there are so many ways to get your fill, some of which you might not have considered. They can be thinly sliced for salads, dipped in butter for a snack (add a sprinkle of flaky salt if you're feeling fancy), or even roasted to bring out their hidden sweetness. You can also add them to the stir fry recipe above.

GREENS SALAD

With all the greens in your box you can simply wash, chop and put in a zip lock bag as dry as possible with the air out. Take them out when you are ready to make a salad, add the radishes, your favorite dressing and a hard boiled farm fresh egg!

Special note on washing veggies this season. We have had to deter the rabbits with a neem oil spray, totally okay to consume but I recommend an additional rinse on the lettuces and chard. We usually do an initial rinse on lettuces, but sometimes storing dry right from the field works best especially with the fragile leaf lettuces.

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