



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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Garden and Weather Report

Hello from the Gardens!

Once again I have to report NO RAIN! Thank goodness I have a master of irrigation on my team. That would be my husband, Ron. He has the water situation completely controlled for now. We are watering each block of our garden for 6 hours and the water is running pretty much 18 hours/day. We were calling the blocks A and B and decided that we needed a better name. At Ron's suggestion, we are going with Caribbean Island names. That way when we head to the garden we are always going to some place warm and exciting! So A is Aruba and B is Bermuda! And the hemp block that Terence Pisano has - well that just has to be named for Jamaica Mon.

Next block will be saved for an Island with a C start, like maybe Curacao from the ABC Islands off the coast of South America.



Everything is coming along just great right now. With the watering, we are seeing the broccoli coming along, and we saw our first view of Cauliflower heads emerging. Right now we are helping the zucchini by pollinating it every morning. Until I actually see some bees in the blossoms I will continue with this. I usually do this for a week to 10 days and I call this my "Sex in the Garden" phase.

For those of you not well versed in biology, plants are built pretty much like the human body, male and female. It is very obvious in the blossoms of the zucchini plants. The male blossom has no fruit attached and acts only as the supplier of pollen to the female blossom. The male has a single function (sound familiar ladies) and once it has performed its duty pretty much is done! Of course we all realize how important that function is and the plant wouldn't survive without it. The male blossom is often used for fried zucchini blossoms!

• Continued on page 3

What's bugging us?

We were very successful this year in keeping the flea beetles in check.



You will see that when you look at your Pac Choi this week. It was a later seeding and the bugs really didn't do much if any damage. That Paige was relentless!

We are still seeing plenty of white moths (butterflies) that create those green caterpillars. We are on the lookout for the cabbage loopers too!

• Continued on page 4

What's Inside

This is WEEK #3 of the 2021 Season



News - pages 1-3

Recipes - page 4

Produce for the Week - page 2



Once again your box is a great salad starter! I love Bok Choy and Kohlrabi raw in a salad. You can also try it cut into matchsticks and dip into ranch dressing.

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
Garlic Scapes
Beet Greens
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.

PRODUCE of the Week

This week we are featuring Pak Choi - Bok Choy and Kohlrabi.

Bok choy evolved in China, where it has been cultivated since the 5th century AD. It has many names, the most popular in the US is Bok Choy which means white vegetable in China. In the UK and South Africa, the term pak choi is used. Whatever it is called it is basically a chinese cabbage with a slightly spicey taste that is commonly used in stir fry.

Raw bok choy is 95% water, 2% carbohydrates, 1% protein and less than 1% fat and is a rich source of vitamin A, vitamin C and vitamin K, while providing folate, vitamin B6 and calcium in moderate amounts. It aids in the Prevention of Cancer. Studies show that cruciferous vegetables such as bok choy help to reduce your risk of developing cancer. ...

It fights Inflammation. Like other dark, leafy greens, bok choy is an excellent source of the flavonoid quercetin. ...

It lowers the Risk of Heart Disease.



Kohlrabi has been created by artificial selection for lateral meristem growth (a swollen, nearly spherical shape); its origin in nature is the same as that of cabbage, broccoli, cauliflower, kale, collard greens, and Brussels sprouts: they are all bred from, and are the same species as, the wild cabbage plant.

Now with that said, it is a great tasting vegetable that I was introduced to when I started growing for a CSA. The taste and texture of kohlrabi are similar to those of a broccoli stem or cabbage heart, but milder and sweeter, with a higher ratio of flesh to skin. The young stem in particular can be as crisp and juicy as an apple, although much less sweet. I read that in Europe they eat Kohlrabi just like an apple. The bulbous kohlrabi stem is frequently used raw in salad or slaws. The leaves are also edible and are similar to Kale leaves.

Garden and Weather Report

continued from page 1

In the picture below, meet Maddy, our latest addition to our worker force this year. She is visiting her parents for the summer and wanted to work in the garden - got to love a girl that doesn't mind getting dirty, soil in finger nails and everything else that goes with working in the garden. Yesterday and today were amazing picture taking days. Everything was clear with beautiful blue sky. The weather was cool in the morning but very summer like by 1 p.m.

You will notice that we have more bok choy this week. I have to thank Paige for that, she insisted we plant more along with some more radishes. I am thankful she thought of that because they got up and got going very quickly and so we have more for you. They are just great in salads as is the cilantro in your box this week. I love cilantro in a salad, it adds a great citrus flavor. However, if you are one of those unfortunate people with the gene that makes it smell like to soap to you, sorry about that, it is genetic!

PAIGE'S PATCH

School's out and summer's nearly here, which means our workers are back! While we have a small team, each one is invaluable to us. Without them, we wouldn't be able to stay on top of the never ending work that is ongoing on a farm. So this weeks 'patch' is dedicated to them, Annie, Emma, Ethan, and Maddy, for helping make our little world go round! Thank you for all of your hard work not to mention the great comaraderie you all bring to our daily tasks. Until next week, happy gardening!!

One other mention in the vegetable refrigeration category. If your veggies get a little wilted, simply soak them for about 15 minutes in luke warm water - they will completely revive!

Enjoy your box and have a great week!

This Weeks Photo's



Female blossom, spent male! Maddy and Paige picking radishes for the box this week!



What's bugging us?

We are still seeing the white cabbage moths flying everywhere around our veggies. We have treated everything with BT and without rain, it should really help with the green caterpillars.

We are watching for the red wasp that lays its eggs at the base of squash plants. Its larvae go into the actual main stem of the plant and "bore" into the vine, thus the name Squash Vine Borer! Haven't seen any Japanese Beetles yet but they can't be far behind.

ADDITIONAL RECIPES:
If you haven't used your scapes from last week, you will have enough to make the Pesto that was in last week's recipes.

As I mentioned on Page 2, the radishes and kohlrabi taste great as a snack with ranch dressing.

Also, Kohlrabi stores great for weeks so if you want to store to have a couple for a recipe - no problem.

What's next-broccoli



Tips & Recipes

BOK CHOY STIR FRY

2 tbsp avocado oil
2 baby bok choy, sliced in half
1 tsp minced ginger
2 garlic cloves, minced
2 tbsp water
salt and pepper

Heat the avocado oil in a wok or sauté pan on medium. Add the minced ginger and minced garlic and stir for 30 seconds. Add the bok choy and use tongs to turn and stir fry the bok choy in the garlic and ginger for 2 minutes. Pour two tablespoons of water into the pan, cover and let cook for 2 minutes more. Turn off the heat, add salt and pepper and serve.

ROASTED KOHLRABI

For this recipe you will want more than one kohlrabi and more will be coming in the next couple of weeks. As I said, Kohlrabi stores great in your refrigerator so if you elect to make something like this you will have enough in the next couple of weeks to try this.

Peel 6 kohlrabi and cut into 1-inch wedges; toss with 2 tablespoons olive oil, 3/4 teaspoon kosher salt and a pinch of cayenne on a rimmed baking sheet. Roast at 450 degrees F, stirring every 10 minutes, until tender and golden, about 30 minutes. Toss with 3 tablespoons parmesan and 1 tablespoon chopped parsley.

KOHLRABI AND APPLE SALAD

2 small kohlrabi (about 1 pound, I used the green variety but purple would be prettier), cut into matchsticks about ¼ inch wide
1 large Honeycrisp apple (about ½ pound), cored and cut into matchsticks about ¼ inch wide
½ cup grated gouda cheese (optional, not shown)
¼ cup fresh tarragon leaves
3 tablespoons toasted sunflower seeds*
Lemon zest, to taste
1 to 2 tablespoons olive oil, to taste
1 to 2 tablespoons lemon juice, to taste
Flaky sea salt (like Maldon) and freshly ground black pepper, to taste.
In a large serving bowl, combine the kohlrabi and apple matchsticks. Add the cheese, if using, and the tarragon leaves and sunflower seeds. Shave lemon zest liberally over the bowl, drizzle oil and lemon juice over. Finish with another light sprinkle of salt and pepper and serve immediately.

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