



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

Good morning again from the Gardens! I am writing this early with more rain expected today, up to an inch is forecast, if you can believe the weathermen. I did take their forecast into consideration over the weekend as we had several dry days and decided to



get the Sweet Potatoes out of the garden and the garlic planted. This time of year we have to sometimes compromise soil conditions to squeeze things in and out. The Sweet Potatoes came out quite loaded with soil and we had to wash them (not always the preferred method) and the garlic went into new ground that we worked. Garlic can survive soil conditions that are not perfect and as my crew will tell you, pushing those cloves in 3 inches was a test for them. But Amy, Kris and Chloe did a fabulous job and we are planted for next year already, just have to straw it this week.

I cannot express enough thanks to all my workers this year, they have been amazing. They come through when the work is needed, do not hesitate to do whatever is necessary to get the jobs done for all of you. We will have our annual appreciation dinner this Saturday for them. Something I look forward to every year. With that said, the pictures in this issue will be of them work-

ing in the field and wash station. The potatoes were a challenge but they are in and curing for your last two boxes. It was an unbelievable harvest of about 350 pounds.

The leaves on the trees are beginning to change color and although the temperatures are not truly reflecting fall, it is rapidly approaching. We are lucky being close to the lake as we have a later fall than our buddies just west of us. There is no forecast for a frost until after the season concludes, but that can change. This will be the last week for tomatoes as they have really stopped growing and ripening like they do in the summer.

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Loyalty Special Pricing

Pricing is as follows for Loyalty with Early Bird in parenthesis:

- 3/4 Bushel for 18 Wks: \$600 (\$650);
- 3/4 Bushel for 9 Wks: \$400 (\$450);
- 1/2 Bushel for 18 Wks: \$500 (\$550);
- 1/2 Bushel for 9 Wks: \$325 (\$350).

Once again checks acceptable, PayPal, Zelle, Cash App or Cash!



What's Inside

This is Week 16 - B Week of the 2023 Season



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PRODUCE of the Week

This week we are featuring Fall Broccoli and the Lacinto Kale in your boxes.

We grew two varieties for fall this year, one traditional and another experimental.

Broccoli resulted from breeding of landrace Brassica crops in the northern Mediterranean starting in about the sixth century BC. 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.

The health benefits of Broccoli are reducing the risk of cancer. Cruciferous vegetables contain a range of antioxidants, which may help prevent the type of cell damage that leads to cancer. It boosts immune health. Vitamin C is an antioxidant that provides a range of benefits: Improving skin health and reducing the risk of diabetes. Broccoli contains 31 calories for one cup (91g) of raw, chopped broccoli.



What is the difference between lacinato kale and regular kale?

Tuscan Kale aka Lacinato Kale aka Dinosaur Kale. The variety I grow comes from Johnny Seeds and is called Toscano.

It has a deeper color and is slightly thinner and more tender than curly kale, making it more versatile—it cooks more quickly and requires less massaging for use in raw preparations.

A single serving (one cup) contains more than a day's worth of vitamin A requirement, which is important for eye health and immune function. It is also full of vitamins K, C, and B6 as well as manganese, copper, calcium, and magnesium.

I have put the Olive Garden recipe for Zuppa Tuscano Soup on Page 4, one of my favorites at Olive Garden.

We cut the tops of the kale so that we could give you the most tender and least damaged (by weather and insects) leaves of this delicious kale!

This is Arcadia Broccoli, we also grew Imperial this year.

Wash your Vegetables before cooking or eating raw.

Week 16 Produce

Garlic #
Onions
Tomatoes OOB
Egg Plant OOB
Delicata Squash #
Broccoli
Random Squash *
Beets *
Green Beans
Hot Pepper Bag
Cilantro
Kale #

*omitted from 1/2 bu boxes
#smaller size or quantity in 1/2 Bu
OOB - out of the box

Storage Information

Please make sure that you wash all your vegetables. This week all vegetables should be kept in the mid 30 degree range (I keep the temp at 34) in your refrigerator except tomatoes. Room temp for those and the Egg Plant as well. Both can be kept at 55 degrees but who has a fridge for that? You can let the squash sit on a counter in a basket as decor before eating.

Garden and Weather Report

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The eggplants seem to just go on and on so I will have them (although they are smaller) for you to pick outside the box again this week. Take them if you want, leave them if you have had enough! There are certainly eggplant lovers in our group because they do disappear when I put them out.

I am putting a bag of hot peppers in your box this week and a bunch of cilantro. The cilantro has reseeded from an earlier bed - what a great surprise! I found a recipe to make a sauce out of these two items that looks delicious and possibly a great addition for some chips while watching football. If anyone tries this, let me know how it turns out. My tendency for heartburn will not allow something this hot without pain!

Most of you have indicated your preferences for the Specialty Item in your last box. We are out of the Marzanos and Blueberries so if you haven't chosen yet - early birds got the worms! But the items we have left are all very good as well. We have plenty of Sweet Pickles, Red Sauce, Pumpkin Puree and Zucchini Bread left. I will put some great pumpkin recipes in the next two newsletters so that you will have something more to do with the 2 Cups of puree! Starting to rain right now, looks like the weathermen may have called this one!

I am adding a section right here next week that will be called **CHLOE'S CORNER**. Chloe has been with us now for about 18 months and is an integral part of both Beaver Creek Gardens, Somers Farm and Solutions in the Land. She will be writing some of her observations and giving information on her projects and how they relate to our gardens. She is driving the tractor in the picture below on a complete women's crew doing the garlic - yes you go girls!

Enjoy your box!

Cheri

This Weeks Photo's - to honor the Workers of BCG



Kris and John cleaning taters to the left. I didn't get a picture of Amy, Kris and John digging them, darn! Above top is crew planting garlic for 2024 - Amy, Chloe and Kris. And although the tomatoes are just about done, one more picture of that unbelievable day in May when we planted 330 tomato plants. My workers are amazing!

Olive Garden Zuppa Tuscano

Soup - Serves 8

6 oz bacon, chopped

1 lb Italian Sausage, The "Hot" variety

1 medium head garlic, 10 large cloves, peeled and minced or pressed

1 medium onion, finely diced

6 cups chicken broth/stock, (48 oz)

4 cups water, (32 oz)

5 medium russet potatoes, peeled and chopped into 1/4" thick pieces

1 kale bundle, leaves stripped and chopped (6 cups)

1 cup whipping cream

Salt and black pepper to taste

In a large pot or dutch oven (5.5 qt), over medium-high heat, add chopped bacon and sauté until browned (5-7 mins). Remove bacon to a paper-towel lined plate and spoon out excess oil, leaving about 1 Tbsp oil in the pot.

Add Italian sausage, breaking it up with your spatula and sauté until cooked through (5 min). Remove to paper towel lined plate.

Finely dice onion and add to the pot. Sauté 5 min or until soft and golden then add minced garlic and sauté 1 min.

Add 6 cups broth and 4 cups water, and bring to boil. Add sliced potatoes and cook 13-14 min or until easily pierced with a fork.

When potatoes nearly done, add chopped kale and cooked sausage and bring everything to a light boil. Stir in 1 cup cream and bring to boil. Season to taste with salt and black pepper then remove from heat. Garnish with bacon and grated parmesan.

Coming Soon - Sweet Potatoes



Cilantro-Chili Pepper Sauce

3 fresh red chile peppers

1 tablespoon sesame oil

3 cloves garlic, minced

1 pinch kosher salt

½ cup malt vinegar

2 tablespoons fish sauce

2 tablespoons brown sugar

3 tablespoons soy sauce

1 teaspoon lime juice

1 bunch cilantro, chopped

1 green onion, chopped

Cut the stem end off of the chile peppers, and remove the seeds using a thin knife, otherwise leaving the peppers whole. Place the peppers into a skillet, and toast over medium-high heat, turning frequently, until the skins of the peppers have blackened and loosened, about 10 minutes. The peppers are ready when 1/4 of the skin has blackened. Remove the peppers, place into a small bowl, and cover with plastic wrap. Allow to cool and steam for about 15 minutes, then remove and discard the skins. Chop the peppers, and set aside.

Heat the sesame oil in the skillet over medium heat. Stir in the garlic, and cook for 2 minutes to soften, then increase heat to medium-high, and stir in the chopped peppers and salt. Cook and stir until the mixture is hot and sizzling, about 1 minute. Pour in the vinegar, brown sugar, and fish sauce. Bring to a boil, then reduce heat to medium-low, and allow to simmer for 10 minutes.

Scrape the mixture into a blender, and add the soy sauce, lime juice, cilantro, and green onion. Puree until smooth. Serve immediately.

Stir-Fried Kale and Broccoli Florets

⅛ cup extra virgin olive oil

7 cloves garlic, sliced

1 chile pepper, chopped (Optional)

1 head fresh broccoli, chopped

1 bunch kale, stems removed and chopped

¼ cup sun-dried tomatoes, cut in thin strips

juice of 2 limes salt to taste

Heat olive oil in a large wok or skillet over high heat. Add garlic and chile pepper; cook and stir for 2 minutes, stirring frequently. Stir in broccoli; cook for 1 minute. Add kale and cook for 2 minutes, stirring frequently. Stir in sun-dried tomatoes. Pour in lime juice and season with salt; toss well.

Check Allrecipes.com for more recipes. They have great stuff on that site!