



Beaver Creek CSA

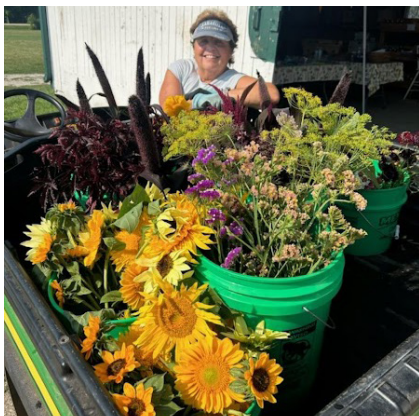
your local food connection!

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! Once again we are irrigating all the beds. After the 2.5" onslaught from 10 days ago, Nada again. They did forecast rain for last week-end and are forecasting rain for Friday but we are not believers in the Meteorologists any longer. I have always said that in my next life I want to be a Weather Person. You get paid whether you are right or wrong, what a great job. But . . . those two plus inches did some awesome work in the gardens. We have beans, peppers, eggplants and tomatoes that totally appreciated the rainfall from Mother Nature. We will have another week of Out of the Box Items so please pay attention to the signs around the coolers - and . . . Flowers again! I should have at least the amount seen in the picture above for you this week



Sweet corn is coming in the next few weeks. I always order mine from Boone County, my former home, because Dawn

Reimer grows the best out there. Ron and I sampled from a roadside stand this week and it was good, but we both lamented that it was not nearly as sweet as corn from Reimers! I have no idea why that is other than variety. I typically have it for you by now but Dawn's first two plantings were not

up to par due to the lack of rain in May - what a surprise to me! I don't know if you all look at farm fields when driving out in the country but if you do, take note of the uneven soybean fields. This is a direct result of uneven germination which is exactly what happened to all of us farmers, vegetable or large production conventional farming. It is why our green beans were so difficult to harvest - 15 feet of ready followed by 20 feet of blossoms. It made harvesting them for you very difficult. We now have two even beds.

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What's bugging us?

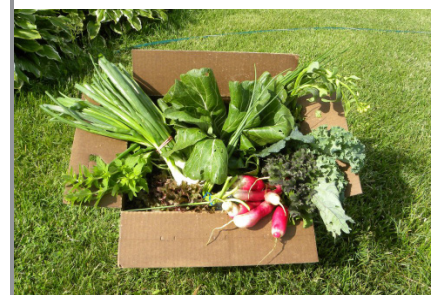
This has been a rather unusual year for pests.



Aside from the flea and cucumber beetles, the bugs just are not as prevalent as in years past. Typically by this time I see damage on all our bean plants and even bites on the green beans from Japanese Beetles. I have seen one cluster of Squash Bug eggs and that was two weeks ago. Hopefully I am not jinxing us by writing this today!

What's Inside

This is Week 9 - A Week of the 2023 Season



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PRODUCE of the Week



Wash your Vegetables before cooking or eating raw.

Week 9 Produce

Cabbage #
Summer Lettuce
Beet bunch #
Zucchini #
Mixed Pepper Bag
Green Beans #
Eggplant OOB
Mini White Cucumbers #
Chard *
Tomatoes OOB
Choice of Fennel or Dilly Bean Bag
with Dill Clamshell OOB
Flower Bouquet OOB

*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. I may do an initial rinse on lettuces and those types, but you will need to wash again. 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?

This week we are featuring eggplants and beets.

Food historians have traced eggplants to their origins in either India or China. Some records show that eggplants were cultivated as early as 50 BCE. Travelers carried the fruit west to Europe, then eventually it arrived in America, thanks to Thomas Jefferson bringing seeds back from France. Oh that Thomas - he writes the Declaration of Independence and gives us Eggplants!

How did Eggplants get their name? Well, way back in the 1700s, early European versions of eggplant were smaller and yellow or white. They looked like goose or chicken eggs, which led to the name "eggplant."

What are the benefits of eating eggplant?

Eggplants are rich in fiber and antioxidants. A serving of eggplant can provide at least 5% of a person's daily requirement of fiber, copper, manganese, B-6, and thiamine. It also contains other vitamins and minerals. In addition, eggplants are a source of phenolic compounds that act as antioxidants.



Earlier than 2,000 BC, people in Mediterranean states and nations raised the beet. It's a great fit for the Mediterranean diet, too. In ancient times, the root was a medicine for headaches and toothaches. Many beets now serve as a sugar source.

Beet roots and stems are edible and a good source of vitamin A, C, folate, calcium, and fiber. They contain many antioxidants such as betalains, carotenoids, and flavonoids which prevent colon cancer and protect heart health. Beet juice can be used as a red dye. That is what one of our Workers does with hers!

I think that people either love beets or do not like them at all, there is no in-between. Folks that do not like them say the taste is way to "earthy." It is kind of like Cilantro - I wouldn't be surprised if there was a beet gene that prevented some from enjoying the flavor.

I discovered their great flavor a little later in life, but I do love them roasted - just do not enjoy the pickled ones!

Garden and Weather Report

continued from page 1

This is making the harvesting of ready beans much easier and I think you will notice that in the bag that you will have in your box this week. I had about 30 lbs of mature beans in the cooler. I have bagged those in two pound increments and they will be out of the box in a bin in the cooler with a clamshell of dill. This is for the Dilly Bean recipe on page 4. You can also take the extra 2 lb bag for freezing if you like to have that for the winter as a reminder of what great beans taste like - the beans in the 2 pound bags are perfect for either.

The other choice is Fennel. Once again, this is great in salads or you can freeze the bulb and use it in the winter soup making. We will have tomatoes for you this week as well and they will be on the 3 tiered cart at the end of the main barn area with bags. I will also put the eggplant outside the box as it doesn't like the 34 degree temperatures in my refrigeration. Last week the B group was able to take a bag of tomatillos - we will have them later for the A group. There are tons on the plants, they are just still filling their husks! We have dried the white onions and some of the reds. They are much smaller than typical, weather related for sure. I will have baskets for you to grab some onions. The Walla's are out and drying, they look better and the yellow onions look good as well, just not near the size of last year. Please make sure you watch the signs around the refrigeration for guidance on all the Out of the Box Items including flowers this week!

I love this time of the year. Ron and I do our best (with all the time constraints) to eat as much out of the garden as possible - Last night's dinner is on page 4 - take a look. This was after I had the Beet and Goat Cheese Salad for lunch and a BET (Bacon, egg and Tomato) for breakfast - what a day!

Enjoy your box!

Cheri

This Weeks Photo's



Pictured to the left are a couple of artichoke heads. They are smaller this year than last year and I can only attribute that to the lack of water in May. We did manually water these as they were in the "back 40" but they clearly could have used rain! Below is an example of the mini white cucumbers that are either in your box or "over ripe" that I have for you to take. As you can see, the only difference is the seed cavity and seeds are slightly larger in the riper cucumber, still crispy, still delish!



CHERI'S FRIED EGGPLANT

I just kind of made this up one day as a quick way to prepare eggplant - give it a try. Eggplant is a fruit that really does not have it's own distinct flavor. Rather, it takes on the flavor of whatever one cooks it with or in. So in this case if you like a coating that includes grated parmesan cheese - you will like this recipe.

1 - 2 Eggplants sliced and salted
let rest for 1/2 hour

2 eggs beaten

1 Cup Flour

1/2 Cup grated Parmesan

Olive Oil

Mozarella Cheese (opt)

Mix the flour and Parmesan together,
salt and pepper to taste

Dip the sliced eggplant into the egg
mixture first, then cover both sides
with the flour mixture.

Place in a pan with the oil already hot.
Brown one side, turn over and brown
the other, cover for a few minutes to
make sure eggplant is cooked through.

Serve

Can add Mozarella Cheese on top to
melt when you cover.

We totally ate out of the garden,
pictured below!

Check Allrecipes.com for additional ideas.

Fried Eggplant



Quick Refrigerated Dilly Bean Recipe

2 cups green beans (fresh) enough to completely fill a 16 oz. Mason jar:
about 2 cups, stems removed

1 cup vinegar, white or apple cider

1 cup water

2 teaspoon sugar

1 - 2 cloves minced garlic , OR 1 to 2 tablespoons minced garlic scapes

1 ½ teaspoon coarse sea salt

2 - 3 sprigs fresh dill

1 slice small onion

½ teaspoon whole black peppercorns

¼ to 1 teaspoon red pepper flakes, depending on how hot you want them

Make the brine first, as it needs to cool. Combine the vinegar, water, sugar, salt and garlic in a small saucepan and heat to boiling. Remove from heat and let cool.

Prepare the beans. Wash the beans and remove the stems but leave the tip on. Fill the jar so you know exactly how many to use.

Remove them from the jar, trim and leave about ½ inch of headroom.

Blanch and shock the beans to preserve their colour and crispness. Bring a pot of water to a boil, then add the beans and boil for 30 seconds. Remove the beans and immediately plunge into an ice bath (a large bowl filled with ice and water) to stop the cooking. Drain and set aside.

Sterilize the jar and lid by washing in hot soapy water, rinsing thoroughly and pouring boiling water over all. Let it stand for a few minutes.

Fill the jar with the beans. Add the peppercorns, onion slice, red pepper flakes, and fresh dill. Carefully pour the cooled brine over top so that the beans are completely covered. Put the lid on tightly. Store in the refrigerator. Allow the flavours to develop for at least 2 days. These will last for about 2 weeks in the refrigerator.

OVEN BAKED ZUCCHINI FRIES - Kris Coen loves these!

2 med. zucchini (about 5" long), or 1 lrg. (about 10" long)

¼ cup all-purpose flour

1 large egg, lightly beaten

1 TBSP. water

¾ cup panko bread crumbs

¾ cup Parmigiano-Reggiano

¼ tsp sea salt--- freshly grated black pepper

2 TBSP. vegetable or sunflower oil

Wash the two zucchini and trim away both ends, leaving skin on. Cut each one in half, length-wise. Cut each half into ½" wedges. Trim & discard seeds. Large zucchini, cut it in half cross-wise first, to create two pieces. Preheat the oven to 425°F. Place a rimmed sheet pan on the center rack of the oven.

Coat each wedge well with the flour, dip it in the egg mixture, then coat it evenly with the breadcrumbs, pressing them to adhere. Place the breaded wedges on a platter. Remove the preheated sheet pan from the oven. Carefully pour the oil over the sheet and tilt to coat evenly. Lay the wedges on the hot sheet pan in a single layer. Bake them for about 12 minutes or until golden brown and crisp on one side (baking time will depend on the size of the zucchini). With the help of a spatula, gently flip them and bake for another 8 more minutes or so.