



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

Happy 4th of July from the Gardens!

This is Week 4 of our 2023 season and it is a B week. We

have much of the same things in the box this week with a few minor changes. I grew two varieties of Broccoli this year



and one is just about finished while the other is slowly bringing on heads. This week I wanted to finish distributing what I had left of the Monty variety so you will find that in your box or a bag of Broccoli micro greens as I had enough of those two together for your boxes. Once again, the heads are small and I believe now that it is totally weather related as I have been watching the wheat fields come to head (that is when they turn that beautiful amber color.) I noticed that the stalks are quite a bit smaller than last year. - Weather related I am certain. Rain is affecting everything in fields.

I know rain has been everywhere these past couple of days. In fact we received about .75 inches at home on 38th Street,

while our production area on 6th Place didn't even get a quarter of an inch. We are only 7 miles apart so scattered storms are just what they are, scattered! We are continuing the irrigation and hoping that we are in the lucky

scattered area for this next bout expected sometime tomorrow - fingers crossed again. I reminded Ron that about 10 years ago we were in the Sharon, Wisconsin parade on the 4th and gave away zucchini instead of candy. That's how much we had by the 4th. We will have zucchini in a few weeks but it has certainly been impacted timewise. By the way - huge success giving zucchini in lieu of candy - we ran out halfway through the parade. Who knew kids would love zucchini? I wonder how they prepared it?

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What's bugging us?

Last week I had this picture up and this week there



are even more white butterflies. We have sprayed the BT but you may still find them in the broccoli, cauliflower and cabbages, so have a lookout. We try to get them before we put the crop in your box but are not always successful. They won't hurt you. Just make sure you wash your vegetables or, add them for additional protein, lol!

What's Inside

This is Week 4 - B Week



of the 2023 Season

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PRODUCE of the Week



This week we are featuring the two varieties of Cauliflower.

What is the history of cauliflower?

The plant originated in the Mediterranean region. However, it became popular in China, India, Poland and many other countries. Nowadays, China is the largest cauliflower producer worldwide. India, Poland, Italy, and France also produce considerable quantities of cauliflower.

Some cabbages with larger flower buds were bred together to produce broccoli and cauliflower. Through additional breeding and genetic changes, cauliflower eventually became white, and broccoli developed a long stem. The Song Cauliflower on the right has been bred with the stronger broccoli stems.

Cauliflower contains several anti-cancer phytochemicals like sulforaphane and plant sterols such as indole-3-carbinol, which appears to function as an anti-estrogen agent. Together, these compounds have proven benefits against prostate,

breast, cervical, colon, ovarian cancers by virtue of their cancer-cell growth inhibition, cytotoxic effects on cancer cells.

It is very low in calories. 100 grams of the fresh cauliflower head provides just 26 calories. Also, it is one of the flower-vegetables that is low in fat and cholesterol. Nevertheless, it comprises several health-benefiting antioxidants and vitamins. It has 80% of Daily Vitamin C requirements. Vitamin-C is a proven antioxidant that helps fight against harmful free radicals, boosts immunity, and prevents infections and cancers. Cauliflower contains almost every vitamin and mineral that you need to function. It is a powerhouse of nutrition from antioxidants to fibre and so much more.

I will put several recipes for cauliflower on Page 4.

Wash your Vegetables before cooking or eating raw.

Week 4 Produce

Spring Onions #
Bag of Red Green Leaf Mixed
Small Beets w/Greens *
Kale #
Garlic Scapes *
Kohlrabi
Sugar Snap Peas
Snow Peas #
Cilantro *
Broccoli Hd or Broccoli Micro Greens
Cauliflower
Crispino (Iceberg) Lettuce
Romaine Head

*omitted from 1/2 bu boxes
#smaller size or quantity in 1/2 Bu

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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I picked the leaf lettuce (pictured below) a little early due to the holiday and heat coming for the next couple of days. I wanted to take no chances with it. We have put it in bags as this keeps it better for you. But should you find any of the lettuces slightly wilting, an easy fix is to just put them in luke warm water to freshen them up before serving. I try to limit water on our lettuces as that puts decay in a fast forward. It is better to store dry and just clean before using. This helps with flavor as well.

This will be the last week for peas - we have picked well over 160 pounds. I will have some in the store for the next week but it is time to take out the peas and replace them with fall broccoli - yes it is that time already! We will have blueberries from Michigan coming this month and if you want more than just the pint you will get in your boxes for a couple of weeks, please let me know so that I can order extra for freezing for you. We always freeze a pound or two as they taste great on yogurt (and ice cream) in the winter months!

Check out the picture on page 1. Ron took that yesterday. Chloe planted the front in Zinnias and Blue Tansy. The Zinnias are somewhere in there but the Blue Tansy took over and the bees love it! I had enough of that with the Summer Berries Yarrow to make up a few bouquets on Saturday. The Blue Tansy made the bouquet. The texture of the leaves and beautiful color are amazing. Make sure you take a look to the left when you pull in to pick up your boxes this week. In a few weeks I will have enough flowers to make up bouquets for members. I am waiting for a few more varieties to bloom. If you haven't taken a stroll through the Oak Savannah recently, take the time. We have just about finished the Showcase garden with its three locations to sit and watch. You will want to definitely do this in August because by then the garden should be in full bloom with butterflies and bees galore.

Enjoy your box!

Cheri

This Weeks Photo's



With the 4th of July holiday, I went to my family to help out on the 3rd of July as many of you left town or had family here for the long four day holiday. So to the left is my niece Chloe and nephew Marshall who helped bring in the Red and Green Loose Leaf lettuce bouquets for you this week! Below are amber waves of grain in honor of the 4th! This picture is from 2022 because the fields this year are beautiful in color right now, but very short.



Roasted Cauliflower

- 1 head (about 2 1/4 pound) cauliflower, trimmed and cut into florets
- 3 large cloves garlic, thinly sliced
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons grated Parmesan cheese

Preheat the oven to 450 degrees F (230 degrees C).

Mix cauliflower florets and garlic in a large bowl. Drizzle olive oil and lemon juice over the cauliflower mixture; season with salt and pepper. Toss cauliflower mixture to coat and spread into an even layer onto a baking pan.

Roast in preheated oven for about 15 minutes, turn cauliflower, and continue roasting until soft, about 10 minutes more.

Sprinkle Parmesan cheese over cauliflower to serve.

From Allrecipes.com

From Cheri Doetch

I like to just steam my cauliflower on top of the stove. Cooking does reduce the nutritional value of cauliflower.

My favorite cucumber - below!

Tips & Recipes

Sautéed Sugar Snap Peas

- 1 lb. sugar snap peas
- 1 tbsp. olive oil
- 1 tsp. salt
- 1/2 tsp. ground black pepper
- 1 tbsp. butter
- 1 tbsp. lemon juice

I love it when our members submit recipes - please do not hesitate to share your favorites with all of us!

Snap the stem end of the peas; pull the string off of the length of the pod, and discard.

Heat a large skillet over medium heat. Add the oil and swirl to coat the pan. Add the snap peas, salt, and black pepper. Cook, stirring occasionally, until tender yet crisp, 3 to 5 minutes.

Remove from the heat. Add the butter and lemon juice and stir well to coat. Serve immediately.

Cauliflower and Kohlrabi Soup

- 1 head of cauliflower, broken into florets
- 3 kohlrabi bulbs, peeled with stems removed and the bulbs cut into pieces
- 4 tablespoons olive oil, divided
- 1 yellow onion, diced
- 6 garlic cloves, roughly chopped
- 1 teaspoon dried oregano
- 1 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 4 cups chicken stock
- 1 tablespoon apple cider vinegar
- 1/2 cup cream (see note)
- 1 tablespoon chopped fresh parsley, for garnish
- 2 tablespoons grated Parmesan cheese, for garnish

Roast the Cauliflower and Kohlrabi drizzled in oil at 425 for 40 min.

In a large pot heat 2 tablespoons of olive oil over medium heat. Add in the onions and cook for 3 to 4 minutes. Add in the garlic and cook until the garlic is fragrant, about a minute or so. Add the oregano, salt, and pepper. Next, add the roasted vegetables and chicken stock. Give it all a good stir, turn up the heat and bring it to a soft boil. Then reduce the heat and simmer it for 15 minutes or so, stirring occasionally.

Puree the soup. Add the apple cider vinegar and stir. At this point, you will want to check the seasoning. If needed, add more salt. Finally, stir in the cream. Garnish each serving with fresh parsley and Parmesan cheese.

NOTE You can make the soup ahead and freeze it, but don't add the cream if you plan to do this.

What's coming- Mini Whites



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