



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

16000 B 38th Street, Kenosha, Wisconsin 53144 - 815-494-1251 - cdoetch53@gmail.com
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! Check out the picture center on this page. This was taken by Kyle at the end of our Annual Workershare appreciation party. We take a sunset/moonrise hayride and he caught this at the end of the ride. Unbelievable shot, thank you Kyle! I believe a good time was had by all. At least most of the food was gone by evening's end. The weather was perfect for the event. We appear to be heading toward a more normal temperature later this week. Right now we have been enjoying some gorgeous late summerlike weather, sunny and warm. But a cool down is on its way. Chloe has been pulling irrigation lines. I believe we are done with that for the season. It appears Mother Nature has determined we can take the rest of the crop out in mud. So make sure you wash the beans!



Customer appreciation Harvest Festival is this Saturday from Noon to 3:00 p.m. This is our opportunity to thank all you members and shoppers for your support in 2023. Once again I have requested that Ron attend a grill so that lunch will be available if you like dogs and brats! We will have some desserts that were baked from produce at the farm and of course cookies for the kids! We will have hayride tours of the gardens as well and I will keep the store open for you to purchase any items you need in addition to your boxes or for the winter. We will have plenty of Local Honey, Farm Fresh Eggs and of course all the extra items we processed over the season. Looks like the weather will be a little chilly and very fall like for our event, so dress appropriately or just sit close to the grill and firepit! We do not open this to the public, but if you want to bring along a guest to introduce them to us for next season, please feel free to do so. Children are most welcome as well.

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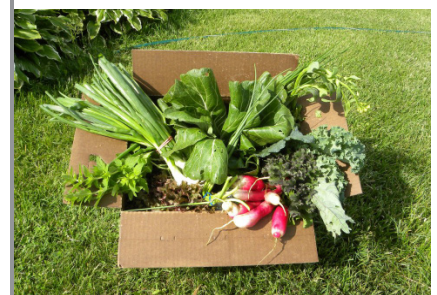
Loyalty Special Pricing

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 17 - A Week of the 2023 Season



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PRODUCE of the Week

This week we are featuring Potatoes and Leeks with recipes on page 4!



The origin and domestication of sweet potato occurred in either Central or South America. In Central America, domesticated sweet potatoes were present at least 5,000 years ago, with the origin of *I. batatas* possibly between the Yucatán Peninsula of Mexico and the mouth of the Orinoco River in Venezuela.

Sweet Potato vs. Potato: What's the Difference?

Sweet potatoes are often touted as being healthier than white potatoes, but in reality, both types can be highly nutritious. While regular and sweet potatoes are comparable in their calorie, protein, and carb content, white potatoes provide more potassium, whereas sweet potatoes are incredibly high in vitamin A.

The Inca Indians in Peru were the first to cultivate potatoes around 8,000 BC to 5,000 B.C. In 1536 Spanish Conquistadors conquered Peru, discovered the flavors of the potato, and carried them to Europe.

Leeks are alliums, so they're related to garlic, chives, shallots, and onions. Tasting them, you can tell. They have a sweet, oniony flavor that adds depth to any recipe.

Potatoes were the first vegetable grown in space in 1995. The word potato comes from the Spanish word *patata*. Potato is the 4th most important crop worldwide. The Irish Potato famine gave rise to the field of Plant Pathology!

Originally from central Asia, it has been consumed since ancient times. It was on the menu of the Egyptians and later the Romans, pioneers of gastronomy, used it plentifully in their cuisine.

One medium-sized (5.3oz) skin-on potato has 110 calories, fat 0%, cholesterol 0%, fiber 7%, vitamin C 30%, Potassium 15%, vitamin B6 10%.

Leeks are rich in flavonoids, especially one called kaempferol. Flavonoids are antioxidants and may have anti-inflammatory, anti-diabetic, and anticancer properties.

We washed the Yukon Gold potatoes and are putting them in mesh bags with the Sweet Potatoes.

Week 17 Produce

Garlic #
Onions
Leeks #
Butternut Squash #
Potato Bag (Golds & Sweets) #
Broccoli
Brussels Sprouts #
Beets
Green Beans *
Peppers #
Kale (may be OOB)
Specialty Item A only boxes
Herb bouquet A only
Celery (outside Box to take)

*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. This week I will attempt to get everything in all the boxes with the exception of celery and kale in the smaller boxes - please note that the 1/2 Bu item sizes will have to be reduced in order to get as much as possible in those boxes. It is that bountiful time of year that we definitely enjoy at Beaver Creek Gardens! Potatoes should be kept in a cool dark place!

Garden and Weather Report

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This is the last week for those of you that picked up only on the A week, so you will find your chosen special item in your boxes. We will mark those boxes with blue tape and your name on them so please make certain you look for your box as it is specific to you this week. The rest of the group will get their items in Week 18 and we will follow the same procedure with the names on blue tape. This has worked for me over the years and although it makes a rather cumbersome packout - we really want you to taste the harvest we all worked so hard to bring to you this year! The pictures below are from our Saturday Worker Appreciation Party. They have been amazing. We begin in March with seeding and end with Week 18 pack out. It is an eight month commitment from them to get everything seeded, planted, harvested and packed! They are simply fabulous!

Chloe's Corner

Good afternoon everyone! Chloe here with an update of my activities. I do not know where to begin! This past season has flown by with all that I was involved in. I had to really keep up with the irrigation this year which took an extraordinary amount of time. Weeds follow water, so as you can imagine weeding was another priority. I have begun a very interesting project that I am looking forward to continuing next year, essential oils. The process I am using is steam distillation. Watch for the little bottles in the store coming soon!

Enjoy your box!

Cheri

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



Potato Leek Soup

Serves 8

1 cup butter
2 leeks, sliced
salt and pepper to taste
1 tablespoon cornstarch
1 quart chicken broth
4 cups Yukon Gold potatoes, peeled and diced
2 cups heavy cream, or to taste

Melt butter in a large pot over medium heat. Add leeks and season to taste with salt and pepper; cook and stir until leeks are tender, about 15 minutes.

Stir cornstarch into broth; pour broth into pot. Add potatoes and bring to a boil.

Stir in cream; reduce heat and simmer until potatoes are tender, about 30 minutes. Check seasoning before serving.

We have put the Brussels Sprouts in your boxes still attached to the large stalk. You can either pop them off or take a small paring knife and cut them off. Refrigerate in a zip lock bag and they will last quite a while. I have also stored the stalk in our garage in water which works for a couple of weeks! Some of the outer leaves may need to be removed on the individual sprouts and I would do this before putting in the refrigerator.

What's coming - ugh!!!!



Tips & Recipes

Broccoli Celery Soup

For this recipe you can either grab a fresh head of celery or if you froze some of the celery we had in your boxes earlier, use that. You will find that the celery flavor literally explodes out of this recipe.

This soup also freezes well. Freeze before adding any cream.

1 Cup of onion chopped
1 C celery Chopped - saute in 3 TBS of butter
Add 4 cups (or one large head) of broccoli and saute for another five minutes.

Add 3 Cups of chicken broth and 1/2 tsp of Worcestershire sauce. Salt and pepper to taste and let this simmer for at least 15 minutes

Put in blender (in batches) or use an immersion blender. Add 1 1/2 C of half and half (can substitute 2% milk but soup will not be as thick) and reheat. Grate cheddar cheese over top and serve. Serves 4.

Sweet Potato Fries

Sweet potatoes: Two large sweet potatoes should make about four servings of sweet potato fries.

Oil: Toss the sweet potato wedges in vegetable oil to help them retain moisture and to give the seasonings something to adhere to.

Seasonings: Season the sweet potato fries with sea salt, black pepper, garlic powder, and paprika. Of course, you can switch up the spices and seasonings to suit your taste.

Peel the sweet potatoes and cut into wedges.

Toss the wedges in oil, then season them.

Bake, turning occasionally, until the fries are tender and golden brown.

In an oven preheated to 425 degrees F, these sweet potato fries should be perfectly baked in 18-24 minutes. You'll know they're done when the wedges are tender and golden brown. Make sure not to crowd the pan, as the fries will take longer to cook.

The sweet potatoes in your box should last until Thanksgiving if you keep them in a cool dark place. They have been out of the ground now for about 10 days and have been curing in the greenhouse. Curing Sweet potatoes gives them a longer shelf life.

We have not cured most of the butternut squash as we just now harvested them. They should be kept in a warm location (80 degrees for about another week and then in a cool dark location too. Curing Butternut squash keeps the shelf life in the 4 to 5 month range.

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