



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! It is 6 a.m. Tuesday morning and after Monday's rainfall, I will be heading to the garden later this morning

after heading out to pick up sweet corn for our boxes this week. I am anxious to see how everything fared out there after over 2 1/2"

of rain fell. We needed the rain as we were once again irrigating but boy did I want to shut the faucet off after about 1". No can do when it is Mother Nature with her hand on the faucet. This year has just seemed like the garden version of Goldilocks and the Three Bears - to much, to little, just right. We just haven't hit that "just right" often enough! Farming isn't for the faint at heart and thank goodness I am not at all that type! I find it interesting to get around Her (Mom Nature) anyway I can! We just can't fool her too often!



Now with that said, we have some very interesting items in the box this week. In addition to Sweet Corn, we had our buddy in Michigan bring us some Peaches this week. With those two exciting additions I will once again put the Eggplant in the out of box category. I have put a couple of recipes on Page 4 for you so after I check the harvest - taking a couple to make Baba Ghanoush shouldn't be a problem.

I made a batch with last week's eggplant that wasn't picked up by you and I suspect there are as many in the garden this week as last. I will harvest some parsley for you as that goes in the recipe too.

I am fairly certain that I will find the gardens too wet to work in for today and possibly tomorrow so I want to mud out as little produce as possible. Fortunately, I did see this coming and worked 6 hours on Sunday to get out items that would not have benefitted from the rain, like zucchini!

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What's bugging us?

Oh yes, we have been visited by this lovely little caterpillar, the Tomato Hornworm. They are so gross in my mind, fat, squishy and have a voracious appetite for tomato foliage. Luckily we have plenty for them and I like to think they just help me prune the tomatoes a little until we see them and pick them off. BT works too but often times it is just fun to pick them.



What's Inside

This is Week 10 - B Week of the 2023 Season



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PRODUCE of the Week



This week we are featuring an American favorite from the midwest, sweetcorn and peaches from Michigan.

In 1493, Christopher Columbus returned to Europe with corn seeds, although this revelation didn't succeed due to inadequate education of how to produce corn. Sweet corn occurs as a spontaneous mutation in field corn and was grown by several Native American tribes. The cultivation of sweet occurred when the Iroquois tribes grew the first recorded sweet corn (called 'Papoon') for European settlers in 1779. It soon became a popular food in the southern and central regions of the United States.

One of the main nutritional benefits of sweetcorn is its high fibre content. And as we know, dietary fibre is important for our health: it aids digestion, it can decrease the risk of heart disease, strokes, type 2 diabetes and bowel cancer. On top of that, fibre helps you stay fuller for longer.

I can certainly verify the fibre fuller for longer statement. I had two ears for lunch and am skipping dinner!

Peaches are a tasty treat with modest calories, a good source of potassium, vitamins A & C, low sodium, no saturated fat. Peaches are a healthful snack and a smart, low calorie way to end a meal.

Although the states that grow the most peaches are in the southeast, like Georgia, peaches are grown in Michigan.

Why are Michigan peaches so good?

Thanks to moderating effect of Lake Michigan, peaches thrive along the western shore of Michigan and also in the southeastern part of the state. The flavorful Red Haven peach is the most widely planted and recognized variety. Flamin' Fury and Stellar are other popular varieties.

We have a connection in Michigan through Ron and we do like to try to include some fruit for you. We were able to get these peaches this week and hopefully next week. I tried one, they are delicious so enjoy!

Wash your Vegetables before cooking or eating raw.

Week 10 Produce

- Sweet Corn #
- Summer Lettuce
- Beet bunch #
- Zucchini #
- Mixed Pepper Bag
- Green Beans #
- Peaches #
- Mini White Cucumbers #
- Chard *
- Garlic #
- Parsley
- Tomatoes OOB
- Egg Plant 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?

Garden and Weather Report

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Other than one day later this week, the weather looks to be cooperating with us in terms of not too hot or not too cold - Goldilocks reference again, sorry about that. This is helpful with the summer lettuces as even though I select varieties for summer - they still do not do well with many days over 85 degrees. We have a substantial amount in the garden that I will be getting out in the next two weeks for you.

I will have enough round tomatoes for anyone interested in purchasing an additional bushel for canning in the weeks to come. The three rows with the rounds on them are so loaded they are weighed down with tomatoes. As usual the heirlooms do not produce like those amazing Big Beef and Mountain Merit rounds. We will have a limited amount of Marzano tomatoes for roasting this year as the seed I was sent had a mix of different non Marzano seeds in the packets. The two rows that should have 60 plants in them appear to have about 15. For next year I will not let this happen again. San Marzanos are an heirloom and with heirloom tomatoes you can save the seeds if you know how and guess what . . . I do know how to do that. To make sure I have the right seeds next year I will save about 250 of them. One of the interesting characteristics of the San Marzano is that they are very fleshy with a small seed cavity and limited seeds in that. I will have to take the seeds when I process for my winter supply with our limitation of the amount of them this year so as not to waste one stinkin' San Marzano for seeds! The plants that are San Marzano have tons of tomatoes on them so I will just have to see how they fare before offering 1/2 bushels or 5 pound buckets for roasting like we did last year. Every year is different in farming and every year provides some very interesting challenges to overcome!

We are on the back half of the 2023 season, it felt a little like fall this morning but as I finish the newsletter this afternoon summer returned. The season is going very fast with much more to come.

Enjoy your box!

Cheri

This Weeks Photo's



Pictured to the left are four rows of Tithonia, Mexican Sunflower with a few zinnia rows mixed in. I did this for the Monarch Butterflies that will come across Lake Michigan in September, heading to Mexico. These flowers will be bright orange and will attract the Monarchs to our gardens. I am hoping for quite a show - if we are lucky, pictures will follow in September. Below are the carrot beds this morning. I weeded them on Sunday before the rain. We should have some wonderful carrots this year!.



Tips & Recipes

SWEET CORN:

I like to boil my corn in a pot barely covered with water. When the water boils the corn is cooked perfectly!

Grilled Sweet Corn

6 ears corn, husk and silk removed
½ cup butter, melted
1 ½ tablespoons macadamia nut oil
2 tablespoons minced garlic
1 teaspoon crushed rosemary
1 teaspoon rubbed sage
1 teaspoon dried basil
1 teaspoon dried thyme leaves
1 ½ teaspoons salt
1 ½ teaspoons pepper
½ cup grated Parmesan cheese
6 sheets aluminum foil

Soak husked corn 1-3 hrs in cold water
Preheat an outdoor grill for medium heat. Drain corn and pat dry.
Stir melted butter and oil together in a bowl. Stir in garlic, rosemary, sage, basil, thyme, salt, and pepper, then stir in Parmesan.

Place each ear in the center of a sheet of foil. Spread each ear with butter mixture, then tightly wrap in foil.
Gently puncture the foil a few times to allow excess steam to escape while grilling.

Cook on the preheated grill, turning frequently, until kernels are tender when pierced with a knife, 20 to 30 minutes. Remove from the grill and check for doneness; if not done, cook for 5 more minutes.

Corn & Beans - Lunch!



Grilled Eggplant, Tomato and Goat Cheese delicious, no fuss appetizer! Allrecipes.com with many variations to try!

1 Medium Eggplant, sliced into 1/4" rounds
2 large tomatoes, sliced
1 (11 oz.) log goat cheese
4 Tablespoons of olive oil
2 Tablespoons balsamic vinegar
salt and pepper to taste

Preheat grill for medium heat

In a large bowl, coat eggplant with olive oil and balsamic vinegar. Season with salt and pepper.

Arrange half of the eggplant slices on a tray. Place a slice of tomato and slice of goat cheese on each slice of eggplant. Sprinkle and little salt and pepper on the tomatoes and cheese. Top with remaining slices of eggplant. Secure each bundle with a toothpick.

Lightly oil the grill grate. Remove toothpicks, and arrange bundles on grate. Cook about 7 to 8 minutes, then carefully flip. Continue cooking for 6 to 7 minutes.

NOTES: To cook in the oven, bake at 375 F for 15 to 20 minutes or until softened. Melt in your mouth delicious. Substitute mozzarella if you don't like goat cheese.

Baba Ghanoush

If you enjoy hummus, you will love this. I make several recipes and freeze one to use in the dead of winter!

3 Med Eggplants, prick, roast 40 minutes until Blackened. Remove from oven and let cool.
1/4 C Lemon Juice
1/4 C Tahini
3 Tablespoons extra virgin olive oil
4 cloves of garlic
1/2 tsp cumin
1/2 tsp salt
1/3 Cup parsley, minced

Scoop roasted eggplant into food processor, add other ingredients adding the parsley last.

Freezing Eggplant

Preheat oven to 350 degrees
Slice 1/2" rounds w/skin on, place on greased baking sheet
Bake 15 to 20 minutes until soft, let cool 5 to 10 minutes
Store in freezer bags with wax paper between layers.