



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!
This is Week 2 of our 2023 season and after last Tuesday, we had a total of over an inch of rain last week.

Very much needed but we are continuing our irrigation as once again, it looks to be a 10 day interval



between rains. The forecast is for another front to come through on Sunday and hopefully drop another inch on us. I have to be honest, we much prefer harvesting on dry soil. It was really muddy getting the crop in last week and should be easier this week. The vegetables all responded to the rain our partner gave us last week as you will see in the boxes this week. We finally have the lettuces available, both Romaine and Crispino (iceberg) along with some really beautiful red leaf lettuces! Everything else grew too including Broccoli which you will find in your boxes.

Wisconsin is currently in the "abnormally dry" area of the U.S. Drought Monitor and we actually think this will be the way it will

go for the summer season. Tomorrow is the Summer Solstice which is not only the longest day of the year, but the most direct sunlight. From here we go the other way. I personally feel a little sad when we start heading the other

direction but my husband, Ron, always reminds me that it is the beginning of summer, not the end! It is also the day that you may first notice one of the most beautiful signs of summer in the midwest - fireflies! I don't know how they can tell the date, but they always begin to appear after June 21st and light up our area for early summer. I can remember catching them as a child, putting them in a quart jar and watching them light up - so much fun! I have very fond memories of summer as a youth.

• Continued on page 3

What's bugging us?

We are beginning to see the white butterflies (actually they are cabbage moths)



appearing all around our broccoli, cauliflower, Brussels sprouts and of course cabbages. We will spray for them this week using BT. This is a natural occurring bacteria from the soil that controls larvae and caterpillars. These moths lay their eggs in the fruit and then eat the leaves. We will be waging war all season on these guys!

What's Inside

This is Week 2 - B Week



of the 2023 Season

News - pages 1-3

Recipes - page 4

Produce for the Week - page 2

PRODUCE of the Week



Wash your Vegetables before cooking or eating raw.

Week 1 Produce

Pac Choi
Radishes
Spring Onions
Bag of Red Oakleaf
#Spinach
Kale
Garlic Scapes
#Kohlrabi
*Purple Pac Choi
*Red Spinach with Micro greens
Cilantro
Broccoli Head
*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.

This week we are featuring Kohlrabi, left and the lettuces in your box.
WHAT IS KOHLRABI?

Kohlrabi is sometimes referred to as a German turnip. And for good reason, it sorta looks like one!

WHAT DOES KOHLRABI TASTE LIKE? Taste wise, however, kohlrabi is milder. I'd say it's even borderline sweet (for a vegetable). Raw kohlrabi's texture is crisp and juicy, similar to an apple.

If I had to compare its taste to another vegetable, I'd say it's somewhere between a broccoli stem and a really mild cabbage.

Eating it raw requires peeling it but roasted, just slice and the peelings will soften and be perfect to eat cooked.

It has many beneficial health qualities such as heart, cancer, it lowers your C-Reactive Protein. The lower your level of C-reactive protein, the lower your risk for cardiovascular disease and other serious inflammatory health issues. — another great reason to include lots of kohlrabi in your diet regularly! We are putting several in your boxes this week!



This week we are putting 2 or 3 types of lettuce in your box. Pictured above is an Iceberg variety called Crispino and very aptly named as it is crisp and tasty for an iceberg variety. We also will be putting in a Romaine variety in all boxes and some loose red oakleaf for your salad pleasures!

Lettuce is leafy vegetable that belongs to the sunflower family. It originates from Mediterranean region, but it can be found around the world today.

Lettuce is generally a rich source of vitamins K and A, though the nutritional quality varies, depending on the variety. This is just a guess, but I am thinking the deeper the green the better the nutrition?

I personally think we cannot get enough leafy greens for good health.

Garden and Weather Report

continued from page 1

The broccoli heads are slightly smaller than I typically have but I am not certain that it is the weather because I was not able to get the seed I have used for a dozen years and substituted a new brand that seems to have fruited early and possibly the result is early, smaller heads. This week I will have enough to put one in every box. We will have cauliflower coming soon and the peas, oh my goodness! We have planted three beds this year and they are thick and in full blossom right now with peas hanging. I tasted one on Sunday and they are not quite ready to pick just yet but I am hopeful that I can have my "pea pickers" attack them soon and get them in the boxes next week. We (John Mizer) planted two varieties and the first ones you will see are those very sweet Sugar Snap Peas. John did such a great job planting them - he gets to do it again next year!

A reminder on housekeeping and I will also put this in the email again to make certain everyone sees it. Pick up for Wednesday packout is from 4 to 6 p.m. Pick up for the Friday packout is Friday from 4 to 6 p.m. or Saturday, 8 a.m. to Noon. Pick up your boxes at the White barn just west of the corner of Green Bay Road and County A West. Do not throw your boxes away and do not break them down. They are waxed and reusable so bring them back on your next scheduled pick up date. If you purchased the 3/4 bushel box, your boxes will be in the walk-in cooler in the back of the white barn, the small 1/2 bu boxes will be in the Arctic Air Fridge in the front store area. I will be at the pick up those hours to make this go as smoothly as possible.

Enjoy your box!

Cheri

This Weeks Photo's



To the left you can see Chloe and Ethan putting straw on the Pepper plants. We are doing everything we know to conserve the water we are getting and the water we are putting down. Straw is an excellent way to keep weeds at bay and water where it needs to be! Below are a few broccoli heads almost ready to cut.



Garlic Scapes

Once again I am putting scapes in your boxes and this week I will add the garlic scape pesto recipe that we love in our house. Ron adds it to all our frozen pizza's (bad to admit that right). Tastes great over any pasta too. I make these and freeze in ice cube trays to pull out and use all year long.

12 Garlic Scapes, 1/2" pieces (1/2 C)
1 cup loosely packed fresh basil
1/2 tsp kosher salt
1 C Extra Virgin Olive Oil
1 C grated Parmesan Cheese
1/2 C pine nuts or walnuts

Add scapes, basil and salt to a food processor or blender. Pulse a couple of times to achieve a rough mixture. Slowly start adding 1/2 C of the oil. Stop processing and scrape down the sides of the bowl with a rubber spatula. The texture of the final pesto is up to personal taste.

If the sauce seems too thick, add 2 T of oil at a time and check again for your ideal consistency. Once a smooth paste has been achieved, add 1/2 C of the Parmesan cheese and process until completely mixed in. Taste for seasonings. Add remaining cheese if you want a thicker paste. Add nuts, process at low until nuts are roughly chopped and fully mixed in.

What's next-Snap Peas



Tips & Recipes

I had several bok choy in my fridge yesterday and decided to find a recipe to fix for dinner. I looked up Bok Choy Pasta and this came up. It was delicious - so give it a try!

Bok Choy Pasta

1 pound package pasta - your choice (I used Penne but recipe said they always use regular spaghetti noodles)

1 pound bok choy washed, chopped into 1 inch pieces (I used about 3 small ones and it was perfect for 2)

1 T olive oil; 1 T sesame oil; 1/4 C chicken broth; 1 tsp ginger minced
2 cloves garlic - (used chopped up scapes - 2 of them)
2 T Soy Sauce and 1 T oyster sauce
1 T brown sugar; 1/8 tsp red pepper flakes

Since we had spring onions I also cut up 1 and sauteed it.

Cook your pasta, set aside. In large skillet heat olive and sesame oils over medium high heat. Add bok choy, saute for about 5 to 7 minutes until it wilts (I changed recipe up and put garlic and onion in first, cooked about 4 minutes ahead of putting in Choy.

In a small bowl combine chicken broth, ginger, garlic, soy sauce, oyster sauce, brown sugar and red pepper flakes. Turn heat to low and add sauce in bowl to the bok choy, toss bok choy lightly to cover in sauce. Pour over pasta and . . . Enjoy your one dish wonder!

From Our own Kris Coen - Workershare

Chicken Salad (usually with Cabbage but Kris used the box substituting Kohlrabi, Kale and Bok Choy for cabbage:

SALAD

2 chicken breasts, cooked and cut up (or 2 cans chicken)
2 T Sesame Seed 1/2 C slivered almonds
1 Head shredded cabbage - or - Kale, Kohlrabi & Bok Choy in box
4-6 Green onions sliced/chopped
1 pkg Ramen Chicken Noodle Soup (crumble dry uncooked noodles;; reserve the flavor packet for dressing)
Mix above ingredients in large bowl, add dressing and toss

DRESSING

3 T White Vinegar
2 T Sugar
1/2 C Vegetable oil
1 tsp salt 1/2 tsp pepper (white if you have it)
Flavor packet from Soup Mix

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