

# 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! Oh my goodness. Mother Nature really opened up her skies last Friday night. After receiving about .75 of an inch earlier

in the week, she dumped another 1.75 inches on us Friday into Saturday morning. We always know somehow she will catch up, it is just a matter of



when. It is early Tuesday morning and I know we are heading into fall because the calendar says it is August 1st. The weather always takes a slight turn sometime this month. The mornings are darker and cooler with plenty of warmth to grow those tomatoes in the afternoons. We picked green beans like crazy yesterday so you will see plenty in your boxes this week. And I have to tell you, I let the zucchini go for one day as we had a function on Sunday and OMG the Big Berthas I picked yesterday - over 3 pounds!

With that said, you may get a couple of normal sized ones, a medium sized or a Big Bertha in your box. I also may put the huge ones aside and let you pick them as an extra item should you be so inclined as to make one of the recipes on Page 4 that require Big Bertha Zucchini Squash! Those darn squash grow 2 pounds in one day, unbelievable what a little rain can accomplish, right? We will have eggplant this

week and I have taken some of the ripe Artichokes out. They will be an out of the box item this week as I know not everyone loves them. I have about 2 dozen ready so it will be first come first served. Come early for your box to make sure you get an artichoke. I love them, but to me they are too much work for so little enjoyment - I wonder what that says about my personality? Wouldn't want to talk to a shrink and find that out, lol! We weeded like crazy last week, and after the rains fell - looks like we did nothing!

### What's bugging us?

I feel like a broken record on this little bugger!



Once again we have had a huge infestation of flea beetles. I checked the fall broccoli last Friday, nothing. Checked again on Monday, swarms on the broccoli. They used to torment only for the first few months of the season. Now they obviously put up tents and camp in the gardens for the entire season - I despise them! Ron sprayed. Until next time!

### What's Inside

This is Week 8 - B Week of the 2023 Season



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# PRODUCE of the Week

This week we are featuring those rapidly growing zucchinis and tomatillos.

Although zucchini is often considered a vegetable, it is botanically classified as a fruit. Zucchini, also known as courgette, is a summer squash in the Cucurbitaceae plant family, alongside melons, spaghetti squash, and cucumbers.

It can grow to more than 3.2 feet (1 meter) in length but is usually harvested when still immature — typically measuring under 8 inches (20 cm). It also occurs in several varieties, which range in color from deep yellow to dark green.

I grow the deep green and a striped zucchini which has whiter flesh. And those Big Berthas pictured above left, are no where near 3 feet - more like half that! I use the large ones to grate and bake with. The smaller ones are wonderful for frying or eating raw.

The Zucchini is rich in nutrients and high in antioxidants - heart health, weight loss are among its other benefit claims. Of course carrying one of those 3 pounders would help with weight loss!



The tomatillo is thought to have been first domesticated by the Aztecs in central Mexico around 800 bce and was an important food crop to a number of pre-Columbian peoples in Mesoamerica, including the Mayans. The name tomatillo (which means “little tomato” in Spanish) comes from the Nahuatl word tomatl.

Like most fruits and vegetables, the tomatillo contains a mix of vitamins and minerals necessary for a healthy life. As a plant, they don't have any sodium or cholesterol. It's not necessarily easy (or pleasant) to bite into a fresh, raw tomatillo. A tomatillo's taste is acid and citrusy, and its texture is much drier than its cousin, the tomato. Cooking the tomatillo will help bring out the sugars and make it more palatable, but it remains tangy even when cooked.

The salsa verde, or green salsa, is probably the most common use of the tomatillo today. I have put a great recipe for green Salsa on Page 4

Wash your Vegetables before cooking or eating raw.

## Week 8 Produce

- Blueberries
- Summer Lettuce
- Salanova Head Lettuce \*
- Beet bunch #
- Zucchini #
- Basil Clamshell
- Pepper
- Green Beans #
- Eggplant & Artichoke OOB
- Mini White Cucumbers #
- Tomatillo Bag OOB
- Tomatoes 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?

# Garden and Weather Report

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There is something to say for dry weather and irrigation - the weeds do not go nuts like they do after a rain. We will have some of our delicious summer lettuces in this week and in coming weeks. The Salanova that was in last week was an experimental lettuce for me and after the reviews I have received, we will grow more next year. I wasn't certain how it would grow in the field and how it would taste - both turned out. After the function on the farm this Sunday, I now feel I can start cutting the flowers so make sure you grab a bouquet with your boxes this week. I will make them up for Wednesday's group and Friday as well.

Another special out of the box item this week is tomatillos. I will put bags of them with a couple of jalapenos and a recipe on page 4 to make some amazing Green Salsa. So grab a bag if you want to make this great salsa. I got the recipe from my sister Teri who obtained it from Rick Bayless - Frontera Grill's recipe. I hope I can fit all the zucchini recipes and the salsa on page 4 - we shall see. We will have a couple of tomatoes again for you. The plants are loaded so many more are on the way!

The rest of the week looks like summer, warm but not too hot, great growing conditions. I have checked the Acorn Squash for bugs and didn't find any bugs but instead some huge Acorn Squash - I usually have Acorn ready for you sometime in late August and it looks like this at least will be on time. The rest of the squash plants are finally growing and look very lush with lots of blossoms. I planted more Delicata this year as everyone seemed to love it last year. Pumpkin patches are going great. The recent 2.5 inches of rain was most welcomed by everything in the gardens.

Enjoy your box!

*Cheri*

## This Weeks Photo's



Pictured to the left are just some of the beautiful sunflowers I intend to put in your bouquets this week. I also have quite a variety of other flowers in full bloom in the garden to add to the Sunflowers. Pictured below are the three rows of Delicata Squash on the left and to the right are the Summer Lettuces that you will find in your boxes for the next couple of weeks.



## SIMPLE ZOODLE RECIPE

Allrecipes.com

**2 zucchini, peeled**

**1 tablespoon olive oil**

**¼ cup water**

**salt and ground black pepper to taste**

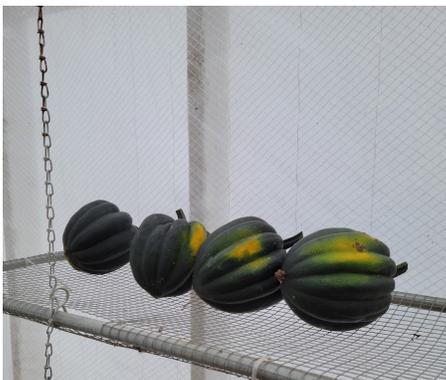
**Use a vegetable peeler to cut long, wide strips down one side of one zucchini until you reach the seeds. Turn zucchini and repeat on three remaining sides. Repeat with remaining zucchini. Discard zucchini cores.**

**Stack zucchini strips on top of each other, then cut thin strips lengthwise along the stack; strips will resemble spaghetti noodles.**

**Heat oil in a skillet over medium heat. Add zucchini “noodles” and cook for 1 minute. Add water and continue to cook until zucchini is softened and water has evaporated, 5 to 7 minutes. Season with salt and pepper.**

**Any size Zucchini will work for this recipe!**

Coming soon - ACORN SQUASH



## Tips & Recipes

### PINEAPPLE ZUCCHINI BREAD

Preheat oven to 350 degrees, grease and flour 2 large loaf pans

Beat until Fluffy

3 Eggs, 2 Cups Sugar, 1 tsp vanilla, 1 C Vegetable oil then ADD

2 C zucchini, peeled, grated and drained

3 Cups of Flour

1 Cup crushed pineapple, drained

1 tsp of salt, 1 tsp baking powder, 1 tsp baking soda

1/2 Cup Raisin

1 Cup chopped nuts - (optional)

Bake one hour or until toothpick comes out clean,

let rest 10 minutes and remove from pan to finish cooling.

### Rick Bayless Salsa Verde

12 ounces (6-8) medium tomatillos, husked and rinsed

3 or 4 garlic cloves, unpeeled

Fresh hot green chiles (start with a large serrano or small jalapeño, but feel free to use any fresh chile), stemmed

Fresh cilantro (start with 6 or 8 sprigs)

1/2 medium white onion

Salt

Roast ingredients: Though most people in Mexico roast ingredients for this salsa on a comal (griddle), I find it easiest to roast them under a broiler.

Spread the tomatillos, unpeeled garlic and chiles on a rimmed baking sheet and roast about 4 inches below a hot broiler (my toaster oven is perfect for this) until the tomatillos and chiles are blotchy brown on one side, about 6 minutes, then turn everything over and roast the other side. The garlic should feel soft.

Cool until handleable, slip the peels off the garlic, then scrape everything (including any juices) into a blender or food processor and pulse until you have pureed it to your liking—I like the salsa best when it’s smoothish, but still has some texture.

Finish and season: Gather the cilantro into a tight bundle and thinly slice across it (leaves and stems) until you run out of leaves. Chop the onion into about ¼-inch pieces. For the freshest flavor, rinse in a strainer under cold water to get rid of that unpleasant “oniony” flavor. Shake off excess water and add to the salsa along with the cilantro. If the salsa is too thick to spoon easily, stir in water a tablespoon at a time until the salsa seems right to you. Taste and season with salt, usually a scant teaspoon. Because most ingredients are roasted, it’s harder to add more of one or the other of them to the finished salsa—except, of course, for cilantro and onion.

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