



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 newsletter is a little late today as we were busy this morning getting the Fall broccoli in before the rain. At least once again they are predicting rain for us. We have been receiving more consistent precipitation the last



couple of weeks and so finally some of the crops are taking off. We are now in a period of transition. The spring crops are finishing. This will probably be the last week for broccoli and cauliflower. The broccoli actually starts to go to seed in the heat and long hours of sun. We will have more in the fall. We are moving to the summer vegetables like cabbage, zucchini, green beans and of course everyone's favorite - tomatoes and peppers. There are already some decent sized cubanelle peppers on the plants, so it will not be long before you will see these in your boxes.

But the transition weeks will be a combination of both. We have spring lettuces in the cooler for the next two weeks and then I think the summer lettuces will be close at hand. We are almost done with spring onions, but the Walla Walla and other summer/fall onions are growing fast and will be available to us soon. We have garlic to get out of the field

in the next couple of weeks. That has to hang and dry before you see those heads in your boxes.

I mentioned last week that the zucchini has finally come up from the seeding. I have it pictured on page 3. I haven't seen any blossoms yet but based on the size, those are not far behind. Once the blossoms appear and the bees do their job, the zucchini grows so fast it will be hard to keep up with it. I also saw eggplant blossoms this week, so those are on the way!

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What's bugging us?

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 are also scouting for the dreaded tomato hornworm and the Japanese Beetles. The Japanese beetles should be less this year as they did not like the early dry weather. And I haven't seen one yet although my workers reported seeing one.

What's Inside

This is Week 5 - A Week



of the 2023 Season

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PRODUCE of the Week



This week we are featuring fennel and Rainbow Chard.

Fennel is a flowering plant species in the carrot family. Fennel was prized by the ancient Greeks and Romans, who used it as medicine, food, and insect repellent. Fennel tea was believed to give courage to the warriors before battle.

The only insect that is found on Fennel is a caterpillar that becomes the beautiful Eastern Black Swallowtail.

Fennel leaves are used in some parts of India as leafy green vegetables either by themselves or mixed with other vegetables, cooked to be served and consumed as part of a meal. Fennel fruits are the primary flavor component in Italian sausage.

Fennel is a good source of potassium, phosphorus, and calcium. When it comes to vitamins, fennel is highest in vitamin C and folate. Fennel contains a significant amount of flavonoids, as well as an interesting compound called anethole. Anethole is a free radical scavenger that has been shown to destroy damaged cells before they become cancerous.

Swiss chard and other leafy greens are nutritional powerhouses: They are very low in calories, carbs, sugars, and fat, but high in fiber, vitamins, minerals, and antioxidants. Thanks to these nutrients, chard has many health benefits, and is a valuable addition to your diet. Swiss chard and other chard varieties are easy to cook, versatile, and readily available.

One cup of raw Swiss chard provides just under 7 calories, 0.7g of protein, 1.4g of carbohydrates, and 0.1g of fat. Swiss chard is an excellent source of fiber, vitamins A, C, and K, and magnesium.

Like kale, spinach, and other dark, leafy greens, chard is highly nutritious and is often considered a superfood. A Centers for Disease Control and Prevention (CDC) report on “powerhouse” vegetables gave chard a score of 89.27 (out of 100) in nutrient density.

I will be putting a recipe on page 4 for Chard.

Wash your Vegetables before cooking or eating raw.

Week 5 Produce

Crispino
Red Romaine
Romaine
Spring Onions #
Cauliflower #
Kohlrabi *
Beets with greens #
Fennel
Dill Clamshell
Broccoli
Chard
Kale *

*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 other lettuces 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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The mini white cucumbers have so many blossoms on them that in a week or so, we will be flush in these. If you are new to the CSA, these are amazing cucumbers. They are small, tasty and no need to peel. I actually eat them right in the garden when I am hungry out there and need something quick. Our other go to for a quick bit out of the garden are those SunGold tomatoes. I ate a couple today. These are typically the first tomatoes we pick so you could see those toward the end of this month. The few that are ripe enough right now, we are enjoying!

I have previously called this year challenging. Actually each year is different. They are predicting over an inch of rain for tomorrow which we will welcome. We have received a total of 3.9 inches since May 1st which is 6 inches short of what we needed during that time period - drip irrigation is a blessing and has kept some great produce growing. Hats off to my irrigation crew - Ron, Ethan and Chloe. They are enjoying a little well earned break right now! Of course once the rain comes they do not have to run irrigation but the weeding becomes intense, UGH!

Please do not forget that we have Farm Fresh Eggs in the front refrigerator both Duck and Chicken. There is a cash box in the refrigerator to make change. These are from a farm in Kansasville and the farmer free ranges his chickens. The eggs are delicious and very colorful (blue ones come from the Americana Chicken).

Enjoy your box!

Cheri

This Weeks Photo's



Pictured to the left are the lazy zucchini plants! Actually lazy is not a fair description. Picky is better as they really wanted Mother Nature's water before germination this year than our drip irrigation. Below are some blossoms from one of our many green bean rows. I kept planting beds everytime they predicted rain, so now we have about 5 beds of green beans in various stages. Once they come in I will have to have plenty of recipes for you to try with all these beans!



I am going to put in summer salad recipes this week since we have such great spring lettuce in boxes! Below is an idea for those Chard Stems! This came from Teri Cass via Carolynne Paulsen, thank you ladies!

Pickled Chard Stems

12 oz of Chard Stems
1/3 C red wine vinegar
1/3 C water -- 1/3 C sugar
4 sprigs fresh thyme
4 garlic cloves, smashed & peeled
2 bay leaves
2 tsp table salt
1 tsp black peppercorns
1/2 tsp red pepper flakes

Combine all ingredients in small saucepan and bring to boil over med-high heat, stirring to dissolve sugar. Reduce heat to medium and simmer until chard stems are softened, about 3 minutes, Remove from heat and let cool completely, about 1 hour.

Transfer to airtight container and refrigerate for at least 4 hours before serving. These will hold in your refrigerator for about 1 month!

Depending on your container you may have extra pickling brine.

Fennel - if you do not have a favorite recipe for this, simply cut off the fronds and freeze the bulb. I will have a recipe for you later - Tomato Bisque Soup that used Fennel bulbs.

Tips & Recipes

My favorite summer salad - Beet & Goat Cheese

2-4 medium beets - scrubbed, trimmed, and cut in half
1/3 cup chopped walnuts
3 tablespoons maple syrup
1 (10 ounce) package mixed baby salad greens
1/2 cup frozen orange juice concentrate
1/4 cup balsamic vinegar
1/2 cup extra-virgin olive oil
2 ounces goat cheese

Roast or boil beets, peel and slice or cube

While beets are cooking, place walnuts in a skillet over medium-low heat. Heat until warm and starting to toast. Stir in maple syrup; cook and stir until evenly coated, then remove from heat and set aside to cool.

To make the dressing: Whisk orange juice concentrate, balsamic vinegar, and olive oil together in a small bowl.

Place a large helping of baby greens onto each of four salad plates, divide candied walnuts equally and sprinkle over greens. Place equal amounts of beets over greens and top with pieces of goat cheese. Drizzle dressing over each salad.

Dill and Feta Cheese Salad (Mediterranean)

1 romaine lettuce head (clean and chop into strips)
5 green onions
1 cup fresh dill
1 lemon
pinch salt
2 ozs feta cheese
4 tbsps olive oil extra virgin

Chop the top off of green onions, remove one outer layer. Rinse carefully then chop green onions. Add the chopped scallions over lettuce.

Make sure dill is rinsed before using. You can rinse a bunch of dill then hang it upside down in your kitchen to let it air dry before using it. Chop off a cup of dill (usually 1 bunch as sold in my grocery store yields about 1 cup). Add dill in the salad bowl as well.

Add a pinch of salt and squeeze half a lemon over the salad (if lemon is on the smaller size, squeeze the whole lemon). Use your hands to massage all the ingredients together by squeezing slightly. All the flavors will fuse together and salad volume will go down considerably. If you are not ready to serve the salad yet, at this point refrigerate it.

As soon as you are ready to serve the salad, add feta cheese crumbles and olive oil over the salad bowl. I use block feta cheese and crumble it using a fork. Mix salad and serve with your favorite Mediterranean meals:)

Coming soon-Sungold tomatoes



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