



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
 beavercreekgardens.org

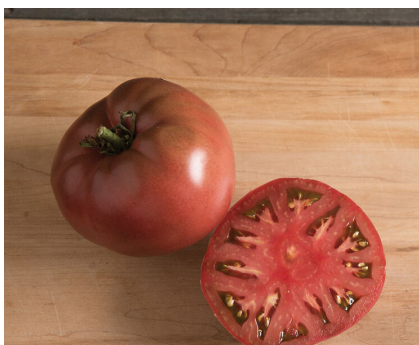
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 PRODUCTION IS LOCATED AT 5640 COUNTY A WEST, just west of intersection with Hwy 31

Garden and Weather Report

Hello from the Gardens! Finally we were able to harvest beans in great quantities for you. We got a little rain on the weekend and

Ron continued the irrigation which was wonderful for the beans and egg plant. I do not have enough egg plant yet to make sure everyone that

wants one can pick one up. But with egg plant, the shelf life is short. What I will do is put what I harvest this week in a bin by the refrigeration to be taken on a first come first served basis so that it doesn't go to waste. There are many small egg plants and blossoms so we will have plenty in coming weeks. Egg Plant is something that you either love or do not like. So with that said, it will be out of the box always. We will just have more in weeks to come. I will put some recipe ideas next week for the Egg Plant.



I finally feel like summer is here. The temperatures the rest of this week are going to seal that for sure. We took out lettuce this morning as I

didn't want to chance the 90 degree heat on some of it. In your box this week you will find a new variety, Salanova. They are small, very compact heads that grow very low to the ground. I have rinsed it for you but in order to get all of the soil out,

you will have to pull it apart. Ron and I had a salad out of it and it is very tasty, just a pain to clean - sorry about that! We are supposed to get some rain Friday into Saturday. I have to say that although we are behind in rainfall for the season, we have been getting enough so that the irrigation soaks into the beds better. We are done with most of the spring crops although we harvested some of the small white onions in our onion beds for you this week so that you would have them for the recipes on page 4.

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What's bugging us?

We are starting to see cucumber beetles on our squashes.



They are not on the cucumbers at all. We will have to spray afternoons because they love the blossoms and we cannot interfere with the honey bees' morning adventures. I found some squash bug eggs on a zucchini plant, immediately scraped them off. But, I am sure we will be battling those little stinkers in weeks to come.

What's Inside

This is Week 7 - A Week of the 2023 Season



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PRODUCE of the Week



Wash your Vegetables before cooking or eating raw.

Week 7 Produce

Blueberries
Red Oakleaf *
Salanova Head Lettuce
Tendersweet Cabbage #
Zucchini
Basil Clamshell
Pepper
Green Beans #
Chard #
Spring Onions
Mini White Cucumbers #
OOB - Egg Plant & Tomatoes

*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 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 except tomatoes. Room temp for those.

This week we are featuring our delicious Provider Green Beans and tomatoes.

Green beans are a tender, mildly flavored vegetable. They can vary in shape, size and color. Some green bean pods can be yellow, purple, or speckled with red. I grow a bean called Provider and they are certainly that. Once they start, they produce an abundance of 6 to 8 inch beans. I have selected these for their flavor and ease in harvesting. The bean tastes great whether it is young, perfectly aged or a little older and tougher. You just have to cook those beans a little longer and the flavor is still amazing.

They are native to the Americas. They originally came from South and Central America. Indigenous tribes spread their seeds to other areas. Explorers also brought green beans to North America and other countries in the late 1400s. Native Americans grew green beans with corn. In 1492 Columbus took the seeds back to Europe. A ½ cup of cooked green beans is: A good source of vitamin C and vitamin K. A source of vitamin A, fiber, and folate.



The wild ancestor of the tomato, *Solanum pimpinellifolium*, is native to western South America. These wild versions were the size of peas. The Spanish first introduced tomatoes to Europe, where they became used in Spanish food.

In France, Italy and northern Europe, the tomato was initially grown as an ornamental plant. It was regarded with suspicion as a food because botanists recognized it as a nightshade, a relative of the poisonous belladonna.

Italy is now very famous for the varieties of tomatoes. Once they realized it wasn't poisonous, Italians began cooking with them. They developed many popular tomatoes such as the Marzano which is a tomato I grow for it's great taste. When I roast these it is like walking into a Pizza Restaurant.

Until I started growing tomatoes and did a little research, I was unaware that they originated here in the Americas and not Italy. The Italians just took them to a new level!

Garden and Weather Report

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Now let's talk tomatoes. You probably noticed the OOB (out of box) notation on the Produce List. For those of you that are new to the CSA this year, I often put items outside the box that do not require refrigeration or that not everyone would want in their box, giving you the opportunity to do some individualizing of your boxes. I mentioned the Egg Plants, but I always have tomatoes outside of the box and in baskets for you to pick from. We harvested enough nice round reds and my famous heirloom ugly tomatoes for all of you to take one. I am also going to pick some green tomatoes for the "Fried Green Tomato" Recipe on page 4 that goes great with the zucchini in your box. We will also fill some pints with Sungold tomatoes. I am not certain until I get out there just how many I will be able to fill at this time, but whatever we get will be on the table to pick up. I have a full 100 feet of Sungolds, so eventually I will be begging you guys to take them, pick them, whatever.

Right now the Big Beefs are ripening first along with the Carbons. The first tomatoes are always a little smaller and on the heirlooms like the Carbon, they are really ugly. But oh my goodness, the taste is what we tomato lovers have been waiting for. Our Son and daughter-in-law are here from Florida and couldn't wait for a BLT. Nowhere in the US other than our area has tomatoes that taste this good! The other item that just doesn't taste the same elsewhere is our sweet corn. I am concerned that the lack of rain may affect that item this year. Corn absolutely needs rain and tomatoes, well they are very drought resistant. They need water, but not like corn. I have seen some sweet corn signs up, but I am wondering what the corn will be like this year - we shall see!

Enjoy your box!

Cheri

This Weeks Photo's



Pictured to the left are some of the zucchini picked in a morning. As you can see, the sizes are quite different. I was not able to get the seed I have used for years. I am finding that this variety doesn't grow quite as thin and long and if I do not grab them quickly, they get a little pudgy.

Below is the Salanova Lettuce heads we are putting in your boxes this week. You can see how dense they are. They also grow very low to the ground so this makes them difficult to clean until you are ready to use.



One of my favorite things to do with cucumbers, onions and tomatoes is to slice them on a plate. Sprinkle Feta or mozzarella cheese, garnish with the basil and dress with your favorite Italian dressing.

Fried Green Tomatoes w/ Zucchini by Chef Ron

Fry up a couple pieces of bacon
Slice the tomatoes and Zucchini
Prepare an egg batter with milk
and egg

Add Salt, pepper & garlic powder either into the egg mix or the flour.

Dip the slices into egg then flour mixture, fry in the bacon grease.
When you flip the tomato or zucchini, top with bacon crumbles and mozzarella cheese. Cover to melt the cheese.

Ron also pours whatever egg batter he has left into the pan after he flips tomatoes and adds bacon and cheese.

Coming soon - EggPlant



Tips & Recipes

Green Beans and Bacon - Serves 4

1 pounds green beans, trimmed
Kosher salt
1/2 pound bacon, roughly chopped
1/2 small yellow onion, finely chopped
1 cloves garlic, minced
1/2 teaspoon red pepper flakes
1/2 cup chopped toasted pecans
Juice of 1/2 lemon
Freshly ground pepper

Toss the green beans into a large pot of boiling salted water and cook until bright green in color and crisp-tender, about 5 minutes. Drain the beans and shock in a large bowl of ice water to stop the cooking. Drain the beans again and pat dry.

Cook the bacon in a large, heavy saute pan until crisp, about 5 minutes. Remove the bacon to a paper towel-lined plate to drain. Spoon off the excess bacon grease, leaving 2 tablespoons in the pan. Add the onion to the pan and saute until soft and very tender, 4 to 5 minutes. Sprinkle in the garlic and red pepper flakes and saute until just fragrant, about 1 more minute. Add the reserved green beans and the pecans and cook until heated through, 5 to 6 minutes more. Return the bacon to the pan, pour in the lemon juice and toss. Season with salt and pepper.

Zucchini and Bean Saute

Olive oil: Fairly neutral in flavor, but a heart-healthy oil that helps to sauté the vegetables evenly.

Zucchini: A mild sweet and bitter flavor, but it's great at absorbing the flavors around it.

Green beans: They taste earthy and green, but also have a very mild flavor.

Scallions: Or green onions, they add some fresh herb flavor to the finished dish.

Lemon juice: The bright, acidic flavor tastes great with that of the green beans.

Cheese: Feta, blue cheese, or even parmesan adds a great nutty, sharp flavor to top off this side dish.

Heat olive oil in skillet, season beans and zucchini with salt & pepper
Stir frequently and when they turn bright green - they are done.

Remove from heat, and top with scallions, feta cheese, and red chili flakes (if you're feeling spicy).

Finish your dish with lemon juice, serve and enjoy your Zucchini and Green Bean Sauté!

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