

# 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

The weather this week after tomorrow will look a little more like fall. Although I have to say that even this past Saturday with temperatures

up in the 90s, it still felt like fall in the morning. There is just a different feeling to the air this time of year. This past heat

didn't feel at all like the one we got in August, that felt like summer. I don't think that the heat will be ending. We will have more days in the 80s in September according to the long range forecast. It is supposed to be a warmer than usual September. This is all good for the garden as we definitely got a late start on our winter squash varieties with the shortage of rain in May and June. They took their sweet time germinating and although the Acorn has ripened, I tried a Delicata over the weekend and those still have at least a week to go. We shall see!



Now with that said, your box this week will look much like last week as I will be putting in Acorn Squash again. The cucumbers have pretty much given it up so you won't see those again until next year. We will have Edamame in the box this week and I will feature it so that you all know what to do with it. It would take a mountain of work to harvest the beans off the stalks, so we will give

that job to you! I do the same thing with Brussels Sprouts. Just love getting you guys involved in some of the harvest tasks. I do like to show all of you just how some of these vegetables appear in the field in addition to the shared harvest task approach! Once again, we haven't had rain for about 10 days so we are irrigating this week, hoping that the front scheduled in here sometime tomorrow or Thursday will bring us some needed rain. We have learned this year not to believe the weatherman's forecasts and just go about it as it is never going to rain again! We cannot miss that way!

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### What's bugging us?

This is a picture from 2021 when we were able to hatch a few Monarchs in our butterfly aquarium that we had in the white barn. I set this one free on the goldenrod plant just outside the barn. She stayed on the plant for about 4 hours and then began her trek to Mexico. I sure hope she made it that year. I will be looking for some caterpillars again this year.



### What's Inside

This is Week 13 - A Week of the 2023 Season



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# PRODUCE of the Week



This week we are featuring Acorn Squash and Edamame (soybeans).

Acorn squash is native to Central Mexico and the Eastern United States and was first domesticated by Native Americans around 8,000 BCE. Acorn squash was a popular food crop with the Native Americans and in time made its way to Europe with the explorers returning from the new world.

Although considered a winter squash, acorn squash belongs to the same species (*Cucurbita pepo*) as all summer squashes (including zucchini and crookneck squash). It is ready about 85 days from germination and usually the first “winter” squash coming out of the garden. It does not have a long shelf life even after curing which we do with about 10 days in the greenhouse.

One half of a four inch acorn squash when eaten with the skin meets 12% of your daily fiber needs, 11% of vitamin A, contains only 86 calories, 32% of daily vitamin C, and trace amounts of other important vitamins and minerals. I love the flavor with just salt, pepper and butter.



The first written record of edamame comes from China, around 200 BCE; the beans were apparently used medicinally. It is thought that the Chinese introduced edamame to Japan, where the vegetable became, and remains, quite popular.

They were first recognized in the United States in 1855, when a farmer commented on the difficulties he had shelling them after harvest. One cup of hulled edamame beans provides an adult with the following: almost 10% of their daily calcium; more than 10% of their daily vitamin C; around 20% of their daily iron; at least 34% of their daily vitamin K; at least 120% of their daily folate; at least 33% of their daily protein.

Complete protein: As with meat and dairy products, it provides all the essential amino acids that people need and that the body cannot produce itself. Has antioxidants that may help lower the risk of cancer and osteoporosis. Not to mention they taste pretty darn good!

Wash your Vegetables before cooking or eating raw.

## Week 13 Produce

Garlic #  
Onions  
Summer Lettuce  
Tomatoes OOB  
Egg Plant OOB  
Cabbage #  
Celery  
Acorn Squash #  
Beets \*  
Carrots  
Pablano Peppers #  
Edamame #  
Kale - 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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I have this distinct feeling that most of you are tired of Eggplant by this time. How do I know this? When you guys leave them on the table I have to do something with them. This past week there were at least a dozen for me to process. I will include them again, but pick less and let you take what you want from the table. They are all getting smaller, so if you are one of those that still wants them - this could be a pick 4 for you, just watch the instructions on the table. Do not forget that you can slice, bake and freeze in ziplock bags for winter Eggplant Parmesan or also use the eggplant as a layer in a lasagna. That is what I will be doing with whatever is leftover on Saturday.

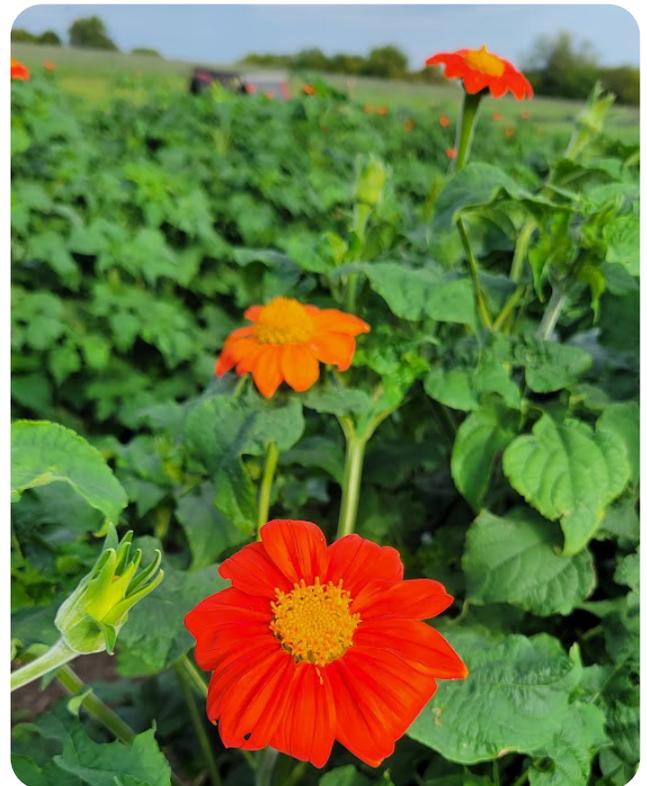
This is lucky Week 13 in our season and we are now in the mode of getting everything harvested, weeding where absolutely necessary and looking toward next season already (if you can believe that). There is nothing left to plant other than getting our garlic in sometime this month. Garlic is always planted in the fall so that it will set it's roots before winter sets in. It is the first sign of spring for me!

The other noticeable event going on right now is that the Monarch Butterflies will be starting the trek south to Mexico. I have planted Tithonia, a Mexican Sunflower, to attract them to our gardens. They will stop over and if there is an appropriate fir tree, they will overnight in it. I haven't checked any of ours to see if they use them for this, but I was able to observe that about 4 years ago in Poplar Grove where we had a line of Evergreen trees. Just once in our 22 years at that address did I witness that. It was an amazing sight. There had to be hundreds of them in the trees, just for the night to sleep and then continue on their journey south. It is an amazing story in that the generation that heads to Mexico is actually the 4th or 5th generation born in the midwest, some DNA imprinting that is?

Enjoy your box!

*Cheri*

## This Weeks Photo's



To the left are the up and coming sweet potatoes and above are the Tithonia Mexican Sunflower where I already saw several Monarchs.

## Tips & Recipes

I am looking for recipes to use for tomatoes so that you guys will take more from me. This has been and continues to be an unbelievable tomato year. I plant every year for a bad year to make certain I have enough if things are not optimum for tomatoes and when we have a year like 2021 and 2023, I have tons of tomatoes - so I want to find recipes for you to try to use them up.

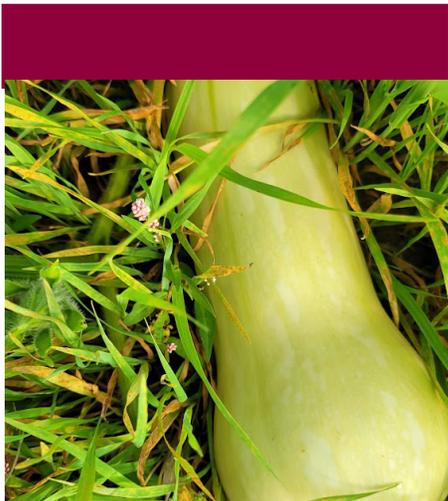
Ann Heide has been dehydrating them so if you have a dehydrator, this is a great way to save the flavors of summer! She slices them thick and dehydrates for about 8 hours. I am going to try this over the weekend with basil salt and I will let you know how those turn out. This is an easy recipe to make - 1/2 C basil leaves to 1/2 C Coarse Salt (Sea Salt or Kosher) blend in a food processor

### Roasted Edamame

12 oz edamame (soybeans) in their pods  
2 tablespoons extra-virgin olive oil  
2 cloves garlic, minced  
1 teaspoon sea salt  
1/2 teaspoon ground black pepper  
Preheat oven to 375 degrees F (190 degrees C).

Toss edamame, olive oil, garlic, sea salt, and black pepper together in a large bowl until well-coated. Spread in a single layer on a baking sheet.

Roast in the preheated oven, stirring halfway through, until edamame shells start to brown, about 20 minutes. Serve whole, popping beans out of the shell to eat.



### Puffed Pastry Tomato Tart - Allrecipes.com

**My sister made something similar for our Labor Day Picnic - delicious**  
1/2 (17.3 ounce) package frozen puff pastry, thawed  
sliced tomatoes  
1 tablespoon olive oil  
1 teaspoon minced fresh parsley  
1 clove garlic, crushed  
salt and freshly ground black pepper to taste  
1 (5.2 ounce) package garlic and herb cheese spread (such as Boursin®), softened or you can use Ricotta Cheese  
1 large egg, beaten  
5 large basil leaves, thinly sliced

Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.

Unfold pastry sheet on a lightly-floured work surface. Gently roll out the dough with a rolling pin to a flat 10x10-inch square. Cut into 4 equal squares for the tarts. Using a sharp knife, score a line about 1/2 inch from all edges to create a border on each tart. Be careful to not cut all the way through. Use a fork to generously prick the center of the tarts all over.

Set tarts onto the baking sheet, and bake for 13 minutes.

Meanwhile, combine olive oil, parsley, crushed garlic, salt, and pepper in a bowl; stir and set aside.

Remove prebaked tarts from the oven. If the centers have puffed up, use the bottom of a glass to press down only the centers of the tart. Cut garlic-herb cheese into 4 equal wedges, and spread onto the middle of each tart, leaving the edges clear. Arrange tomatoes on top of the cheese in a single layer, coat with the oil mixture and brush the tart borders with beaten egg.

Return tarts to the oven and bake until tart borders are golden brown, and the tomatoes are lightly roasted, 12 to 14 minutes. Sprinkle with basil. If desired, season again with salt and pepper.

Best served warm, although serving at room temperature is fine.

### Stuffed Poblano Peppers

Use the peppers in your box 2 to 4 peppers. The original recipe called for 6 Poblano peppers, however I found that I had to double the Cheese. So if you use more peppers you may want to double the cheeses.

Slice peppers in half lengthwise and remove seeds.

Mash 2 oz. Feta Cheese; 4 oz. Cream Cheese; 4 oz. of Pepperjack or sharp cheddar; add 2 T grated onion and a handful of Cilantro.

Roast in 425 degree oven for 15 minutes until edges are brown and cheese is bubbling.

### Boiling Edamame -

Strip the bean pods from the stalks; bring a pot of salted water to boil; boil for 3 to 4 minutes, put in a bowl and salt them again.

**Check Allrecipes.com for more recipes. They have great stuff on that site!**