



# Beaver Creek CSA

## your local food connection!

BEAVER CREEK GARDENS  
beavercreekgardens.org

16000 B 38th Street, Kenosha, Wisconsin 53144 - 815-494-1251 - cdoetch53@gmail.com  
PRODUCTION IS LOCATED AT 5640 COUNTY A WEST, just west of intersection with Hwy 31

### Garden and Weather Report

Good morning again from the Gardens! This is the last weekly newsletter for the season. I will send monthly newsletters during the "off" season just to keep you apprised of winter conditions and plans for 2024. I want to thank all of you for your continued support of our CSA (Community Supported Agriculture) and store during the 2023 season. This season literally flew by for me and I am happy to say that it was a complete joy this year. Every year presents different weather conditions, sometimes ideal, sometimes typical and sometimes challenging. It is just like Goldilocks in the Three Bear's house! It is what keeps me on my toes and I actually do enjoy the challenges. Who wants Goldilocks "just right" every year . . . boring! Although, I have to admit after this year's challenges, I am ready for just right in 2024.



After a very busy weekend, I managed to take a Monday off and do an annual visit to Edward's Apple Orchard for refueling. Ron told me that we did have a light frost that was noticeable on the green beans. I am anxious to get out there to see if there was frost damage in any other areas. I personally did not see any frost on the ground but sometimes it is really scattered and can effect one area and not another. I was somewhat worried about that on Saturday and had Amy Kaminski (my amazing Saturday Worker) get all of the peppers out just in case. So this week I will have bins (at least 4) and bags for you all to take as many as you like of both Sweet and Hot Peppers. Remember, you can chop and freeze these for use all winter long. We like to put them on Pizza, in scrambled eggs or in soup. I have no idea how the boxes will pack this week as we have so much to get in, so please make sure you look at the Out of Box notices on the blackboards.

• Continued on page 3

### Loyalty Special Pricing

Pricing is as follows for Loyalty with Early Bird in parenthesis:

- 3/4 Bushel for 18 Wks: \$600 (\$650);
- 3/4 Bushel for 9 Wks: \$400 (\$450);
- 1/2 Bushel for 18 Wks: \$500 (\$550);
- 1/2 Bushel for 9 Wks: \$325 (\$350).

Once again checks acceptable, PayPal, Zelle, Cash App or Cash!



### What's Inside

This is Week 18 - B Week of the 2023 Season



News - pages 1-3  
Recipes - page 4  
Produce for the Week - page 2

# PRODUCE of the Week

This week we are featuring Brussels Sprouts and Butternut Squash.

The precursors to modern Brussels sprouts were grown in Ancient Rome, but the sprouts we're familiar with were first cultivated back in the 13th century, in what is now Belgium. It is thought that the vegetable is named after the Belgian capital, where they became a popular crop in the 16th century. Sprouts only became popular in Britain at the end of the 1800s. For many years Brussels Sprouts were over boiled and had a mushy texture and rotten egg smell, making them "one of the most hated vegetables."

These days, steamed, sautéed and stir-fried sprouts have helped drive the popularity of the vegetable, convincing sprout sceptics that they can be rather delicious.

Nowadays, we're more familiar with the nutrients hiding inside the vegetable. An 80g serving of Brussels sprouts contains more vitamin C than an orange, which helps strengthen the immune system, repairs tissue damage and promotes iron absorption.



Butternut Squash is an American favorite.

Unbelievably, remains of wild or, possibly, cultivated squash have been found in Mexico that date to 9000 BC. Butternut squash is a modern variety of winter squash. It was developed by Charles Leggett of Stow, Massachusetts, in 1944 who crossed pumpkin and gooseneck squash varieties.

The butternut squash is a bottle-shaped type of squash with a sweet taste. All the seeds and membranes are found in the round part of the butternut and are therefore easy to remove. The name 'butternut' comes from its buttery flesh and nutty flavour.

One of the most common ways to prepare butternut squash is roasting. Once roasted, it can be eaten in a variety of ways. The fruit is prepared by removing the skin, stalk, and seeds, which are not usually eaten or cooked. The skin may have a brown or rust looking circular pattern which is called Etch. I have further explained this on page 4. It is still safe to eat!



Make sure you check the broccoli over. I made soup this weekend and found several cabbage moth caterpillars hiding on the stems! X-tra protein if you miss them!

## Week 18 Produce

Garlic #  
Onions #  
Leeks #  
Butternut Squash #  
Potato Bag (Golds & Sweets) #  
Brussels Sprouts # OOB  
Random Squash \*  
Peppers OOB  
Kale top#  
Specialty Item  
Herb bouquet  
Celery  
WE WILL HAVE SOME LEFTOVER  
BROCCOLI & EGGPLANT TO PICK UP  
FIRST COME, ETC.  
OOB out of box  
\*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. This week I will attempt to get everything in all the boxes with the exception of Brussels Sprouts in the smaller boxes - please note that the 1/2 Bu item sizes will have to be reduced in order to get as much as possible in those boxes. It is that bountiful time of year that we definitely enjoy at Beaver Creek Gardens! Potatoes should be kept in a cool dark place!

# Garden and Weather Report

continued from page 1

You will also need to look for your specific box this week as each box will have your name on it and the "Specialty Item" you selected in it. Either Chloe or I will be available for assistance Wednesday from 3 to 6:00 p.m. Friday from Noon to 6:00 p.m. and Saturday morning from 9 to Noon. Some of you like to pick up prior to 3:00 on Wednesday and if you need to do that to better accommodate your schedule, please just look carefully for your name on the box.

The sun is now up although it looks pretty cloudy today. Cooler weather has definitely set in and I actually wore a sweater for the first time since our very chilly May weather. It looks like a very rainy four days beginning on Thursday and going through the weekend. We will have the store open on Friday and Saturday in case you were not able to make it out on our Customer Appreciation Saturday. You can still pick up Local Honey, eggs, extra squash or anything else we still have to supplement your winter supplies! You just may need an umbrella! Don't forget to sign up for next year before November 30th for the Loyalty Special Pricing. Have a great Fall and Holiday Season.

## Chloe's Corner

As the days of fall settle in, I find myself in a race against the changing weather. This week, my objective is to sow oats in areas where the soil is bare, as "Mother Nature doesn't like to be naked." Seeding oats not only aids us in identifying soil nutrient deficiencies but also mitigates the risk of erosion. The rain coming Thursday will ensure the oats will come up. Meanwhile, kale and a few other hardy plants will brave the cold on their own, as they can easily endure lower temperatures. This summer has been another great one, and I look forward to next year.

Enjoy your box!

*Cheri & Chloe*

## This Weeks Photo's - Customer Appreciation Fall Festival!



## Tips & Recipes

### Brussels Sprouts

**1 pound whole Brussels sprouts**  
**4 slices bacon, cut into 1/2-inch pieces**  
**½ teaspoon salt**  
**¼ teaspoon freshly ground black pepper**  
**¼ cup extra-virgin olive oil**  
**3 tablespoons pure maple syrup**

Preheat the oven to 400 degrees F (200 degrees C). Line a rimmed baking sheet with aluminum foil.

Trim ends off Brussels sprouts and cut any large ones in half. Transfer to a large bowl.

Add bacon, salt, and pepper to the Brussels sprouts. Drizzle olive oil and maple syrup over top and toss until sprouts are well coated.

Transfer to the prepared baking sheet and spread in a single layer.

Roast in the preheated oven until bacon is crispy and Brussels sprouts are caramelized, 20 to 30 minutes, stirring halfway through.

Serve warm and enjoy!

### Continued from Page 2

Butternut Squash sometimes gets what is called Brown Etch on the skin. The quality of the squash underneath is unaffected as the brown areas are purely superficial. It comes from the contact spot on the soil and is usually caused by wet weather. Although we did not have a wet season this year, one rain at the wrong time can cause Etch on the skin of the fruit. Safe to eat!

Brown Etch -



### Cheri's Pumpkin Bread

Combine the following:

3 1/2 C Flour	1 C Brown Sugar	1 C Sugar
1/2 tsp salt	2 tsp baking soda	1 tsp nutmeg
1 tsp Cinnamon	1/4 tsp ginger	1/2 tsp cloves

**Make a hole in the center of the dry ingredients**

**In a separate bowl, blend the following:**

2 Cups pumpkin; 1 Cup oil; 4 eggs; 2/3 Cup water; 1/2 C nuts; 1/3 C sour cream -

Pour Pumpkin mixture into the dry ingredient hole and blend well

Pour into 2 large loaf pans that have been greased and floured.

Bake for one hour at 350 degrees or until a toothpick comes out clean.

### Fennel, Potato and Leek Soup - NO CREAM-Serves 6 to 8

2 fennel bulbs with 2 inches stalk (about 1 pound)

2 medium baking or yellow potatoes (about 1 pound)

3 TBSP unsalted butter

1 TBSP vegetable oil

2 Medium Leeks, white part only, cleaned and coarsely chopped

2 quarts chicken or vegetable stock

Salt and white pepper

2 tsp Pernod (opt)

Use a sharp knife to remove core from fennel and slice it. Reserve some sprigs for garnish. Peel potatoes and chop coarsely.

In a medium soup pot, heat butter and oil over medium heat. Add leeks and saute, stirring occasionally, until soft, about 5 minutes. Add fennel and potatoes and continue sauteing for 10 more minutes, or until softened.

Add stock and bring to simmer on high heat. Reduce heat to medium-low, partially cover and cook 30 minutes.

Puree soup in a food processor or in a blender and return to pot. Add salt, pepper and Pernod, if desired. Taste for seasoning.

**Ladle into soup bowls and decorate with fennel sprigs or any other garnish that suits you. The soup may be kept in the refrigerator for up to 3 days.**

### BUTTERNUT SQUASH INFORMATION

**The best way to peel butternut squash is with a vegetable peeler. If you want, you can heat the squash in the microwave or oven first to make the process even easier, one minute on high does the trick.**

**Butternut squash, cut into 1-inch cubes, should be perfectly roasted after about 25 to 35 minutes in an oven heated to 400 degrees F. When it's done, the squash should be lightly browned and easily pierced with a fork. Typically seasoned with salt, pepper & garlic. You can customize with and of the following: Rosemary, Sage, Thyme, Maple syrup, cinnamon, cayenne pepper, red pepper flakes or honey!**

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