

# Beaver Creek CSA

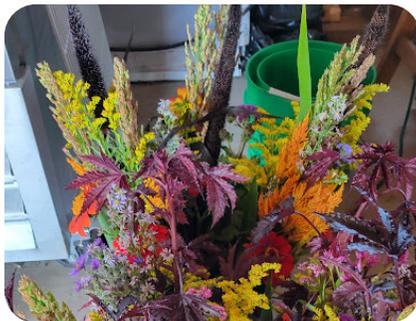
## your local food connection!

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! I am writing this on a very cloudy day with more rain expected. We got about an inch of rain Sunday over a fairly long period of time so that it soaked in. Of course, we are attempting to get our 2024 garlic planted now and of course here comes the rain we really needed in the Spring! I am not complaining though because we will not have to irrigate for the rest of the year, hopefully. We have about 4 or 5 days of temperatures back in the 80s and this will really help the fall green beans and broccoli mature, especially after the nice rainfalls. Then, another cool down for us to work with. I love love love this time of year. Hot temps in the low 80s are a pleasure with the cool down reminding all of us that fall has arrived. We didn't need the weather notice, pumpkins are almost done!



In mid September I always put together my pricing for next year. I give the largest discount to my current customers (proof I am not a cable company)! I feel that rewarding members that continue into the next year is a great practice. With that said, we will begin signups on October 1st for next year. I do this to make certain I can order seeds and plants for next year at the earliest availability,

aiding in obtaining the varieties we want. I have had inquiries from non-members that want to sign up early as well so I will be putting the Early Bird Special Pricing in this newsletter too. If you miss out on the Loyalty, (prices good through 11/30), you can jump in for the Early Bird later. Full prices won't be in effect until February 1st, 2024. The savings for current members on the Loyalty Pricing is \$75 for all boxes except the half bushel 9 week - that savings is \$50. I suspect we will sell out this year so signing up early is a good thing! Please talk to me if you need to stagger payments over 3 months for that program.

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### 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 15 - A Week of the 2023 Season



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# PRODUCE of the Week



This week we are featuring Delicata squash pictured to the left and Red Russian Kale to the right.

Delicata Squash is a variety of winter squash with cream-coloured cylindrical fruits striped in green or orange that are cooked. As its name suggests, it has characteristically a delicate rind (or skin). It is also known as sweet potato squash. It is a very sweet variety with a thin, edible skin and is typically cut into half rounds and roasted.

Indigenous to North and Central America, squash were introduced to early European settlers by Native Americans. Despite being classified as a winter squash, delicata does not store well over long periods like most other winter squash. Delicata squash was introduced in the late 1800s but fell out of favor during the Great Depression because of its susceptibility to mildew diseases. This was changed in the early 2000s, when a group at Cornell University's Department of Plant Breeding, led by Molly Jahn, bred a non-hybrid open pollinated variety. Thank goodness as this is my favorite variety of squash.

I cannot believe it is Week15 and I have not featured Kale. I haven't been putting it in all your boxes, rather adding it on the the out of box group so that those of you that love it can pick up a bunch and the rest of you can skip - No longer, in it goes!

Cruciferous vegetables contain a plant chemical called glucosinolates, sulfur-containing compounds that are broken down into isothiocyanates and indole-3-carbinol after chewing, chopping, or cooking. In nature, glucosinolates act as a first-line defense for plants, protecting them from environmental and biological stresses These same substances are being researched for their proposed ability in humans to affect chronic conditions including certain types of cancer and heart disease. Laboratory studies have shown that isothiocyanates and indole-3-carbinol inhibit inflammatory processes, prevent the growth and spread of tumor cells, and protect healthy cells.

Wash your Vegetables

before cooking or eating raw.

## Week 15 Produce

Garlic #  
Onions  
Tomatoes OOB  
Egg Plant OOB  
Delicata Squash #  
Celery  
Random Squash \*  
Beets  
Carrots #  
Rainbow Peppers #  
Edamame #  
Kale #

\*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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Now that we are heading into the last four weeks, I will be using our Kale and Chard as greens for you and will be putting recipes on page 4 for you to use these amazing greens - great for you and great tasting if you just know how to cook and use! Some of you have asked about lettuce and I have to confess, I did not grow the greens in the fall because of the crazy flea beetles - they are relentless and planting other lettuces is a challenge. We cannot depend on our "old" typical August weather. You all remember - warm days, cool nights - great for Fall Romaine. This year we had 100+ degree days in late July and very hot high 90s in August. These temperatures cause lettuce to bolt and become bitter. I have decided to try something different in 2024 to get fall Romaine up and not bitter - stay tuned for that!

Edamame for the last week as it will be over-ripe soon - but has filled beautifully!

Do not forget our Harvest Festival Saturday, October 7th. We will have pumpkins for you, plenty of things in the store of crops we have turned into pickles, sauces, jams, etc. We love to see you, bring the kids, grandkids, all are welcome!

Enjoy your box!

## This Weeks Photo's



Bouquets last week - Wednesday's group will get the last of the bouquets for the season. Top are fall beans and below are some Carnival squash surrounded by tomatoes that I picked specifically for seed. They are perfectly sized and shaped!

## Tips & Recipes

### Kale and Sausage Soup

1 pound Italian sausage links, halved lengthwise  
2 large carrots, chopped  
1 small onion, chopped  
2 cloves garlic, minced  
6 cups chicken broth  
1 cup chopped portobello mushroom caps  
1 cup chopped cauliflower  
2 cups coarsely chopped kale  
1 bay leaf  
½ teaspoon oregano

Heat a large pot over medium heat; cook sausages in the pot until browned, 3 to 5 minutes per side. Remove sausages to a cutting board to cool, reserving sausage drippings in the pot.

Cook and stir carrots and onion in the reserved sausage drippings until the onion is translucent, 5 to 7 minutes. Stir garlic into carrot and onion mixture; cook and stir 10 to 15 seconds. Pour the chicken broth into the pot; bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon.

Return sausages to the broth along with mushrooms, cauliflower, kale, bay leaf, and oregano; stir. Reduce heat to low and cook at a simmer until the vegetables are tender yet firm enough to retain their shape, about 15 minutes. Remove the sausages to the cutting board, cut into 1-inch half-moons, and return to the

Coming Soon - Fall Broccoli



### Red Russian Kale!

Compared to other kale varieties, Russian kales are on the tenderer, milder, and sweeter side, making them an excellent and delicious green for salads and soups.

The first year I grew this I became familiar with the term “pot likker.” It is the water leftover after you have boiled the Kale, removed the greens from the water and taste the water left. It is unbelievably sweet and delicious.

What can I use pot likker for?

Just like with a protein stock, pot likker layers flavors and can be used as a base for everything from soups to gravies to dressings. Or you can simply eat it alone, dipping corn pone or cornbread into the flavorful liquid. Very southern, right?

### Kale Chips

Imagine being able to munch as many crunchy snacks as you want while you're binging that show you love without feeling guilty later. That's the beauty of these homemade baked kale chips. Made by quickly tossing together three simple ingredients – fresh kale, olive oil, and flaked sea salt – and baked low and slow for only 20 minutes, these crispy kale chips are easy to make, there are no mystery additives, and even fussy eaters snap them up. Store them in airtight containers.

**Dry leaves completely, Don't overdo the oil, Spread out, Don't over-bake.**

### Roasted Delicata Squash

1 large delicata squash - ends trimmed, halved lengthwise, seeded  
1 tablespoon olive oil; 1 teaspoon salt  
⅛ teaspoon cayenne pepper, or to taste

Preheat the oven to 450 degrees F (232 degrees C). Line a rimmed baking sheet with parchment paper or a silicone mat.

Place squash halves cut-side down on a cutting board. Cut into 3/8-inch slices; transfer slices to a large bowl. Drizzle with olive oil; add salt and cayenne pepper. Toss until squash is well coated. Arrange squash in a single layer on the prepared baking sheet.

Bake in the preheated oven until the bottoms are browned and squash is tender, 12 to 18 minutes.

### SWEETER VERSION OF ABOVE!

2 medium Delicata squash  
1 tablespoon pure maple syrup  
1 1/2 tablespoons extra virgin olive oil  
1 teaspoon ground cinnamon

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