



# 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

I am writing this early in the morning as I have always felt that my best work gets done before two in the afternoon. I guess I really am a farmer!

At any rate, the sun is not even up yet and it is just a little after 6 a.m. What a difference a month or two makes. There is a fall



dew on the ground which is great for fall broccoli picking. Although the broccoli I planted in July for fall is taking it's sweet time heading out. I always plant that mid July and did so this year as well and I still believe we will get some in the last couple of weeks of our season. I love fall broccoli and as soon as we are putting it in the boxes, I will put that soup recipe in again that includes celery. I hope you are all freezing the heads you are getting in your boxes now. I usually end up with a two gallon freezer bag of celery for the winter to add to anything requiring celery!

We finally did get some needed rain yesterday. It was a slow half inch that hopefully soaked in. Ron said we needed that to even

make the beds up for the garlic we will plant for next year. We always plant late September or sometime in October depending on weather and soil conditions. It is hard to believe we are thinking of next year already, but we are.

With that said, I will be coming out with a Loyalty Price for all you members that will be good through the end of November. I will post that sometime next week. I always have an Early Bird price to go with that for non-members too. As I say every year - I like to reward my current customers with the best prices for next year! The tomatoes are beginning to wind down. We will have them in the coming weeks but not in the numbers you have seen or the size. The early tomatoes are from the bottom half of the plant and are always large and probably the most flavorful. The lates are still very good though.

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### What's bugging us?

Last bug of the season hopefully! I finally found where the squash bugs were - in the pumpkins. You can see the damage to the leaves this in addition to powdery mildew has finished the plants, luckily after the pumpkins formed!



### What's Inside

This is Week 14 - B Week of the 2023 Season



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# PRODUCE of the Week

This week we are featuring two squash fruits - Carnival pictured to the left and Spaghetti to the right.

The carnival squash is actually a hybrid of the sweet dumpling and acorn squash. It usually has a cream-colored background covered with stripes and speckles of green and orange. Warm temperatures tend to yield greener squash.

We have a mix of both in our beds. I used to grow the Sweet Dumpling Squash because of it's amazing flavor and texture. However the Sweet Dumpling is quite small. The Carnival takes on more of the size of an Acorn with the Sweet Dumpling texture and taste.

Carnival squash is at its best when roasted to concentrate and bring out its flavors, but it can also be steamed or puréed. The seeds can be roasted and eaten just like with other winter squashes. Carnival Squash is rich in vitamin A and C and is also known for being quite high in antioxidants. These antioxidants are a great defense against cancer and other diseases, helping to boost immunity of its consumers.



Spaghetti squash was first recorded in Manchuria, China in 1850, and while the exact origins of how the squash arrived in China is unknown, it was a well-known food source for villages and was first introduced to Japan in 1921 by the Aichi Prefectural Agricultural Research Station.

Americans took a long time to warm to this mild-tasting, oblong yellow squash, set apart by its densely coiled inner fibers, which separate when the squash is cooked into strands that distinctly resemble noodles. "You'd be surprised how many examples there are of things that have been around a while until they are rediscovered by people who appreciate them," says Dr. Paris. He compares the spaghetti squash with the zucchini, a crop that was local to Milan, Italy for decades before it became the world's most popular summer squash.

I actually like Spaghetti squash with just butter, salt and pepper - same way I like to eat pasta, maybe a little grated fresh parmesan added.

Wash your Vegetables before cooking or eating raw.

## Week 14 Produce

Garlic #  
Onions  
Brussels Tops  
Tomatoes OOB  
Egg Plant OOB  
Carnival Squash  
Celery  
Spaghetti Squash\*  
Beets  
Carrots #  
Rainbow Peppers #  
Edamame #  
Chard

\*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 with that said, what is to come in the last five weeks of our wonderful season? You should be looking for plenty of different winter squashes, fall broccoli, fall green beans, and Brussels Sprouts. We will also have potatoes for you. We haven't dug the Sweet Potatoes pictured last week but that will be coming up soon and I will have organic yellow potatoes from Igl Farms in Northern Wisconsin for you in the Weeks 17 and 18.

Brussels Sprouts are making right now. We topped the plant as that is necessary to stop growth and encourage the sprouts on the stems. We are putting those Tops in your boxes this week. If you are wondering what to do with them - check out page 4 where I will put a simple recipe for them. If you love the taste of the sprouts, you will love the tops too! I have a friend and former subscriber from Illinois that literally took all the extra tops I would give her.

Squash in your boxes this week will be two varieties, Carnival and Spaghetti. I grew a small bed of each so it will be a one week entry only. However, I will have any extras in the store should you decide you need more. I also do not believe I can get both in the smaller boxes as they are rather large. Some of the Spaghetti is not quite ripe and I have to move it through so that we can get the Delicata and Sweet Potatoes in. If you get a squash that is not quite yellow (cream colored), just leave it somewhere warm and it will finish ripening for you in a week or so. We picked them last week and about half were fully ripe. They have continued ripening in the greenhouse. We will have Edamame again this week and although the pods and beans are a little smaller than last year, they are delicious. I am making farmers out of all of you by letting you finish the harvesting of the Edamame and the ripening of the squash - but not making you get up at farmer's hours to do this!

As I finish this, the sun has finally showed it's light through some clouds, time to get to the farm!

Enjoy your box!

*Cheri*

## This Weeks Photo's



Rainbow peppers to the left - use the stuffed pepper recipe from last week with these if you like. Above are John and Chloe bringing in the Carnival squash and bottom . . . one last picture of those amazing Mexican Sunflowers.

## Tips & Recipes

### Afternoon Garden Update:

When I left you at the end of the Garden Report, I had mentioned that the broccoli had not headed out yet - well upon examination this morning, I found several with 1 to 2 inch heads forming. We should have those in the boxes very soon.

I also took a look at the Fall Beets. We will put those in this week but they will be smaller than what you have been seeing. I do need to thin them so that they grow larger for the last boxes. I will be putting in small to medium sizes in this week.

### Honey Glazed Carrots

- 1 pound carrots
- ½ onion, chopped
- 2 teaspoons Worcestershire sauce
- 1 teaspoon dried oregano
- 2 teaspoons garlic powder
- salt and pepper to taste
- 3 tablespoons honey
- 3 tablespoons butter, softened

Preheat oven 325, lightly oil 9 x 13 pan

Toss carrots with onion, and add Worcestershire sauce, oregano, garlic powder, salt and pepper.

Bake for 45 minutes, or until tender. Turn oven off and add honey and butter, mixing thoroughly. Place dish back in the warm oven for a few minutes. Serve immediately.

### Blossoms on Beans



### Tomato Soup Recipe from Angela Martin

- 5-6 large tomatoes, quartered and roasted with a drizzle of olive oil and a sprinkle of kosher salt
- 1 tablespoon red curry paste
- 1 teaspoon soy sauce
- A handful of fresh Thai basil leaves
- A splash of olive oil
- 1 can coconut milk
- 1 tablespoon honey

Put the tomatoes into a soup pot, add the soy sauce, curry, olive oil, and Thai basil. Simmer a few minutes, add the coconut milk and honey, use an immersion blender until smooth. Simmer a few more minutes and serve!

### Spaghetti Squash - Allrecipes.com

- 1 spaghetti squash, halved lengthwise and seeded
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 ½ cups chopped tomatoes
- ¾ cup crumbled feta cheese
- 3 tablespoons sliced black olives
- 2 tablespoons chopped fresh basil

Preheat the oven to 350 degrees F. Lightly grease a baking sheet. Place spaghetti squash cut-sides down on the prepared baking sheet. Bake in the preheated oven until a sharp knife can be inserted with only a little resistance, about 30 minutes. Remove squash from oven and set aside to cool enough to be easily handled.

Meanwhile, heat oil in a skillet over medium heat. Cook and stir onion in oil until tender. Add garlic; cook and stir until fragrant, 2 to 3 minutes. Stir in tomatoes and cook until tomatoes are warmed through.

Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Serve Warm.

### Brussels Sprouts Tops

Make sure you wash the tops thoroughly. Strip the leaves from the stems. Use a stainless steel, strong bottom pan to cook these Brussels sprouts tops. Add 1 Tbsp melted butter and 3 cloves of minced garlic (about 1 Tbsp garlic). Brown garlic for about 30 seconds and then add the tops, Add 1 tsp of salt, mix well. Keep the heat at medium and wait for the greens to be reduced to half their size. It should be about 15 minutes. Transfer to a bowl and add sliced almonds

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