



Beaver Creek CSA

Beaver Creek Gardens

Garden and Weather Report

Hello everyone from Beaver Creek Garden CSA. This is our third year. We welcome everyone back from last year and all the newcomers for this new season! This is the format for our weekly newsletter. I try to give everyone an overview of what is going on in the gardens and with



*Head Lettuce, Cabbage
And Tomatoes!*

the weather and how it is affecting our growing season.

This year has already proved to be very interesting! We had the fourth coldest spring on record which gave everything a very slow start. This was the reason for the week delay. Then as if mother nature hadn't caused enough trouble, we had four very early 95 degree temperature days, the most recent being the three last week that have caused some of the spring crops to bolt.

The Cauliflower (teenie weenie I called it) is one of the spring crops that went to head early which was the variety I was testing this year for earlier cauliflower. I

have put them in this week and I would recommend just cutting them into your salad. I just couldn't throw them away but I apologize for the size and I won't grow that variety next spring. I do have another bed of cauliflower that I grew last year that will be ready in a few weeks—much larger and normal I think!

The tomatoes are in and already have blossoms on as do the peas. Because of the weather issues, I just got my squash plants, brussel sprouts, parsley, fennel and peppers in. I usually hope to get those in by the first week in June—so those are late this year as well.

This Week is

Week 1 of 20

It is an even pick up week

On Page 2

<i>Produce List</i>	2
<i>Vegetable Information</i>	2
<i>Recipes</i>	2
<i>Pictures</i>	2
<i>Additional Information</i>	3*

*Additional pages will be distributed at pick up.

Please remember to wash your vegetables.

I do an initial rinse but you need to wash everything.

What's Bugging Us?

- *What's bugging us? I had a flush of flea beetles on the Pac Choi and some of the mesclun mix lettuces again this year. You can see the tiny holes they eat into the Red Choi pictured on page 2. These are very tiny beetles (about the size of a flea- thus the name). They chew tiny perfectly round holes in the leaves. Since there are not very many beneficial insects at this time—I used a pyrethrin based spray to control them.*

Pick up Information

My goal for Beaver Creek Gardens CSA is to provide you with not only the best tasting varieties that I have tested over time but also the BEST quality of vegetables.

So with that in mind, please try to be on time so that the veggies go from my refrigerator to yours with the least

amount of warm up which will keep them fresher longer.

Crystal Lake pick up is at the First Congregational Church Parking lot—461 Pierson Street from 5:00 to 6:00 p.m. I will give a reminder courtesy call at about 5:50 p.m.

We purchased an old 2 row cultivator last week and Ron has remade it into a Bed Shaper—OMG what a help this will be. Last night he shaped 8 beds for me in about 1/2 hour. Manually this would have taken a couple of worker shares several days. I planted until 9:15 which is why this newsletter is so late!

Produce List—Week 1

Asian Arugula Mix
Buttercrunch Lettuce
Scallions
Radishes
Pac Choi
Kale
Garlic Scapes
Spring Leeks
Teenie Cauliflower
Herbs—Chives, Oregano
Home Made-Low Sugar
Rhubarb Strawberry Jam

Sampler Kale

This year I am growing four different varieties of Kale: Red Russian, Toscano, Redbor and Winterbor. You have a bunch in your box this week. I have Kale each week but rather than put it in your box every week, after the first few weeks, I will have it in a bin as an extra each week. Kale is simply loaded with great vitamins and nutrients but eating it is sometimes a mystery. I like to strip the leaves from the main vein and cook for 4 minutes in about 2" of water, very sweet and the water (called Pot likker) tastes great as well. Some of our shareholders use it in their juicing and others just chop it into salads raw. **Always check the internet for additional ideas.**

Garlic Scapes

Garlic Scapes are the curlicue flower stalks that are snapped off garlic plants in the spring. This is done so that the energy is redirected to the bulb underground to increase it's size by as much as 30%. They are considered a delicacy in Far East cuisine. You can use them in a salad or sauté as if they are a garlic clove and cook with them. Here is a recipe for the scapes:

Spring Leeks

We actually found these in a field/bed that had leeks in it last year—rather than till them in, I harvested them for you to use—they taste great in any soup or stew or you can use them for anything you would use green onions for. Ron has been putting them on our Pizza's and they taste great on those—what a way to add something healthy to a fast frozen meal.

Pac Choi (aka Bok Choy)

This vegetable comes from 5th Century China and is considered two vegetables in one. The leaves can be used like spinach while the crisp stems can be used like celery or asparagus. You can chop into salads, stir fry and put it into soups. Check the internet for additional recipes.



My New Bed Shaper—thank you Ron!!!!