



# Beaver Creek CSA

Beaver Creek Gardens

## Garden and Weather Report

Hello everyone from Beaver Creek Gardens. This afternoon I am subterranean which is my word for the basement. Although we have the AC running, it is still much cooler down here. I actually store zucchini and other crops that do not do well in a cold refrigerator down here. There is great humidity below in summer. But wow is it hot today and tomorrow is supposed to be worse!



*Scarlet Emperor  
Pole Bean Blossoms*

We have continued our irrigation 24/7 for now and are still hoping for some rain. Right now everything looks good and is on about a 3 day cycle of watering. We can water about 10 beds in a 24 hour period and some that are rooted down can go long periods without moisture. Think about corn—it roots so far down that it can tap perched water far below the surface.

As we transition to summer crops, note the pole bean picture to the left. These are an experiment this year. The blossoms are so beautiful I cannot wait to see what the beans look like. The seeds were huge. These will be in boxes in August.

This week once again you will find round “speedy” beans in your boxes. Next week we will have Tongue of Fire flat Italian Beans.

Cucumbers are flowering so the cukes cannot be far behind. I have some Romaine ready to go in but was waiting for a little weather break. If it doesn’t come soon I will just get them in and water them so that we have some delicious Romaine in the weeks to come.

For you beet lovers—they are also around the corner. Oh—tomatoes, see page 2 for pictures. We have cherry tomatoes now and I am putting a green one in this week for Fried Green Tomato Recipe. Visit Chef Ron’s Corner to see what he is cooking up.

Once again I am putting turnips in your box, however this time I am leaving the tops on. I had a recipe for the tops in the first Chef Ron’s corner I believe, so look back. I know they do not look yummy, but they taste great and are an excellent source of nutrients and fiber.

*This Week is*

*Week 6 of 20*

*It is an ODD pick up week*

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*Please remember to wash your vegetables.*

### What’s Bugging Us?

- *Squash bug eggs are still appearing but not too many bugs as I have been taking off the eggs.*
- *The heat seems to have slowed down the cucumber beetles this year—they must not like 90 degree temps.*
- *Japanese Beetles. They are back but do not seem as plentiful as in past years. In fact, I always see them on my asparagus plants that go to seed and although they were there a few days ago, there were none on there today. They have been munching on the raspberries though. I am wondering also if the heat is affecting this little critter as well?*

## 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.

Direct Farm Pickup is Wednesday from 10:00 a.m. to 7:00 p.m.

Worker Shares working pack-out take their boxes with them or pick up in Crystal Lake

The pick up day for Crystal Lake will be Wednesday from 5:00 p.m. until 6:00 p.m. at First Congregational Church Parking Lot.

## Produce List—Week 6

Red Head Lettuce  
Broccoli Side Shoots  
Cabbage  
Cauliflower  
Spring Onions  
Turnips  
Green Beans  
Swiss Chard  
Fresh Garlic  
Kale  
Red Onion  
Mesclun Mix Salad  
Zucchini

### Extras—Choice of

Berries or Cherry Tomatoes

### Chef Ron's Corner

#### Fried Green Tomatoes/Zucchini

First fry about four pieces of bacon

Slice tomato and zucchini

Dip them in an egg/milk batter

Cover in flour/can add cornmeal to flour for a courser texture

Brown one side in bacon grease and flip it over(I didn't say this was really a healthy meal!)

Place a slice of mozzarella cheese and a few bacon bits on top—cover brown other side and let the cheese melt.

#### Fried Green Beans

Saute red onion and green beans in olive oil and cook until barely tender.

Add toasted slice almonds and cook for an additional minute, salt pepper to taste.

### From Cindy Bishop

Cindy says her Mom would take the core of the cabbage and put salt on it for her and her siblings to fight over. I am going to give this a try myself!

## Cauliflower

For such a highly modified plant, cauliflower has a long history. [François Pierre La Varenne](#) employed *chouxfleurs* in *Le cuisinier françois*.<sup>[2]</sup> They had been introduced to France from Genoa in the 16th century, and are featured in [Olivier de Serres'](#) *Théâtre de l'agriculture* (1600), as *cauli-fiori* "as the Italians call it, which are still rather rare in France; they hold an honorable place in the garden because of their delicacy",<sup>[3]</sup> but they did not commonly appear on grand tables until the time of [Louis XIV](#).<sup>[4]</sup>

Cauliflower is low in fat, but high in [dietary fiber](#), [folate](#), water, and [vitamin C](#), possessing a high [nutritional density](#).<sup>[citation needed]</sup>

Cauliflower contains several [phytochemicals](#), common in the [cabbage family](#), that may be beneficial to human health.

Cauliflower can be roasted, boiled, [fried](#), steamed or eaten raw. Steaming or microwaving better preserves anticancer compounds than boiling.<sup>!</sup>

## Green Tomatoes for frying!



To the Right-Ron's cubed turnips with bacon. Fried Green tomatoes and stir fried green beans.