



# Beaver Creek CSA

Beaver Creek Gardens

## Garden and Weather Report

Good afternoon everyone! I am writing this Monday as I have had great help the past week. Cindy, Tim, Liz Cardella (new worker share), Jill, Kim and Alicia all worked last week and everything looks wonderful. We received about an inch of rain since last week so no need to water the new transplants of fall broccoli, cauliflower and kohlrabi. Newly planted peas and beans and are coming along very nicely.



Shelling beans

This week I will have several recipes on page 2 for you to try. We have cabbage again and this week I am putting green beans in your box. I picked from several different beds to get enough so there will be either Tongue of Fire, pole Italian or my personal favorite, Cherokee Trail of Tears in about half the boxes. If this is your first year, page 2 will give you the story of the Trail of Tear Bean. What I love about this bean is I usually harvest for you and leave the rest on the poles. I will take them off after they have dried and they will be a delicious dark black bean that holds together beautifully in soups and stews. No wonder the Cherokee Indians saved this bean seed.

This summer has been wonderful for tomatoes, cucumbers and other crops that love hot weather. But in years past that were cooler I was able to keep lettuce going most of the summer and my green beans did much better. It is so much fun to compare season to season in the ever changing northern Illinois summers!

What we have coming in the Melon patch is a new cantaloupe that I tried this year. I wanted to find a melon for you that would not only taste great but that would be more consistent in size. So I have grown a variety as an experiment in a small part of my garden. I will have about 3 dozen ready over the next couple of weeks and so I will be giving them out as they ripen—if I have 6 ready next week—I will give 6 of you your melons to taste and let me know what you think and as the rest ripen, everyone will eventually get their “experimental Sarah’s Choice Melon.” If they are as good as I hope, I will grow them in large quantities next year. I am doing the same with Eggplant this year.

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.

## Pick up Information

One of the advantages of being small, is that I can personally oversee the pack out to make sure the quality of the boxes is consistent. I intend to grow next year but never past this point.

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

*This Week is*

*Week 11 of 20*

*It is an EVEN pick up week*

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*Please remember to wash your vegetables.*

### What’s Bugging Us?

- I KNOW this sounds like a broken record but those squash bugs that were absent last year evidently were circling their wagons for this year. They are everywhere and destroying leaves of pumpkins, squash and gourds. We continue to spray to control as best we can.
- The cucumber beetles are as bad as the squash bugs this year too. They literally swarm some days and occasionally bite me as if they know I am the one that puts the organic killer spray in the sprayer. We are after them with a vengeance to keep those cukes coming!
- Japanese beetles, while not as bad as years past, are still buggin’ me!

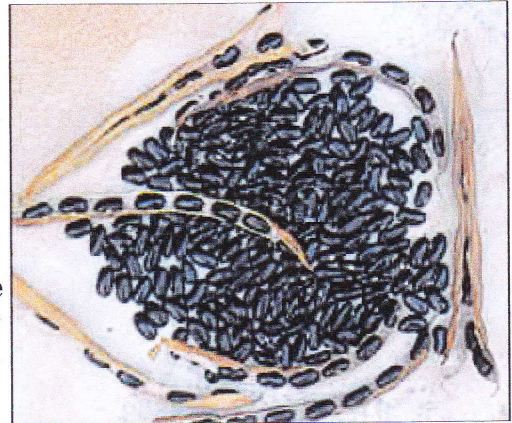
## Produce List—Week 11

Basil  
Beets w/greens  
Bell Pepper  
Cabbage  
Carrots  
Chives  
Cucumbers  
Garlic  
Green Beans  
Jalapeno Peppers  
Onions  
Chard/Kale  
Tomatillo  
Tomatoes

## Trail of Tears

<http://www.cherokee-nc.com/index.php?page=62>—to read entire story.

The Cherokee Trail of Tears bean memorializes the forced relocation of the Cherokee Indians in the mid-nineteenth century. They carried this bean throughout this infamous walk, which became the death march for thousands of Cherokees; hence the Trail of Tears.'



## Chef Ron's Corner

### Green Salsa

Roast 12 tomatillos & 4 clove garlic;  
Put in food processor with 1 white onion, 1-2 Jalapenos and 1/2 to 3/4 C cilantro, squeeze one lime—blend. I serve this with finely chopped tomato to give it a pica de gallo taste.

### Freezer Cole Slaw

1 Med Head of Cabbage; 1 Carrot; 1 green pepper; 1 onion.  
1 tsp salt, 1 C vinegar; 1/4 C water  
1 tsp mustard seed; 1 tsp celery seed;  
1-2 C of sugar—(usually for a sweet recipe you would match sugar to liquid so in this case—1 and 1/4 C sugar unless you really want it sweet.)

Cut Cabbage and onion into a bowl, mix with salt and let stand 1 hour.

Mix Vinegar, water, mustard seed, celery seed and sugar in sauce pan. Bring to a boil then let it cool to lukewarm.

Cut up the carrot and green pepper (grater will work) and mix with cabbage.

Pour vinegar mixture over cabbage and place in freezer containers.

Will store for months and in February you can pull it out and have some fresh garden tastes with snow all around!

### CABBAGE JAMBALAYA

#### INGREDIENTS

- 1 pound ground beef
- 1 pound smoked sausage, cut into 1/4 inch slices
- 1 onion, chopped
- 3 stalks celery
- 1 clove chopped garlic
- 1 medium head cabbage, chopped
- 1 (14.5 ounce) can stewed tomatoes
- 14 1/2 fluid ounces water
- 1 cup uncooked rice

garlic salt to taste

In a large stock pot over medium high heat, combine ground beef, smoked sausage, onion, celery and garlic. Cook until beef is evenly brown. Stir in cabbage, tomatoes, water and rice. Season with garlic salt. Bring to a boil, then reduce heat to low. Cover and cook for 35 to 40 minutes, or until rice is done

8/23/11  
8:00 a.m.

Shelf  
Cloud

Rain on  
its way

Chicken  
in fore-  
ground  
not concerned!

