

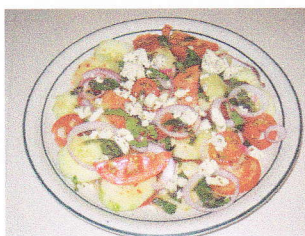


Beaver Creek CSA

Beaver Creek Gardens

Garden and Weather Report

Hello everyone from Beaver Creek Gardens. It is Tuesday afternoon and we just had a rather violent storm through that I hope is bringing cooler weather. I was hoping for a half inch as we planted lettuce, fall broccoli, cauliflower and kohlrabi for you. We also seeded fall lettuces, spinach, beets and radishes. It is always nice to get a gentle rain after seeding. I would not call what we just had gentle though.



Cucumber Salad

Last week my husband said something that I thought was very profound and an excellent statement of what farming is all about. He said that a good farmer manages the extremes well. That is exactly what this season has been—extremes. From no rain to too much rain. Too cold in the spring to very hot in July. Yet we seemed to have come through it unscathed. We have an abundance of tomatoes, and cucumbers coming on and the squash looks just beautiful.

So with half the growing season gone, we have done well. With a little luck and cooperation from old Mother Nature, we will make the 2nd half as good as the 1st.

So with that said, I want to talk about some of the items in your box this week. If you are a first year subscriber, you will probably see your first white cucumbers. I love them and this year I grew two varieties. The larger one you will have to peel but has an excellent flavor. The “mini” whites (they are white turning to gold), are the smaller of the two and there is no need to peel these. One of the reason I like this cucumber is not only the taste, but the size is perfect for a salad for one or two and you will never find a half moldy cucumber in your vegetable bin 10 days later.

You will also find beets and more tomatoes. If you are a beet lover, congrats because they are a super food.

If you are not a beet lover, chop the greens into your salad and you will get all the benefits of the beet.

I would recommend that you try roasting them whole if you have not eaten them that way. You can eat them hot, let them cool and put in a salad or freeze them for later. See page 2

This Week is

Week 8 of 20

It is an ODD pick up week

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Please remember to wash your vegetables.

What's Bugging Us?

- *Squash bugs are still around but not causing major problems. I continue to spray pyrethrum on the plants and pick off any eggs I find.*
- *Cucumber beetles are back but not in a huge amount as we continue to spray an organic pyrethrum on all cucurbits.*
- *Japanese Beetles. They are eating the raspberry bushes and defoliating them. I am not sure what the remaining summer will be for these plants. They are not as plentiful as in years past but still a major pest. One thing I did notice last year and has continued this year is that they seem to love smart weed. So I let them eat those just wishing they could eat and pull at the same time.*

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 8

Basil
Beets w/greens
Cabbage
Carrots
Cauliflower
Onion medley
Cucumbers
Swiss Chard
Garlic
Kale
Sweet Corn
Zucchini
Cherry tomatoes
Slicing tomato

Chef Ron's Corner

Special Feature this week—recipe from Cindy Bishop on right.

Cucumber Salad

One Cucumber or a couple of minis
One to two slicing tomatoes
Basil
Small Purple Onion
Feta or Blue Cheese
Italian Olive Oil Dressing
Slice tomato, cucumber, onion and layer. Chop basil over top, crumble Feta cheese. Pour Italian Dressing over it, refrigerate two hours.



Pearl White on left, Corinto Green center and mini white on right.

Roasted Beets

Roasting is the easiest way to cook beets, not least because the skins will slip right off. Cooking them this way is easy.

Preheat the oven to 425 degrees. Cut the greens away from the beets, leaving about 1/4 inch of stems. Scrub the beets and place in a baking dish (or lidded ovenproof casserole dish). Add 1/4 inch of water to the dish. Cover tightly. Place in the oven and roast small beets (three ounces or less) for 30 to 40 minutes, medium beets (four to six ounces) for 40 to 45 minutes, and large beets (eight ounces or more) for 50 to 60 minutes. They're done when they're easily penetrated with the tip of a knife. Remove from the oven and allow to cool in the covered baking dish. Cut away the ends and slip off the skins. Do not take off skins until you are ready to eat—can refrigerate for 5 days. Here are a few recipes you may want to try that were on a site I found. Just google them and I am sure they will come up.

[Beet and Endive Salad With Walnuts](#)

[Sautéed Beet Greens With Garlic and Olive Oil](#)

[Risotto With Beet Greens and Roasted Beets](#)

Crustless Swiss Chard Quiche

Serves: 8

About This Recipe

"I have been working on perfecting the perfect crustless quiche recipe for years. I always use spinach, but I bought some Rainbow Swiss Chard at the local farmer's market today, and I thought I'd give it a try in quiche. I used Rainbow Chard (pink/yellow/white/orange stems---- BEAUTIFUL), but you can use any chard (or try substituting other greens) I do notice that fresh greens give a much better taste than frozen greens though!"

Ingredients

1 teaspoon olive oil
1/2 sweet onions
1/2 bunch swiss chard
2 1/2 cups shredded cheese
4 eggs
1 cup skim milk
1 to taste salt
1 to taste pepper

Directions

Preheat oven to 375 degrees.

Wash and dry swiss chard. Cut off the very ends of the stems. Roughly chop (leaving stems intact) the chard.

Add onion and Chard to the oil and saute until stems are tender (do not overcook). Add salt & pepper to taste.

Meanwhile, grate 2.5 cups of cheese. Use whatever varieties you want/ have. Be creative! I used Swiss, Cheddar, Parmesan, and Cojito.

Wisk eggs. Add milk and cheese. Fold in the onion/chard mixture. Add salt & pepper to taste, if necessary.

Pour into a pie dish that has been sprayed with nonstick cooking spray.

Cindy cuts and freezes to use later and says it is excellent reheated!