



Beaver Creek CSA

Beaver Creek Gardens

Garden and Weather Report

Hello everyone from the Gardens! It has been a great week again. Beautiful weather and we have to be thankful we do not live on the east coast. Hurricanes cannot touch us here!

This week you will have several different items in your box. The green beans are a potpourri because Liz and I harvested from a bed that I planted with left over seeds in late June.



Cantaloupe

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.

So you will get either Tongue of Fire Italian Flat, Maxibel which is a French Filet bean or a bag of purple mixed with green round beans.

The cantaloupe we taste tested this week was very good. You may want to leave yours in the refrigerator for a couple of days to finish ripening. We ate half one day and the second half the next—it was sweeter the 2nd day. I wanted to get them out before they get over ripe and the picnic bugs find them. If you pick up at the farm, you will find them in your box.

The eggplant I am taking to Crystal Lake this week and it will be in a separate bin for you to pick from. I know some of you will pass on it.

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.

It is certainly okay to pass on it as not everyone likes Eggplant, and those that do usually have their own favorite way to prepare it. If you just want to try it for the first time, I recommend a website to check out on page 2. Next week I will bring the melons to Crystal Lake and Egg plant for on farm pick up. If you are a half shareholder in Crystal Lake that does not pick up this week and want an egg plant, just email me and let me know and I will bring any extras I have next week. Since the varieties I have grown this year were successful, next year I will plant full beds of these two items. I wanted to test drive them first, so please let me know what you think and do not be shy!

EGGS!!! I will have extra eggs this week and probably until the end of the season. If you want eggs, I will have five dozen extras with me on a first come first serve basis. They are \$4.50 per dozen. If you want sign up for eggs through the end of October, let me know. We have 8 weeks remaining and you can pay in advance to make sure they are there for you.

This Week is

Week 12 of 20

It is an ODD pick up week

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Please remember to wash your vegetables.

What's Bugging Us?

Here are a couple of pictures of the Squash bugs and the damage they do. We have found a combination of neem oil and soap is finally working on them—here they are sunbathing on a leaf just before we sprayed.



You can see the damage to the pumpkin leaves. The squash I grow like butternut and acorn are resistant to these nasty little creatures.

Produce List—Week 12

Beets w/greens
Bell Pepper
Cabbage
Carrots
Cucumbers
Green Beans
Onions
Romaine Lettuce
Chard/Kale
Radishes
Raspberries
Spaghetti Squash
Tomatoes
Eggplant—Crystal Lake
Cantaloupe—Farm pickup

Chef Ron's Corner Spaghetti Squash

Spaghetti squash can be baked, boiled, steamed, or microwaved.^[1] It can be served with or without sauce, as a substitute for pasta. The seeds can be roasted, similar to [pumpkin seeds](#)

Spaghetti squash contains many nutrients, including [folic acid](#), [potassium](#), [vitamin A](#), and [beta carotene](#). It is low in [calories](#), averaging 42 calories per 1-cup (155 grams) serving.

Chef Ron cooks this squash by cutting it in half and placing it on a sheet or shallow pan in water, the water should just come up over the edge of the squash to seal it, and baking it at 350 degrees for about an hour.

He then scrapes the squash with a spoon and as it comes out it resembles pasta noodles. We then will put my home-made red sauce or spaghetti sauce over it and serve it.

Google Spaghetti Squash for additional recipes.

Eggplant

The **eggplant**, **aubergine**, **melongene**, **brinjal** or **guinea squash** (*Solanum melongena*) is a plant of the family [Solanaceae](#) (also known as the nightshades) and genus [Solanum](#). It bears a [fruit](#) of the same name, commonly used in cooking. As a [nightshade](#), it is closely related to the [tomato](#) and [potato](#) and is native to [India](#).

The raw fruit can have a somewhat bitter taste, but becomes tender when cooked and develops a rich, complex flavor. Traditionally, recipes would advise the salting, rinsing and draining of the sliced fruit (known as "degorging") to soften it and to reduce the amount of fat absorbed during cooking, but mainly to remove the bitterness of the earlier cultivars. Some modern varieties - including those large, purple varieties commonly imported into western Europe - do not need this treatment. The fruit is capable of absorbing large amounts of cooking fats and sauces, allowing for very rich dishes, but the salting process will reduce the amount of oil absorbed. The fruit flesh is smooth; as in the related [tomato](#), the numerous [seeds](#) are soft and edible along with the rest of the fruit. The thin skin is also edible, so peeling is not required.

For many excellent recipes—go to the Food Network link below.

<http://www.foodnetwork.com/topics/eggplant/index.html>

MINER STEW

1 LB of Lean Ground Beef, 1 small onion chopped and 3 cloves of garlic chopped—brown these together then add:

1/2 head of cabbage, chopped

3 carrots, large green pepper, chopped and any other vegetable you have in your refrigerator that needs to be cooked and goes good in a stew. Add water to about 1 inch below top of the vegetables and bring to a boil. Let boil for 15 minutes then add 1/3 lb of egg noodles. These will absorb the water to make this more like a stew than a soup. Boil for an additional 8 to 10 minutes or until the noodles are done.

Salt and pepper to taste.

Ron fixed this for me today for lunch and it was delicious. He added the cantaloupe from the garden and a piece of rye bread to complete the meal.

Miner's would make lunch and dinner out of the garden and cook anything that was seasonal from their gardens into a stew—thus the name "Miner Stew."

