



Beaver Creek CSA

Beaver Creek Gardens

Garden and Weather Report

Hello everyone from Beaver Creek Gardens. It is early Wednesday the 27th and I am watching another storm approach. I woke up this morning observing a very red sky in the east—"Red sky in the morning, sailors warning." True to the saying the lightening followed and now it is raining. However, it is Mother Nature's way of equalizing. We had no measurable rain from June 21st until last week when on

Thursday and Friday evening we received a total of 5 inches. We have stopped irrigating for the time being.

With the rain, the weeds seemed to outgrow the crops. I could not even get back in to work until Monday and with rain predicted for today (weatherman right on this time) my worker shares and I were able to finish getting the garlic out and do some serious weeding yesterday. I was hoping to get more transplants in and it still may be possible if we do not get too much rain this morning.

The rain delay has caused a delivery delay in this newsletter—Mother Nature

apologizes as she sends another loud clap of thunder followed by multiple lightening strikes.

Everything looks great in the garden. I noticed an absence of some pests during the recent hot spell. I guess even cucumber beetles and squash bugs dislike the heat.

The tomatoes loved the heat and you will be getting a mixed lunch bag of various types of tomatoes this week. I like to give you what I have ready and in the tomato beds, some of the early Manitoba, Early Girls, Red Alerts and Sungolds have been harvested for you this week to add to your salad. See page 2 for the very special "weed" I put in your salad mix this week.



Amber waves of grain

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.

Coming in the next few weeks we will have Sweet Corn, beets, fennel and some of my special pole beans. Speaking of beans, this week you have Tongue of Fire green beans. These came from the Terra Del Fuego area at the tip of South America. Great flat Italian type bean with pink stripes.

This Week is

Week 7 of 20

It is an EVEN pick up week

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Please remember to wash your vegetables.

What's Bugging Us?

- *Squash bug eggs were in abundance on one bed of summer bush squash so Ron & I decided to save the winter squash we would take out that bed.*
- *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 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?*

Produce List—Week 7

Basil
Broccoli Side Shoots
Cabbage
Carrots
Cauliflower
White Onion
Tongue of Fire Green Beans
Swiss Chard
Garlic
Kale
Mesclun Mix Salad w/Purslane*
Zucchini
Tomatoes-various shapes and sizes for you this week

Chef Ron's Corner

Special Feature this week—recipe from our worker share.

Jill Stein—BBQ Cabbage

Recipe website:

<http://www.kitchendaily.com/recipe/barbecued-cabbage-74179>



Manitoba tomatoes above
Celery coming this fall below



*Purslane

Although purslane is considered a [weed](#) in the [United States](#), it can be eaten as a [leaf vegetable](#). It has a slightly sour and salty taste and is eaten throughout much of [Europe](#), [the middle east](#), [Asia](#) and [Mexico](#).^{[1][3]} The stems, leaves and flower buds are all edible. Purslane can be used fresh as a [salad](#), [stir-fried](#), or cooked like [spinach](#), and because of its [mucilaginous](#) quality it is also suitable for [soups](#) and [stews](#). [Australian Aborigines](#) use the seeds to make [seedcakes](#). [Greeks](#), who call it andrakla (ανδράκλα) or glystrida (γλυστρίδα), fry the leaves and the stems with [feta](#) cheese, [tomato](#), [onion](#), [garlic](#), [oregano](#) and [olive oil](#).

Purslane contains more [omega-3 fatty acids](#) ([alpha-linolenic acid](#) in particular^[4]) than any other leafy [vegetable](#) plant.

As a [companion plant](#), Purslane provides ground cover to create a humid microclimate for nearby plants, stabilizing ground moisture. Its deep roots bring up moisture and nutrients that those plants can use, and some, including corn, will "follow" purslane roots down through harder soil than they can penetrate on their own. It is known as a [beneficial weed](#) in places that don't already grow it as a crop in its own right.

So the next time you see this "weed" you may want to consider cutting it and adding it to any salad. I have put a handful in your Lettuce mix this week.

BBQ Cabbage

4TBS unsalted butter; 4 slices bacon cut crosswise into 1/4 inch; 1 sm. onion, 1 med green cabbage; 1/4 C BBQ sauce; salt & pepper to taste; 2 C woodchips soaked 1 hr.

Melt 1 tablespoon of the butter in a skillet over medium heat. Add the bacon and onion and [cook](#) until just beginning to [brown](#), 3 to 5 minutes. Drain the bacon and onion in a strainer over a bowl and reserve the [drippings](#). Crumple a piece of aluminum foil and shape it into a ring about 3 inches in diameter. Cut the core out of the cabbage and discard. Cut the remaining butter into dice. Stir the barbecue sauce into the bacon and onion mixture. Prop the cabbage upright on the aluminum foil ring, cavity facing up. Place the bacon and onion mixture in the cavity and top with as many pieces of butter as will fit. Using a [basting](#) brush, paint the outside of the cabbage with bacon drippings (save any remaining bacon fat for basting [pork](#) chops or making [baked beans](#)). Season the cabbage lightly with salt and generously with pepper.

Set up the grill for indirect grilling and preheat to medium. When ready to cook, place the cabbage on its aluminum foil ring in the center of the hot grate away from the heat. If using a charcoal grill, toss all the water soaked wood chips on the coals. Cover the grill.

Grill the cabbage until very tender (when done it will be easy to pierce with a skewer), 1 to 1 1/2 hours. If using a charcoal grill, you will need to add 12 fresh coals per side after 1 hour if the cabbage is not done. To serve, peel off any dried-out or charred outside leaves and discard. Cut the cabbage into wedges and serve.