



Beaver Creek CSA

Beaver Creek Gardens

Garden and Weather Report

Hello everyone from the gardens! It is week seventeen and we had our first frost at Beaver Creek Gardens. I woke up Sunday morning to a very white lawn. I had prepared for this, however. I covered the green beans and the pepper plants. I also covered some of the lettuces that I thought might get nipped and turn brown on the edges. You may notice a little edge browning on the butter crunch as I did not cover that bed.

But believe it or not, the tomatoes survived to live another day. I think because they are all over five feet high, the frost did not bother them this time.

But the Brussels sprouts, broccoli and cauliflower all loved the frosty weather. In fact, Brussels sprouts need a frost to finish maturing.

And now we have this gorgeous Indian Summer weather that is to die for! I am still hoping that this next ten days will help those green beans I covered mature so that we can have green beans the last two weeks. That would be a treat to go along with the broccoli and cauliflower.



This week we will start with the value added products and you will see a new form of all those cucumbers we had—Bread and Butter pickles. I have also dried Kale for you. This is something you should put in your pantry to use in the winter in a soup or a stew. You can also put them in scrambled eggs or any egg dish.

On page two you will see what I have done with the hot peppers this week.

Since the tomatoes are so slow to ripen this time of year, I am including two green tomatoes in your box and Ron's Fried Green Tomato Recipe is on page 2.

We shall see if some ripen and look okay after this warm spell.

Once again—I do have extra eggs this week—so speak up at the pick up and it is first come first served!



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 17 of 20

It is an EVEN pick up week

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Please remember to wash your vegetables.

What's Bugging Us?

Here we go again with the Flea Beetles. You would think that with the frost they would have gone somewhere—anywhere would have been okay with me. But when I rinsed your Asian Greens and Arugula, there they were.

I rinsed twice again but you still should probably rinse one more time before consuming the greens.

NOTE: I will begin baking pie pumpkins next week and would like to know how many of you want 2 Cups of Pumpkin Puree for your Thanksgiving pie. I will also include a couple of other pumpkin recipes for you to try.

PLEASE EMAIL ME IF YOU WANT THE PUREE.

Produce List—Week 17

Arugula Asian Green Mix
Beets w/greens
Bell Pepper
Butter Crunch Lettuce
Bread & Butter Pickles
Storage Cabbage
Squash
1 LB Bag of Small Onions
Kohlrabi
Chard
Dried Kale
Green Tomatoes
Turnip Greens
Hot Peppers Drying



Here are the peppers that Liz Cardella and I have strung for you. Liz also made this cool hanging stand for me. It has 17 hooks so I can hang at least 34 strings of peppers to dry.

You guys can either use them as they are, or continue to let them dry and then chop them up. When the recipe calls for crushed red pepper—voila!

If you crush the pepper pods to spice sized consistency, you can put the results in small air-tight jars for kitchen use.



SAUTEED SWISS CHARD WITH PARMESAN CHEESE

- 2 tablespoons butter; 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 1/2 small red onion, diced
- 1 bunch Swiss chard, stems and center ribs cut out and chopped together, leaves coarsely chopped separately
- 1/2 cup dry white wine
- 1 tablespoon fresh lemon juice, or to taste
- 2 tablespoons freshly grated Parmesan cheese
salt to taste (optional)

Melt butter and olive oil together in a large skillet over medium-high heat. Stir in the garlic and onion, and cook for 30 seconds until fragrant. Add the chard stems and the white wine. Simmer until the stems begin to soften, about 5 minutes. Stir in the chard leaves, and cook until wilted. Finally, stir in lemon juice and Parmesan cheese; season to taste with salt if needed.

Chef Ron's Corner

Fried Green Tomatoes

Thickly Slice the Green Tomatoes, Fry two to three pieces of bacon, removed bacon keep the bacon grease to cook the tomatoes in. Crumble the bacon and set aside. Dip the thickly sliced bacon in an egg and milk wash. Then dip the slice into flour that has salt and pepper added to it.

Fry the tomato slices on each side—when the tomato is almost done on the last side, put a piece of mozzarella cheese on the tomato, bacon crumbles and cover until the cheese is melted—Okay, cooked this way isn't probably going to win health awards, but boy is it good! Ron usually pours the remaining egg wash in around the tomatoes and lets that cook with them.

