



Beaver Creek CSA

Beaver Creek Gardens

Garden and Weather Report

Hello everyone from the gardens! It is week sixteen and fall really feels like it has a grip this week. While watching the weather last night, Brian Williams at NBC mentioned the low pressure that has been cut off and dumping rain on us as a “vortex that is deepening” which reminded me of that Dennis Quaid movie where the entire northern tier of the US goes into a new ice age. Yikes! But the weather has been unusual this year.

The rain from this storm softened the soil and the winds actually caused the Winterbor Kale to fall down. Quite unbelievable as it is very deep rooted.

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.

Thank goodness for my worker shares! I was able to get completely caught up with harvesting Tuesday with Liz’s help!

Speaking of that, Liz and I are working on a new concept for next year that incorporates a flower subscription so that you can add ambience to your delicious, healthy vegetable meals from Beaver Creek Gardens. More to come on that scene in the next few weeks.

Kale Down



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.

In your box this week, we have Bok Choi (or Pac Choi) and a bunch of Arugula for you to add to your salad. I will have an Arugula recipe on page 2 for you.

We will have one more week of tomatoes I think, but not much more than that. They ripen so differently in the fall without the hot sun helping them. You will notice more blemishes on the skins and the taste probably won’t be quite as good as they were in August—but certainly better than hot house winter store bought tomatoes!

Because this has been such an awful last 5 days, I am going to include some pictures of flowers on both pages compliments of Collie Flower Farm.

Next 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!



This Week is

Week 16 of 20

It is an ODD pick up week

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Please remember to wash your vegetables.

What’s Bugging Us?

This is somewhat of a repeat from last week but I have a bunch of Arugula and a head of Bok Choi in your box this week and once again you may find some flea beetles hanging on the leaves.

They are in the soil and just love this type of green. . I rinsed them twice and still saw a few on the leaves so make sure you rinse good.

We harvested the pumpkins early as the squash bugs have done substantial damage to the crop yield on these and we wanted to get them out and mow the area to end the assault. Next year we will start much earlier with our neem oil and soap treatment of the pumpkin, gourd and squash patches in hopes of better yields.

Produce List—Week 16

Arugula
Beets w/greens
Bell Pepper
Butter Crunch Lettuce
Butternut Squash
Bok (Pac) Choi
Garlic
Hot Peppers
Leek
Kohlrabi
Chard/Kale
Tomato
Turnip Greens



Cosmos and Asters!

Baked Beet Chips

2 Beets
1 tsp extra-virgin olive oil

Directions: Preheat oven to 350 with racks in upper and lower thirds. Peel beets and slice into 1/16th" thick rounds. In a large bowl, toss beets with the oil. Divide beets among two rimmed baking sheets, arranging them in single layers. Stack another rimmed baking sheet on top of each.

Bake until edges of beets begin to dry out, about 20 minutes. Remove top sheets and rotate bottom sheets from upper to lower racks and from front to back. Continue baking, uncovered, 10 to 20 minutes more, removing chips as they dry out completely. Chips will crisp as they cool. Store in airtight container up to 5 days.

Arugula with Orzo and Garden Tomatoes

serves 4

3/4 cup orzo
About 8-10 cups arugula
Olive oil
1/4 cup fresh basil leaves
8 ounces cherry tomatoes, halved
2-3 ounces goat or feta cheese, crumbled
Salt and pepper

Cook the orzo in salted water according to package directions. Drain and reserve. Chop the arugula roughly. If the leaves are small or if it is baby arugula, no need to chop at all. Heat a large sauté pan over medium high heat and add a little olive oil. When it is hot, cook the arugula handful by handful, letting the first few handfuls wilt completely, and leaving the last few barely cooked.

Add the basil, tomatoes, cheese, and orzo with the last handful of arugula. Turn the heat to high and cook for another minute or two - until everything is hot. Remove from the heat and season to taste with salt and pepper and a drizzle of olive oil. Serve immediately.

I am certain you can substitute any kind of tomato and also use the Bok choi with the Arugula in this recipe.

Ingredients - Marinated Beet Salad

Serves 4

- 5 medium beets (about 1 pound without greens), ends trimmed, halved
- 1 clove garlic, smashed
- 1 tablespoon sherry vinegar
- 2 tablespoons olive oil
- Coarse salt and ground pepper
- 1/4 cup fresh mint, coarsely chopped
- 1/4 cup goat cheese, crumbled

Directions

1. Set a steamer basket in a large saucepan with a lid. Fill with enough water to come just below basket; bring to a boil. Place beets in steamer basket, cover pot, and reduce water to a gentle simmer. Steam until beets are tender, 30 to 35 minutes. When cool enough to handle, grab beets with a paper towel and slip off skins. Cut the beets into thin slices.
2. In a medium bowl combine sliced beets, garlic, vinegar, and oil; season with salt and pepper and toss to combine. Cover and refrigerate several hours or overnight. Remove and discard garlic. Serve beets topped with mint and goat cheese.