



Beaver Creek CSA

Beaver Creek Gardens

Garden and Weather Report

Hello everyone from the Gardens! We had a wonderful one inch rain that came in with this very cool front. Timely rains are important for the cauliflower in particular. It will not set fruit without consistent water. If Mother Nature does not supply it, we have to! The broccoli and cauliflower are growing nicely and we will have some in a few weeks.



Turnips

I planted the Kohlrabi the same time I planted the broccoli and cauliflower. However, it grows much faster and we have some in the boxes this week already.

Once again I am putting turnip greens in your box and if you go back to Week 2, June 21st, you will find information on them and a recipe in Chef Ron's Corner.

We have turnip greens because Ron decided to try them as a ground cover. The object was to suppress weeds, retain water and change the microbial communities. You can see by the picture that they are doing a great job at suppressing weeds. In a month or so we should have some great purple topped fall turnips!

We won't know until next year what they did in promoting the microbial changes in the soil. We will keep you posted.

Tomatoes are winding down with the cool weather. I will still have a couple of slicers for you this week. I have been busy processing the extras and to date have about 65 pints of cucumbers that now look and taste a lot like Bread and Butter Pickles. I have about 45 quarts of tomatoes canned in a red sauce or whole tomato. I like to give you something that you can open in the dead of winter and think of summer. I am planning on doing a few more batches with what is left of the tomatoes.

Once again I have put a cabbage head in and this will be the last for a while. I am doing the freezer cole slaw myself this week with extras and if you like to process for winter, that recipe was in last week or the week before.

EGGS EGGS EGGS! Once again we will have 5 dozen extra. So if you need some, please email me and I will hold them for you. They are \$4.50 per dozen.

This Week is

Week 13 of 20

It is an EVEN pick up week

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Please remember to wash your vegetables.

What's Bugging Us?

With the coming of the cool weather it seems the insects have moved to warmer places then the leaves of the plants. I am fairly certain we are not done with them yet, but they are apparently on the decline as they ready for their winter homes. They have certainly done a fair amount of damage this year.

Squash Bugs overwinter in dead leaves, boards, vines or even buildings. So once I have harvested all the pumpkins and squash I will burn the residue and make sure to clean areas that may support next years crop of bugs.

Japanese beetles overwinter in the soil and Cucumber beetles head into the woods for cover.

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.

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 13

Beets w/greens
Cabbage
Cucumbers
Kale
Kohlrabi
Leeks
Onions
Radishes
Romaine Lettuce
Spaghetti Squash
Tomatoes
Turnip Greens
Cantaloupe—Crystal Lake
Italian Flat Leaf Parsley

Chef Ron's Corner Returns next week!



Kohlrabi top, broccoli below

The Four Seasons

Living in the Midwest affords us these four wonderful seasons. As a grower, I look at them as Spring—planting and seeding. Summer—growing and beginning to harvest. Fall—the third season as harvest and storage for the fourth season. Winter, the fourth season is the time to enjoy the fruits of your labor.

As we head into the third season—fall, I am reminded that once again the crops are changing to foods that with proper seasoning can last well into winter. When I put winter squash like butternut into your box, it will have been seasoned so that you can store it for many months. It is also the time when historically, we prepare for the winter months by processing all those extras into a form that will hold through those long winter months—the fourth season. There is nothing like opening a jar of homegrown tomatoes that have been processed so that you can have a little of summer in your spaghetti sauce or chili while watching the snow flakes accumulate.

So here we are in the third season, which sometimes can look a little like spring in that you can grow crops like broccoli and spinach that prefer the colder temperatures for germination and growth. But while we are growing those items, we harvest things like pumpkins and squash.

We as humans have always tried to find ways to extend the first three seasons. With that in mind Ron and I are planning on building a “hoop house.” It is also called a high tunnel. This should not be confused with a green house as it not completely temperature controlled like a green house. What it is though is a season extender. We should be able to get crops in sooner, and out later in the fall with this new building.

Right now I have an abundance of green peppers, but they were slow to grow and subject to blossom drop with severe weather as is egg plant. With a high tunnel, we hope to avoid some of the effects that the severe summer storms can bring while also extending the seasons.

I truly love the third season-Fall. It is a time of great beauty in my mind. Bringing in the bounty that we spent two seasons planting, growing and yes even weeding. One of the advantages of the Midwest is that we do have this down time for our soils to rest and with proper care, rejuvenate so that they can once again provide food for our tables.

So to those of you that think of Fall as just a precursor to winter, remember that as the snow covers, the soil rests and spring truly is once again, just around the corner!