



# Beaver Creek CSA

Beaver Creek Gardens

## Garden and Weather Report

Hello everyone from the Gardens! It has been a great week for growing. Enough warm weather to get the summer squash going. Look below and you will see the first tiny little Raven Zucchini. Cannot wait to taste Ron's sautéed zucchini. We had about an inch of rain



*Tiny Zucchini—will be huge by next week!*

which was just perfect to get some of the seeds up and going. It also really helped some of the transplants I put in about 10 days ago. The peppers and tomatoes are loving the heat. I have not yet seen any blossoms on the pepper plants but there are small tomatoes everywhere in the garden. I can almost taste that first tomato, sliced with salt.

Cucumbers are growing but no blossoms yet—I got them in a little late due to weather.

We have had an excellent crop of Peas this year. Last year I couldn't get them out of the ground and this year I can't pick them fast enough.

Fortunately for me, our granddaughter Liz is here and is quite a little pea picker along with Cindy Bishop, they picked about 20 pounds of peas this week. You will see them in the box this week and next for sure and possibly in week 5 as an extra.

I finished harvesting the garlic scapes and have about 10 pounds of extras. I will have extras in bins for the farm pick up and the Crystal Lake drop. Please make sure you grab some along with the radishes. Alicia Azevedo and I finished harvesting those this week as well. I have another bed started for later.

*This Week is*

*Week 3 of 20*

*It is an EVEN pick up week*

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**Please remember to wash your vegetables.**

I do an initial rinse but you need to wash everything.

### What's Bugging Us?

*The white cabbage moths are flying and laying eggs I am most certain. I have sprayed all cole crops—cabbages, broccoli, cauliflower, etc. with BT (organic).*

*Ron went up to UW Madison and inquired as to what their news was on insects this spring. He was told that the flea beetles were bad this year and the seed maggots (little bugs that eat the emerging leaves of plants). This year they are feasting on all my green beans. Not to worry though, I was able to get enough planted to offset these little monsters! Once the plant is out of the ground with leaves intact they leave it alone. We didn't need UW to tell us—but it is nice to know that it is not only Beaver Creek experiencing these issues!*

## Pick up Information

Pick up at the farm is from 10:00 a.m. until 8:00 p.m.. Please make sure you check off your name on the sheet so that I can tell who has not picked up for a reminder call if necessary.

Crystal Lake drop off will be at First Congregational Church Parking Lot from

5:00 p.m. to 6:00 p.m. I will also give a reminder call at about 5:45 to anyone that has not yet picked up.

We will have extra items again this week. The extra items are going to be on a first come first served basis—so the early birds may get better worms!

**Please remember to bring back your boxes each week.**

**I really try to keep the veggies cold from my fridge to your door—so picking up early is always best!**

**See you tomorrow!**

**Have a great 4th Holiday!**

## Produce List—Week 3

Buttercrunch Lettuce  
Spicy Mesclun Mix Lettuce  
Head Lettuce  
Broccoli  
Purple Spring Onions  
Radishes  
Garlic Scapes  
Swiss Chard  
Kohlrabi  
Oregano  
Snow Peas

### Extra Bin Items

Radishes  
Garlic Scapes  
Pac Choi  
Turnip Greens  
Kale

### Broccoli

Broccoli was developed in Italy and is well established as one of the major anti-cancer foods. Over the past 20 years, numerous studies have concluded again and again that people who eat an abundance of broccoli have fewer cancers of the colon, breast, cervix, lungs, prostate, esophagus, larynx, and bladder. How that happens is that Broccoli contains **indoles**, which can help inactivate harmful estrogens that can promote the growth of tumors, **sulforaphane** which stimulates cells to produce cancer-fighting enzymes, and **beta-carotene**, another cancer fighter.

Broccoli contains 3% of protein and is one of the richest vegetable sources of calcium, iron and magnesium. Moreover, broccoli is very rich in vitamins A and C, exceeding even oranges in the concentration of C.

I am sure you all have your favorite ways of eating it—so I won't include recipes. Raw will give you maximum use of its nutritional values but just eat it anyway you can!

### Swiss Chard

Also known as spinach chard or silverbeet is a popular nutritious green leafy vegetable of European origin. The plant features distinctly large dark leaves with well developed stalks. The leaves are harvested at various stages of maturity with the young tender leaves generally used for salad preparation and the more mature, tougher leaves and stems picked for sautéing and cooking.

Swiss chard like spinach is the store house of many phytonutrients that have health promotional and disease prevention properties. The leaves are an excellent source of anti-oxidant vitamin, Vitamin-C. As an anti-oxidant, **vitamin C** helps to quench free radicals and helps the body develop resistance against infectious agents by boosting immunity. It is also an excellent source for **vitamin-K** which aids in bone formation and strengthening. Adequate vitamin K levels in the diet helps limit neuronal damage in the brain; thus has established a role in the treatment of patients suffering from **Alzheimer's disease**.

It is also rich in omega-3 fatty acids; **Vitamin-A** and flavonoids anti-oxidants like **B carotene**, alpha carotene, lutein, zeaxanthin, B-complex group of vitamins such as folates, niacin, thiamin essential for optimum cellular metabolic functions—these are just a few, the list goes on! Oh by the way—tastes good! Try Chard in an omelet—google for recipes!

## Chef Ron's Corner- Vegetable Stir Fry

Large skillet on high heat with 2-3 TBS of peanut or olive oil—chop 2 spring onions and 4 garlic scapes—saute for 2 min. Add broccoli head (chopped into small florets) - 2 min or until broccoli is bright green—add 4 chopped stalks of Pac choi, sauté for another 2 minutes then add 3/4 tsp of curry powder, 2-3 TBS of soy sauce. Cook for an additional 2 minutes stirring—add peas, toss another 1-2 minutes until bright green, add sesame seeds — serves 2 as a meal or 4 as a side dish.

**GARLIC SCAPES**—Ron sprayed them in olive oil—grilled them and put sea salt on them—Oh my were they good that way!



Tender Sweet Cabbage—coming soon!