



Beaver Creek CSA

your local food connection!

BEAVER CREEK GARDENS
beavercreekgardens.org

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PRODUCTION IS LOCATED AT 5640 COUNTY A WEST, just west of intersection with Hwy 31

Garden and Weather Report

Hello from the Gardens!
This is Week 3 of our 2023 season and it is an A week. We did receive almost .75 inches of rain over the weekend.

Some areas got more than us, but I am so easy to please - just happy to get what we got! Ron read this morning



that it appears we are heading for a more normal period of precipitation and it looks like more rain is on the menu for Thursday. I have to say that this is the best Cauliflower I have grown in years, the peas are amazing and the kohlrabi loved whatever Mother Nature gave us with the addition of our irrigation. The only issue at hand is the delay in some of the seeding. I typically am looking at zucchini plants knee high by the 3rd week and they are just now out of the ground. Fortunately we have plenty to fill your boxes while they grow!

Last week, ahead of the rain, we weeded like crazy and yesterday when I went out to harvest and check the gardens, wouldn't you know it - the weeds loved the rain as well. I couldn't believe the weed pressure on beds where we had completely taken them out just late last week. Oh well, pulling weeds out of moist soil is a lot easier than

using our hoes!

Now, for the highlights in your boxes this week. What a dilemma! I have so much new this week, figuring out what to feature is an issue. And, how to fill the smaller boxes, wanting to give everyone a flavor of all the vegetables this week. I will do my best to get as much in as possible, with just lesser amounts in the smaller boxes. These are great challenges and with the promise of more frequent rains, hopefully the problems will persist throughout the year.

What's bugging us?

Last week I had a picture of the cute little white moth



that creates the lovely little worm pictured to the right above. We have sprayed the BT but you may still find them in the broccoli, cauliflower and cabbages, so have a lookout. We try to get them before we put the crop in your box but are not always successful. They won't hurt you. Just make sure you wash your vegetables or, add them for additional protein, lol!

What's Inside

This is Week 3 - A Week



of the 2023 Season

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PRODUCE of the Week



This week we are featuring our fabulous peas, both Snap and Sno as well as Beet Greens with little beets attached!

Snap peas are full of dietary fiber, especially if you eat the pods. Insoluble dietary fiber can help feed the “good” bacteria in your digestive system, acting as a prebiotic. This helps keep your digestive system healthier and more efficient. Due to their vitamin C, vitamin K and fiber content, both sugar snap and snow peas may offer various health benefits, including reduced heart disease risk, improved blood pressure control, gut health and weight loss. Finally, dietary fiber may also help reduce your risk of certain forms of cancer.

Sugar snap peas are a cross between snow and garden peas.

Both have an identical nutritional profile and very similar flavors. Still, sugar snap peas tend to be sweeter and more flavorful. The Snap pea is an excellent vegetable for kids - they love the sweetness of the pea. The Snow pea is a great addition to any stir fry recipe!



Beet greens are the deep red-veined leaves that grow on beets. The nutrient-packed greens and stems have a mild, sweet, and slightly earthy flavor. They can be used in many of the same ways as kale, but they're less bitter.

Beetroot greens are better cooked, not just for taste and digestibility, but because they are a much richer source of the essential nutrients. Vitamins A, C & K increase significantly when cooked, and they are an excellent source of riboflavin (Vitamin B2), manganese, magnesium, potassium, and copper.

Beet greens have a similar colorful look as swiss chard and can be consumed in much of the same way. They also are very high in iron with a higher iron count than spinach. They are also a great source of fiber. Bottom line, do with them as you would with Chard, Kale or Spinach.

Wash your Vegetables before cooking or eating raw.

Week 3 Produce

Pac Choi *
Spring Onions #
Bag of Red Green Leaf Mixed
Beet Greens
Kale
Garlic Scapes #
Kohlrabi
Sugar Snap Peas
Snow Peas #
Cilantro *
Broccoli Head
Cauliflower
Crispino (Iceberg) Lettuce
Romaine Head #

*omitted from 1/2 bu boxes
#smaller size or quantity in 1/2 Bu

Storage Information

Please make sure that you wash all your vegetables before consuming them. I may do an initial rinse on lettuces and those types, but storage for items like Romaine and Pac Choi keep fresher without rinsing and adding water to the storage bins. This week all vegetables should be kept in the mid 30 degree range in your refrigerator.

Garden and Weather Report

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So let's talk about some of the great stuff in the boxes. I have two varieties of cauliflower. One is called Song and the other Snow Crown. The Snow Crown is the more typical variety that you will find in your local grocery stores, obviously not as fresh and delicious as what you have in your box this week. The other variety is Song and it is not as dense. It will have more broccoli like stalks coming from it. I grew it last year for you veterans of Beaver Creek and it was well received. I do not know which will be in your boxes as they are both coming out of the field at the same time. Both varieties look amazing this year. Obviously, they loved the weather and all the water they received from whatever sources.

Peas - we also have two varieties and as I mentioned before, lots of them. We will be harvesting these again this morning and probably for the next week. I will feature these in the produce section and give you a recipe on Page 4 for the Snow Peas.

Lastly, we had to thin the beets again. If you will remember I got a new seeder this year and where my old one needed a couple of runs on a row to put down a good amount, the new one did not. I was not aware of it until some of the initial plantings came up so thick that they have had to be thinned twice. So in your box this week we are putting the beet greens that came from our thinning. Attached to some of them will be very small beets. I am going to feature this in the Produce Section as well. I know some people just do not like beets, but the greens can be treated just like spinach!

Enjoy your box!

Cheri

This Weeks Photo's



To the left is a Song Cauliflower, notice the spaces in the head - this is the varietal difference between it and the more typical Snow Crown with its very dense head. Picture below are the too thick Beets. I took this picture to show Ron that "someone has been eating my beets." (from Goldilocks) I think it was a wabbit as a deer would have taken the row! We have fencing for the deer, not the rabbits.



Teriyaki Turkey Rice Bowl from Shawna Neal CSA Member

Sauce

1/2 C soy sauce
1/ C water + 2 Tbsp
2 Tbsp red wine vinegar
2 Tbsp granulated sugar
2 Tbsp brown sugar
2 tsp minced garlic
1 Tbsp cornstarch
Mix soy, 1/4 C water, red wine vinegar, sugars, garlic and ginger in pan over med. heat. Whisk until sugar is dissolved. In small bowl whisk 2 T warm water and cornstarch until dissolved, slowly whisk in cornstarch and simmer until thickened. Remove sauce from heat and set aside.

Turkey

1 T vegetable oil -- 1/2 C diced onion
2 T minced garlic-1 lb ground turkey
1 C chopped pac choi - stems/leaves
2 kohlrabi, peeled, grated, or chopped
2 spring onions, bulbs & greens sliced
4 C cooked white rice or noodles
Heat oil in large skillet over med-hi heat
Add diced onions and cook until soft.
Crumble turkey and garlic into pan and cook until turkey is half cooked. Add grated kohlrabi and chopped pac choi. Cook until turkey is no longer pink. Pour sauce over turkey and veg mixture and stir. Simmer 5 min. to combine flavors. Spoon over rice or noodles, Garnish with sliced onions, serve.

See the blossoms on the pepper plant?

Tips & Recipes

Beet Greens - sauteed as a side dish

1 - 2 bunch beet greens, stems removed
1 tablespoon extra-virgin olive oil, or to taste
1 - 2 cloves garlic, minced or use scapes in your box
1/4 teaspoon crushed red pepper flakes (Optional)
salt and freshly ground black pepper to taste
1 - 2 lemons, quartered

Blanch the lightly salted beet greens, drain well, and chop coarsely. Heat olive oil in a large skillet, then add the garlic and crushed red pepper. Stir in the greens until they're evenly coated with oil. Season with salt and pepper and serve with lemon wedges.

OR . . . another idea

1 bunch beet greens
1 teaspoon extra-virgin olive oil
1 garlic clove, finely chopped
2 tablespoons golden raisins
Lemon wedge
1 tablespoon chopped walnuts or pistachios
Sea salt and freshly ground black pepper

Asian Beef with Snow Pea stir fry - Allrecipes

3 tablespoons soy sauce
2 tablespoons rice wine
1 tablespoon brown sugar
1/2 teaspoon cornstarch
1 tablespoon vegetable oil
1 tablespoon minced fresh ginger root
1 tablespoon minced garlic
1 pound beef round steak, cut into thin strips
8 ounces snow peas

In a small bowl, combine the soy sauce, rice wine, brown sugar and cornstarch. Set aside.

Heat oil in a wok or skillet over medium high heat. Stir-fry ginger and garlic for 30 seconds. Add the steak and stir-fry for 2 minutes or until evenly browned. Add the snow peas and stir-fry for an additional 3 minutes. Add the soy sauce mixture, bring to a boil, stirring constantly. Lower heat and simmer until the sauce is thick and smooth. Serve immediately.

I love it when our members submit recipes - please do not hesitate to share your favorites with all of us!

Don't forget to check the Internet for additional recipes. There are some great ones at Food Network or All Recipes.

What's coming- Peppers

