



# Beaver Creek CSA

## your local food connection!

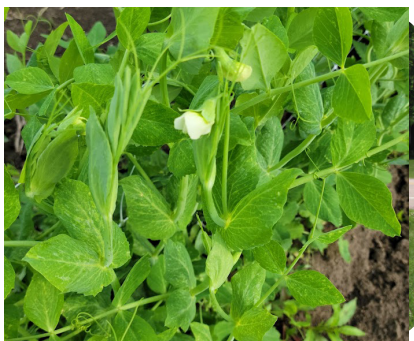
BEAVER CREEK GARDENS  
beavercreekgardens.org

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

## Garden and Weather Report

**H**ello from the Gardens!  
This is Week 1 of our 2023 Season and for you that are new to Beaver Creek Gardens, I spend the first page

discussing the weather and garden conditions. This season has had what I can only describe as a very weird start! We



planted our first crops in mid April as usual and then Mother Nature decided to turn the temperatures down through most of May. We covered to protect from cold and bugs, it worked on the cold end somewhat but not on the bugs. Those little devils pictured above right crawled right through the heavy agribon and munched on our Vitamin A loaded Arugula and Mizuna greens - we got them before they did a lot of damage to the Pac Choi (Bok Choy), but you will see some feeding. This is full evidence that we only use organic methods and that Flea Beetles need Vitamin A too!

As if the cold wasn't enough, that partner of ours also stopped the precipitation for about a month, challenging us but not defeating us! After the 2012 drought we are well versed on irrigation and keep the plants going during the time we are deficient in rain. Everything in your box this week may be a little shorter because of the cold and lack of

water, but we have everything we planned on having and in fact, looking at last week's first box, it is almost identical. Great job and kudos to my husband Ron, his crew of Chloe and Ethan that put the gardens on a watering schedule, kept with it and produced this box for you guys on time. We are now getting a little more rain and the gardens are responding. We will continue to irrigate though to make sure we keep up just in case she turns that faucet off again!

## What's bugging us?

I hope this is the only week to feature the flea beetle to the right. For the first time in years I feel like we were aggressive enough at the outset to get control of them. We have some feeding on arugula and mizuna leaves, and minor feeding on some of the Pac Choi early on. They seem to be much smaller in numbers right now and let's hope that continues. We did plant a ton of radishes that they love, and that is just fine!



## What's Inside

This is Week 1 - A Week



of the 2023 Season

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# PRODUCE of the Week



Wash your Vegetables before cooking or eating raw.

## Week 1 Produce

Pac Choi  
Radishes  
Spring Onions  
Bag of Mixed Lettuce  
#Spinach  
Kale  
Garlic Scapes  
#Kohlrabi  
\*Purple Pac Choi  
\*Red Spinach with Micro greens  
Cilantro  
Arugula Mizuna Mix  
\* Swiss Chard

\*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.

This week we are featuring Bok/Pac Choi and Garlic Scapes.

Bok choy, pak choi or pok choi is a type of Chinese cabbage, used as food. Chinensis varieties do not form heads and have green leaf blades with lighter bulbous bottoms instead, forming a cluster reminiscent of mustard greens. Note the different names - Pac Choi is Korean for the same vegetable.

This year we grew two types for you, Joi Choi the green version and a purple variety that is in the larger boxes only. Bok choy evolved in China, where it has been cultivated since the 5th century AD.

Bok choy cooks in 2 to 3 minutes by steaming, stir-frying, or simmering in water (8 minutes if steamed whole). The leaves cook more quickly than the stem. It is used in similar ways to other leafy vegetables such as spinach and cabbage. It can also be eaten raw. The raw vegetable is 95% water, 2% carbohydrates, 1% protein and less than 1% fat. In a 3+1/2-ounce serving, raw bok choy has only 13 calories and is a rich source of Vitamin A.



Garlic Scapes are actually the flower "escaping" from the plants, hence the name for them Scape! We cut these when they begin to curl and before the flower appears at the end. You will see a bulb looking white part at the tip and that will evolve into a flower and eventually seed for more garlic. If it is not cut, the energy of the plant will be concentrated on this flower. Once cut, the bulb under ground gets the fuel and becomes much larger.

Seed garlic can come from either the flowering at the top, or breaking the cloves from the bulb and planting them in the fall for next year's garlic.

Garlic scapes are a good source of Vitamins A and C as well as fiber. They boast many of the nutritional benefits of garlic cloves, including being high in antioxidants, which, as part of a healthy diet, decrease inflammation in the body, are protective against things like arthritis, heart disease, and cancer.



# Garden and Weather Report

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In fact, as I am writing this we are irrigating and getting some much needed rain. You will notice on the produce list that I put a bag of lettuce in - last year we had a two heads of lettuce and a bag the first week. With the rain and irrigation, we will have heads and leaf lettuce next week and coming weeks for sure! For the first time, we grew some micro greens and have put them in a clamshell for the larger boxes to add to your salads. The lettuces are responding to the recent rains and are growing much more quickly. But this year, the Pac Choi was amazing. We took it out of the garden at the perfect time, just beginning to flower (edible).

The broccoli is beginning to head out and I suspect they will be a little smaller than last year too. I can always tell by the size of the plant. When I am able to harvest a pound head, the plant is thigh high - they are headed now with the plants barely up to my knees. They will be great tasting I am sure. I think the spring challenges are behind us and we will be heading into summer with plenty of produce to share with you!

A little housekeeping and I will also put this in the email to make certain everyone sees it. Pick up for Wednesday packout is from 4 to 6 p.m. Pick up for the Friday packout is Friday from 4 to 6 p.m. or Saturday, 8 a.m. to Noon. Pick up your boxes at the White barn just west of the corner of Green Bay Road and County A West. Do not throw your boxes away and do not break them down. They are waxed and reusable so bring them back on your next scheduled pick up date. If you purchased the 3/4 bushel box, your boxes will be in the walk-in cooler in the back of the white barn, the small 1/2 bu boxes will be in the Arctic Air Fridge in the front store area. I will be at the pick up those hours to make this go as smoothly as possible.

Enjoy your box!

*Cheri*

## This Weeks Photo's



The picture to the left is our spring onions that are in your box, left below is the absolute best Pac Choi I have grown in years and below is the Kohlrabi and Kale that are in your boxes. Every year is different when growing. It is one of the reasons I love doing it - variety, challenge, whatever!



## Garlic Scapes

**What is the best thing to do with garlic scapes?**

Easiest way to eat these is to simply rub them in olive and sea salt, grill about 10 minutes until crispy on outside and tender inside - delish!

Ron and I also chop scapes, saute in butter and scramble them with eggs!

You can refrigerate your scapes for weeks, I will have a pesto recipe coming that includes basil. The basil won't be ready for a month so save your scapes, cut them up and freeze to take out when the basil is ready to make an amazing pesto.

Finely sliced, scapes can be used just the same as garlic cloves, such as sautéed with vegetables, puréed into pesto and hummus, or roasted with meats and vegetables. They also can be lightly battered and fried, which tempers their pungency, giving them almost a green bean quality, both in taste and texture.

**We will have farm fresh eggs available for purchase when you pick up your boxes on a first come first serve basis - they are \$6.00 per dozen.**

## Tips & Recipes

**GARLICY BOK CHOY - Serves 4 to 5 - 10 minutes**  
(sent in by Carolynne one of our subscriber members) found in **Bon Appetit and Epicureous**

1 tablespoon vegetable oil  
2 garlic cloves, chopped (Sub in garlic scapes in your box)  
1 shallot, chopped (Sub in spring onions from box)  
1 pound baby bok choy, rinsed, cut into quarters, with core intact  
1 tablespoon reduced-sodium soy sauce

Heat oil in a large skillet or wok over medium-high heat. Add garlic and shallot and cook, stirring, until fragrant, about 30 seconds. Add bok choy, soy sauce, and 2 Tbsp. water and cover immediately. Cook 1 minute. Uncover and toss, then cover and cook until bok choy is tender at the core, about 3 more minutes.

## SAUTEED KALE & KOHLRABI

SERVES 4

3/4 pound kohlrabi, bulbs peeled  
1/2 teaspoon grated lime zest  
1 tablespoons fresh lime juice  
1/4 cup extra-virgin olive oil, divided  
1 pound kale (1 bunch), stems and center ribs discarded  
3 garlic cloves, finely chopped or use the scapes in your box  
1/3 cup salted roasted pistachios, chopped  
Equipment: an adjustable-blade slicer

Very thinly slice kohlrabi with slicer.

Whisk together lime zest and juice, 2 tablespoons oil, and 1/2 teaspoon each of salt and pepper in a large bowl. Toss kohlrabi with dressing.

Finely chop kale. Heat remaining 2 tablespoons oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Sauté garlic until pale golden, about 30 seconds. Add kale by the handful, turning and stirring with tongs and adding more kale as volume in skillet reduces. When all of kale is wilted, sauté with 1/2 teaspoon salt until just tender, about 3 minutes. Transfer to a bowl and cool to room temperature. Toss kale with kohlrabi and pistachios.

## GREENS SALAD

**With all the greens in your box you can simply wash, chop and put in a zip lock bag as dry as possible with the air out. Take them out when you are ready to make a salad, add the radishes, your favorite dressing and a hard boiled farm fresh egg!**

## What's next-Snap Peas



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