

# Community Homestead Box Note Week 1

## Welcome to the 2016 Season!

6/8/16

### Lots of Info...

#### Picking up

Pick up the box with your name on the label. Sign your box out on a sheet if your host provides this. Either leave your box folded and stacked on the porch or bring it back next time.

If you ordered meat: it is in a package with your name on in the cooler. Do not take the cooler, just the package! If you ordered online your goodies will be in a red or pink bag with your name on the tag ( or an box if you ordered a lot!)

Late picking up? Forgot your box? Give your site host a call. (numbers in your previous email) If you don't let them know, they will prevent rotting produce by donating it/eating it the next day.

PLEASE keep the porches and garages tidy. Site host' goodwill depends upon your consideration!

The only real issue we have with boxes is when someone grabs a box that is not theirs. It happens about 3 times a year but when it happens-what a muddle and inconvenience it is. So PLEASE, double check your label. 90% of the problem is when an old hand sends their partner to pick up the box without that crucial "label" instruction.

If you can't find your box, ask your site host first and then CALL ME 715 294 3038 and email garden@communityhomestead.org I will wrap my brain around it and come up with a solution asap!

*Photo: Terra picking the oregano*

**Return your Boxes- please unfold carefully (bend the flaps!) and either leave it at your site or return it next week. Many thanks!**

**Homesteader Family Shares:** Every week you get an additional box with bread and something else in it. Over the season you get 20 loaves, 5 jam, 5 pickles, 4 bags of cookies, 4 pies, 3 packs of fruit

**Homesteader Couples Shares:** Your bread comes every other week but most (not all) weeks you have an extra bag with something in it! Over the season you get 10 loaves, 5 pickles, 5 jam, 3 bags of cookies.

**Homesteader Singles Shares:** Your bread comes every other week but most (not all) weeks you have an extra box with something in it! Over the season you get 10 loaves, 3 pickles 3 jam, 4 bags of cookies.

### ...and some inspiration!



**Recycle Folks!** Yes we can recycle jars, jar rings plastic fruit containers-just send them back with your folded box

#### Deliveries

Driver: Tony 763 232 3919 Assistant Scott

St Paul/Lincoln 7am

Hiawatha 7.40am

Powderhorn 8.20am

Lake Harriet 9am

Lowry Hill 9.40am

Golden Valley 10.20am

HDR Office 11am

WBOB 11.40am

Donhowe 12.20pm

Driver: Richard 715 338 2853

Shoreview 7am

Vadnais Heights 7.45pm

Maplewood MWS 8.15am

Maplewood City Hall 8.45am

Driver: Alex 209 679 3291 or Juliane 715 220 5925

Stillwater 8am

Hudson 8.30am

Tomorrow our drivers will be initiated into any 2016 summer construction/diversion celebrations MN is having. Afterwards, they will tweak up the arrival schedule accordingly and I will let you know changes!

#### What is in the box?

Best guess right now (the harvest not finished yet)

Everyone gets:

rhubarb,

Napa cabbage,

cucumber,

Spinach,

Curly kale,

Salad greens (mizuna, tatsoi, mustard,

arugala, baby beet greens

Lettuce mix (all kinds)

Mint and Bunching onions

Family gets Romiane Lettuce and Pac choi

Couples get Pac Choi

The box note follow this general format-news and instructions (today ALL instructions!) on the front and here, on the back, the “how to” and ideas about vegetables. The CSA includes gourmet cooks and newbies so, gourmets, please bear with us through the season as we explain things like what to do with a kohlrabi and what the heck that green leaf thing is in the box.

We balance plastic bag reduction with keeping it fresh. We cannot reuse the plastic bags for food safety reasons but you can re use them for garbage etc After picking up your box, ideally take it all out and repack it into Tupperware or glass containers in the fridge. Oh how I dream about doing this. If you are like me and have no time, at least put the whole plastic bag of goodies immediately into your fridge until you have a chance to do something neater!

Tomatoes on the counter, onions and garlic can be on the counter but NOT together, herbs can be in a jar of water on the counter or in bag in the fridge. Roots go in a cool dark spot but can also live in the lowest draw of your fridge happily. Watch for mold if things are damp. Store all leafy things in the fridge in plastic-tuck the top of the back in to seal it.

### Washing

There are absolutely no chemicals at all on your produce. We rinse everything several times in cold water to clean and keep fresh yet you still have to wash things. Wssh it jonly ust before you use it and always use cold water.

Mother Nature includes birds, animals and rich, fascinating, variety of little bugs all capable of leaving a momento, or even their whole soggy selves in the crinkle of a leaf. If you are new to organics and are used to supermarket “clean” please remember that this is supermarket “dead”. No bug can live on a poisoned plant.

It takes a little grit to face this reality and we do our best to kick off hitchhikers on your broccoli but, be ready!

Full of C and Calcium! Rhubarb sauce 2 cups water, 2 cups sugar 6, cups of rhubarb Boil the rhubarb and the water together for 10 mins, add the sugar, boil for a further 5. Serve immediately over pancakes or ice cream or chill in a container with a lid

### Strawberry Rhubarb Smoothie

- 2 Cups Milk
  - 1 Cup Spinach tightly packed
  - ¼ Cup sunflower seeds
  - ¾ Cup Raisins
  - 1 cup of oats
  - 1 teaspoon Vanilla
  - ½ teaspoon Cinnamon
  - 2 Cups chopped raw rhubarb or cook if you balk at this!
  - 1 Cup Strawberries
  - 1 Banana
- Blend the milk and the spinach, then add the other ingredients gradually. Big vitamin kick of a meal!



**Lettuce mix**-give it a rinse Lettuce mix-baby lettuce leaves-give it a rinse and serve it alone or with mix it with the salad mix.



**Salad mix**-zesty, spicy leafy mix you can eat as salad (sandwiches, omelette, sauces, or ...salad bowl OR, if you are not so keen on hot things, steam it a little (“wilt”) and add some balsamic vinegar or soy to calm the spiciness. –look for the long spiky leaves and the little round green

ones if you aren’t sure which is salad mix and which is lettuce mix



**Bunching Onions**- cut off the very last inch of the green top, any tiny tip of root, and discard. Chop the rest into little slices (discs) separate, and rinse in a colander. Use in a salad, in an omelette, in soup, on a sandwich. Cut them small in egg salad, or with potatoes, or crunch one and wake up your tongue screaming-aahh! Springtime!

### Bok Choi side dish

- 1 Tbs. sesame seeds
- 1 head bok choy
- 1 1/2 Tbs. canola oil
- 3 garlic cloves, thinly sliced
- 1/2 tsp. red pepper flakes
- Sea salt, to taste
- 1/4 cup chicken or vegetable broth
- Hot pepper sauce if wished!



Toast the sesame seeds in a frying pan until golden brown- 4 to 5 minutes. Put on a plate and set aside.

Cut off about a ¼ inch of the base of the bok choy and separate the leaves. Rinse them well. Chop into strips.

Warm the oil in a large pan and fry the garlic and red pepper flakes for a minute or so. Add the . bok choy and a pinch of salt and cook, until the bok choy wilts-just a couple of mins. . Add the hot pepper sauce and stir well before removing from the heat and stirring in the sesame seeds. Serve right away.