

Community Homestead Box Note Week 2

6/13/16

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!

What's that? a garlic scape! See over...



Oh yes it is a MEAT WEEK!

This means meat share people-look for the big plastic cooler on wheels. Inside you will find a package with your name on the label. Please remember to pick it up. Online meat order people-your meat is in there as well.

What is in the box?

Best guess right now (the harvest not finished yet)

Everyone gets:

Spinach

Cucumber

Lettuce heads(summer crisp)

Salad Greens (can also be braised)

Bunching onions

Garlic scapes

Kohlrabi

Lettuce mix

For family: also curly kale, radish, bok choy, for couples Bok choy.

For single napa cabbage

We are also starting pea deliveries but we don't know which size gets them this week...rotation will follow!

In two weeks, it is the **Country Banquet**. If you are thinking about coming-jump online. Honestly, it is a fantastically wonderful event and we'd love to have you! Friends and family also welcome. June 26, 4-9pm

News here includes a deluge start to the season. The cows are in pasture up to their knees and we are hopping in and out of rain to mow, dry and bale the hay. Stunning how green everything is. All things green and leafy are just sucking up the water and the humidity. For gardeners this makes long harvest days a little challenging, with imagined ticks turning out to be sweat drops trickling down spines.

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Volunteering.

Zen out to weeding, come pick berries, help with the milking, join special events, put up hay? If this sounds like fun, let me know and we'll find a time that works for everyone.

Visiting

Yes. You can! Once you have been here and know your way about, just come. If this is a first visit, email and I can set up a bit more of an introduction! Wander about, visit animals, picnic, see the garden bloom!

Deliveries and new delivery times

Driver: Tony 763 232 3919 Assistant Scott

St Paul/Lincoln 7.15am

Hiawatha 7.45m

Powderhorn 8.05am

Lake Harriet 8.25am

Lowry Hill 8.50am

Golden Valley 9.25am

HDR Office 9.50am

WBOB 10.30am

Donhowe 11am

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

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



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.

Greens-a 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

Bok Choy in Ginger and Garlic Glaze

1/2 tablespoon sesame (or olive) oil
 1 clove minced garlic,
 1 tablespoon honey
 1/2 tablespoon minced fresh ginger or 1/4 teaspoon ground ginger (not so nice but maybe more convenient?!
 4 bok choy cut in half lengthwise from leaf to root
 4 T soy sauce
 Salt and ground black pepper

Boil some water in a pot and drop in your rinsed bok choy still in its "half-clump"
 Boil for about 5 mins and then drain and put in a glass dish

Fry the ginger and garlic lightly in the oil for about 5 mins add the soy and the honey, then salt and pepper to your taste.and heat for just a minute until the honey is dissolved.

Pour over the Bok Choy, toss it about and serve.



bok choy



kohlrabi

Napa Cabbage and what to do with it. Actually, it's very versatile. Those crunchy bits in any Asian stir fry-if it is not water chestnut then it's napa. Even easier than stir fry is stuffed cabbage leaves. Really!

Split up your leaves, trim the very bottom edge off the stem, and rinse well in cold water.

Place one like a dish in a 9x11 glass dish and drop in about 1/4 cup of any kind of saucy pre cooked concoction you care for (eg mushrooms, onion, garlic, chick peas and beans and tomatoes or ground beef and mustard. etc) Roll over the leaf like a wrap and push it to the end of the dish. Start again and layer until your dish is full of little rolls. Cover with cheese (optional I guess but oh so good) foil, and cook for 15 mins at 350.

Kohlrabi the eccentric offspring of a cabbage and a turnip, this odd little ball is high in Vitamin C, and minerals like calcium and phosphorus. It is definitely worth getting to know. First, peel it, like a rough little apple, and cut its gnarly little base and any remaining stumps of leaves off. You can eat it raw,

Grate it in slaw, cube it in salad, or eat it cooked with other root vegetables (steamed with carrots?) or put in a soup.

Or use it as a sub for any of those potato casserole type dishes (creamed, scalloped etc) You can also disguise it when picky eaters refuse to eat it by smothering it in cheese sauce (you can get a boost to C if combined with calcium)

Kale chips

If you have never had these or have only had them at sky rocket prices in bag full of air in a store, then try this!

Bunch of curly kale (and I know you have some!)
 2 Tablespoons of olive oil (or your preference)
 1 teaspoon or more of coarse sea salt (or in a pinch any other kind)
 Pepper if you insist!
 (Preheat an oven to 300 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear the leaves into bite size pieces. Discard the stems. Rinse the kale leaves and then pat dry on a towel. Pour on the oil and salt and then toss it about. Bake for about 20 mins until the edges brown slightly, stirring every 5 mins to make sure they don't burn.

Garlic Scapes

The 70's TV antennae of a vegetable? the wiring from an alien ship? No! T'is the delicacy known as a garlic scape! Stir fry it. Add it to eggs or garlic scape pesto mmmmmm!

1/2 cup grated Parmesan cheese
 1 tablespoons fresh lemon juice
 Big handful of scapes chopped up into little chunks
 1/4 cup olive oil
 salt to taste

Puree scapes, olive oil, lemon and juice in a blender or food processor. Add salt to your own taste. Add the cheese by pulsing a bit at a time. Don't over blend it because it turns into glue. Gently stir in the cheese or gingerly pulse the cheese into the mixture; Keeps for about 3 days in the fridge. Use on pasta or sandwiches or toast!



spinach



kale