

Community Homestead Box Note Week 3 6/20/16

Volunteering. Heads up berry pickers in a couple of weeks we will be knee deep in currants. If you'd like to come join us (with a fresh berry sundae at the end of the session) stay tuned for possible dates!

Vacation?

You can cancel your box and we will eat it or give it away. OR you can have a neighbor or friend pick it up (Happy Birthday Friend!) We can also change the pick up site for your vacation time to make it easier for aforementioned friend to pick it up. Just email us the weekend before you want the site to change AND email again the weekend before you want to change it back. That helps us all remember the details!

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



What is in the box?

Best guess right now (the harvest not finished yet)

For all sizes: Beets

Bunching onions

Celery

Cucumber

Garlic Scapes

Dinosaur kale

Lettuce heads-Butterhead and Romaine (a little heavy rain damage on some outer leaves but we figured they are so delicious you'll still love them!)

Peas

Strawberries-eat now we pick then sun ripe!

Family only -Pac Choi, Broccoli

Family and Couple: Dill and Cilantro

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

News: Dazzling sunny days here at Community Homestead. Our garden team is full on and managing to turn up on Monday and Tuesday mornings at 6am to, "meet by the garden shed" Those night owls of 23 are exploring the value of post lunch naptimes while Adrian, one of our lead farmers took what he called an \$8 hour nap in a movie theater at the weekend. Ruefully, he said, I could have taken a free one at home! These are tiring times where the best buzzy social life is had in the strawberry bed.

Great job on reading the labels on your boxes so far! Everything is going so smoothly! Can I put a plug in for bag and box returns? This is what keeps your cost down and we hope not to have to make too many re orders in the season. Thanks!



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!

Coming up, Folks this is a really lovely event!-**The Country Banquet June 26**, and if you have been dithering, now is your time. We have good photos up on facebook and an armful of amazing, generous, chefs who have prepared artisan cheese, charcuterie and what I can best describe as various scallopy little zesty veggie nibbles as well as, yes, a real banquet of organic food for the meadow. At \$100, It is spendy but a great cause (we'd like to be here in 10 years farming this land rather than looking at houses with large garages and figuring what to do next to keep the lights on) Oh, and \$70 of your ticket is tax deductible! Wahoo, right?!



Not your Supermarket Celery

Our variety is punchier than the mild sticks you get trucked in. When you bite in, keep in mind its long history as a taste aid and a medicinal plant rather than a vehicle for raisin passengers glued on with peanut butter. Ancient Greeks and Egyptians were soothing their digestive tracts and staving off rheumatism with celery. And yep, you can too. Eat it raw if your taste buds allow –in salads chopped small or with dill dip decorating the end of a stem. If you have to cook it, steam it for less than ten mins. Even without a steamer you can do this by putting an inch of water in a pan with a tight lid, boil the water, drop in your veg, put back the lid. Just make sure you don't boil dry!

Celery, Scape and dill dip

Bunch of celery
Half your bunch of dill- finely chopped
1 cup sour cream
1/2 cup of mayo
1/2 cup plain yoghurt
Four little bunching onions finely chopped
1/2 teaspoon salt
1 teaspoon apple or red winevinegar
2 scapes finely chopped
1 teaspoon lemon juice

Cut your celery leaves off. Put your leaves in a freezer bag and stick it in the freezer-trust me, in September, we shall make soup stock!

Cut the celery stems lengthwise into strips and then into pieces about 4-5 inches long

Mix all the other ingredients together really well (you can cheat if you have a food processor and can throw it all in together!)

Put the dip into a jar in the fridge and chill for an hour ideally.



Dill



cilantro

Cilantro

Hmmm, I understand that there are people who love this but there are also people who despise it and gag at its very mention. All sorts of genetic reasons for that folks and if you are a cilantro lover you can thank (or otherwise) your Mediterranean/south Euro, north African/ East Asian ancestors for that one. Stoic, taste bud disadvantaged north Euros like me, the good news is you can learn to like it. There are good reasons to put yourself through the effort and the biggest one is antioxidants. Cleanses heavy metals, fights bad cholestorel, and cilantro also adds vitamin A, K and C.

Cilantro's best bud is tomatoes. None of those yet in WI so I suggest pesto and freeze it or pesto and eat it (with noodles, on bread/toast, etc where you can pair it with a great tomato sauce)

Cilantro Pesto

About 3 garlic scapes chopped finely OR 1 garlic clove minced
1 bunch of cilantro chopped finely
1/4 cup olive oil
1 tablespoon lemon
1/2 teaspoon salt
1/2 teaspoon black pepper

Process the lot together in a food processor or stir like thunder with a fork. You can put it in a freezer bag and freeze it as is. Takes about 4 mins to thaw if you put the bag in hot water.

Dinosaur Kale

You can "chip" them like last week's recipe (still on our website) but you can also cook them. Dino kale goes by lots of other names and originates from Tuscany hence Tuscan kale, Tuscan cabbage, Italian kale, flat back cabbage among other pseudonyms. Traditional use in minestone soup.

Here is a beginner's intro to kale as a side dish

6 finely chopped bunching onions

6 finely chopped mushrooms

Couple of finely chopped scapes

5 tablespoons olive oil

1 tablespoon balsamic vinegar

1 tablespoon of lemon juice

1/4 cup of water

Bunch of kale stripped from its leaves, (stems in that freezer bag in the freezer, right?)

Fry the onions, mushrooms and scapes together in the oil for 5 mins

Turn the heat down low and add the vinegar and lemon

Add the kale and turn the heat up a little stirring well.

Add the water, put on the lid and cook for 5 mins until greens are wilted

Take off the lid and cook for another 3-4 mins until the liquid is gone.

celery

Romaine Lettuce

Butterhead Lettuce