

Community Homestead Box Note Week 4 6/27/16



Happy Fourth of July!



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

News: Another beautiful summer day arrived! Last week was extra busy with the lead up to the Country Banquet. With the happy deluge of June, we not only have lovely vegetables but also strong and healthy weeds-everywhere! This means we are triaging the beds: whatever vegetable is about to be smothered, gets first aid and this hardly makes for the perfection of straight lines and neat little rows that our gardeners crave. But, reality cannot be denied and, it turns out, visitors well understand the rules of Mother Nature. Country Banquet guests enjoyed the flowers, the trees, the plants, ponds,, that were part of the idyllic backdrop for an amazing meal on Sunday. And the weeds? Ah, small worries!

Today we start work on a new cooler for all your boxes. The last one, created by Adrian, mad scientist of the garden, served us for years. But it had started to blink a little unpredictably, deciding its temperature more by whether it felt motivated than by what was decided. And the cooler holds ALL of the boxes overnight before we deliver to you on Wednesdays. Nadine, our lead gardener came to the end of her very long and patient rope and so we are happy to say we took the plunge and by next week we will be one big cooler up on this week!

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!

Redcurrant Harvest!

Come join us on Tuesday July 5th 9.30-12 (or part of that time!) for red currant picking. Serious pickers through to children who enjoy picking for our jam harvest are welcome too and, when they run out of interest, you can wander down to the barn to visit the calves! -ice cream to follow! RSVP to garden@communityhomestead.



What is in the box?

Best guess right now (the harvest not finished yet)

For all sizes:

- Beets
- Broccoli
- Bunching onions
- Celery
- Cucumber
- Fennel
- Scapes (for the last time-enjoy!)
- Kohlrabi
- Lettuce -Romaine and Butter-head)
- Peas (sugar and snow)
- Family and Couple- Carrots (cut any greens off immediately-store the root and add the greens to your stock freezer bag)
- Couples only -spicy Radish



All info about delivery times, your account etc are online. Sign in on the homepage at the top where it says CSA!

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 re-

Here is Nina! A gardener for the past 18 years here, she is part of the box crew responsible for making, stacking and preparing the boxes for packing on Tuesdays

Hop on facebook and add your favorite recipe to our recipe list on the left bar! <https://www.facebook.com/communityhomestead/>



radish

broccoli



snow peas



sugar snap peas



beets



bunching onions



fennel



kohlrabi in purple and green



celery



Romaine Lettuce



Butterhead Lettuce

What is fennel and how to eat it

This is an aromatic eccentric cousin of the hugely popular carrot-kind of like the your odd, awkward but literary talented Uncle Henry at the family reunion. Fennel is a bit of an eyebrow raiser at the first meeting but, in time, is an amazingly, talented, lovely little addition to your menu! If you like anise, you are off to a flying start. If you don't, I will give you tips on how to tone its flavor down!

Hidden talents of Fennel: Big time anti inflammatory, huge boost of C, full of antioxidants, potassium, and great on fiber.

Arthritis? Chow down!-The ancient Greeks and romans knew this and so it is definitely time for us to catch up.

Store it: in the fridge in your crisper drawer in a plastic bag. Eat it early in the week as it ages poorly.

Prepare it: The three different parts of fennel—the base, stalks and leaves—can all be used in cooking. Cut the stalks off right where they meet the bulb. You can just slice the stems thinly. Any frond parts you can store in a bag or hang upside down with a rubber band to dry. To clean the bulb part, cut it in half from top to bottom making sure each segment retains part of the root to hold it all together. Run the open/cut part under cold water to remove any non fennel. If you want the little pieces, then it's even easier to clean.

Cut the root vertically, remove the tiny hard middle and discard (if you like) and then the root off completely and slice it all horizontally. Rinse all the pieces in a colander and use immediately in your recipe

.Peas. All the peas you are getting right now can be eaten as is, right from the pod. Unless you are very disciplined, you won't get the chance to cook them because you will have eaten them raw, out of the bag and probably while in the car. However, when using them in a recipe, try them raw or only very lightly steamed. So much sweeter, crunchier, and more delicious!

Easy roast vegetables with fennel

3 pounds of small potatoes Cut larger ones into 2-inch chunks

Bunch of beets peeled and cut into chunks

1 large fennel cut into quarters vertically (see above)

Olive oil

Salt

Pepper

4 minced scapes

1 bunch of bunching onions chopped

Put all your chopped veg in a bowl and add the oil salt,pepper, and minced garlic. Toss well and then turn out onto a baking sheet. Preheat your oven to 375°F and roast for about 45 minutes. You might want to toss the veggies once or twice while roasting them.

Cucumber, fennel, kohlrabi and orange salad

2 cups of cubed cucumber (peeled or not as you prefer)

1 medium kohlrabi peeled and cut finely into little matchsticks

1 cup of finely chopped fennel stem and bulb

1 orange, peeled. Cut one half into fine slivers and use the other half for juice

For the dressing

3 tablespoons orange juice from your orange half above

3 tablespoons olive oil

3/4 teaspoon finely chopped fennel fronds

1/2 teaspoon salt

1/4 teaspoon pepper

1/4 teaspoon grated orange peel

Wash your fennel (see above)

Mix cucumber and fennel well together and store in an airtight container in the fridge for at least an hour but less than 10.

Before serving, add the orange slivers.

Mix your dressing (put it all in a jar and shake!) and toss your salad gently. Serve.