

# Community Homestead Box Note Week 5 7/06/16

News: Now we are truly here in the bountiful days of harvest. The blackcurrants are dripping off the bushes, the redcurrants are loaded and the raspberries are a forest of fat berries climbing, hanging, tangling in shady arches and secret places. All of us have three day's work to fit into 24 hours. It is hard to imagine Nature's excess like this in, say, February!



News here includes the arrival of two German Waldorf Students, Saskia and Dario. They landed right on top of the fourth of July and now, I think, imagine we eat ice cream non stop. From the center of Germany, from a fairly industrial area, they are from a school that sends us two lovely 18 year old Germans every year. They hit the ground running and are welcomed by Leo, our most recent Americorps arrival who is pleased not to be the only newbie in town. Reinforcements in our harvest haul!

## What is in the box?

Best guess right now (the harvest not finished yet)

### For all sizes:

Broccoli  
Bunching onions  
Carrots  
Celery  
Cucumber  
Snow and snap peas  
Parsley  
Lettuce (red and green summer crisp)  
Family Napa Cabbage, Collard greens,  
Fennel, shell peas  
Couples: Collard greens, shell peas  
Singles Swiss Chard  
Someone gets Summer squash and kohlrabi! (still in the field as yet so we have not counted it out!)

Also recently in town are about fifty Ameraucana (appropriately for the fourth) chickens. They came to replace the victims of last month's mink massacre. Pretty teenage chickens, who promise us one day to lay blue eggs, they are used to being free range rather than part of our mobile coop. Further prompted by the mean spirited bullying of the older chickens, they flutter over the fence and stroll about the orchard looking for bugs, scratching up weeds and, less helpfully, attacking the orchard pickers' shoelaces. Today, one was strolling around the peas way down in the garden. She got a garden escort back to her orchard home, tucked firmly under Tony's arm.

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

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



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 remember the details!

Coming out-anytime, just email!



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

bunching onions



broccoli



fennel



celery



kohlrabi in purple and green



Summer Crisp Lettuce



Napa Cabbage



flat and curly leaf parsley



When I was growing up, **Parsley** was the sprig of green that you carefully removed from your boiled potatoes and put on the side of your plate. To eat parsley was to eat the wax fruit in the bowl or the silk flower on a hat.

Aha, but parsley is so good for you! For all sorts of chemical reasons, parsley is a big cancer fighter. Not only is it full of antioxidants, it also has oils that neutralize various carcinogens. Cool, right? Loaded with vitamin C it helps inhibit atherosclerosis, colon cancer, diabetes, and asthma and boosts the immune system. It also has folic acid which pregnant women are always hassled about eating because it helps in healthy cell division. And, if this is not enough, it is good for your heart. So, fish it out of your bag, and think, "eat" rather than "decorate" when you see it.

**To store**, put it damp into a plastic bag in your fridge. You can also store it in a jar of water on your counter like flowers. Honestly, while I like the aesthetic of this, in our house, it ends up a jar of wilted, limp splat that I throw out a week later. So do what is best for your use! You can also dry it by hanging it upside down on a string in your basement (good circulation in a dry place)

All kinds of **summer squash** are coming up. These are essentially the same animal. The spaceships are patty pan and the long green ones are zucchini. The yellow ones are crooked neck but...all "squash" none the less. You do not need to peel them. Sautee, grate, steam in chunks. Next week-detailed squash recipes!

### Tabouli

- 1 bunch of parsley finely chopped
- 1 bunch bunching onions finely chopped
- 3 tomatoes finely chopped
- 1 cup of broccoli florets, separately small and steamed for 3 mins
- 1 cucumber peeled and finely chopped
- Juice of 2 lemons
- 4 tablespoons olive oil
- 1 cup of bulgar (cracked wheat)
- 1 cup boiled water
- Salt and pepper to taste

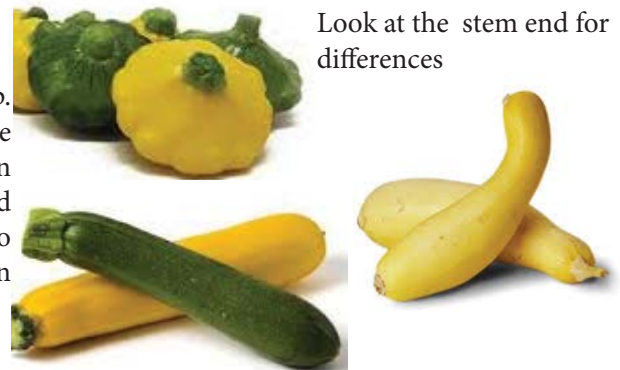
Put the bulgar in a bowl and pour the hot water over it. Let it sit with a cloth over it for about 45 mins until it is cool.

Put the finely chopped parsley, and onions, together with your tomatoes, broccoli and cucumbers and stir in a separate bowl. Add the juice of the lemons plus the oil and the salt and pepper to your own taste. Mix well.

Stir this into your cooled bulgar and chill. This is a great one to keep for a couple of days as it just improves as it sits. Eat it up by day 3 however!

### zucchini or cucumber?

Look at the stem end for differences



shell peas



snow peas



sugar snap peas



Snow and Shell Peas. eat them and their pods raw or steamed. Shell peas, eat the peas inside but not the pod!