

Community Homestead Box Note Week 6 7/13/16

News:

We are certainly not in a drought this year. Gardening and farming this year is apparently being conducted under water-either from rain, humidity or our own personal sweat bathing equipment. Humans are condensing all over the place. The bakery is a sauna and the processing kitchen a steam bath! The bounty continues and everything is just exploding with life. We have so many berries all at once that we pick buckets of fruit eyeing bushes beyond our reach, knowing we will never get there. I have never seen weeds with such crazed abandon, launching themselves into the sky, sending tendrils into every nook and cranny, climbing every wall and door. Nature has an amazing energy!

Awww, saw three baby raccoons barely old enough to toddle, following Mama Raccoon across our backyard into the cow pasture beyond. What perfect little delicate paws, what sweet little bandit faces, what tidy little striped tails. We shall try to keep this in mind when the same family, now a bunch of teenagers, joins the annual raid on your sweet-corn next month, zapping the electric fences over and over and over!



Tomatoes: coming soon! This is early yet so we will start with a few treasures. As the season goes on, you will all get tomatoes and many more of them!



Broccoli-bumper year folks. Not only are they great but they are all coming at once. You'll get a lot for a couple of weeks and then it will end.

Next Date to remember-Pig Roast/ Folk Dance August 20th

This one is a big family and friend affair. It involves our pigs in the outdoor roasters, a vegetarian alternative and an abundance of other food we share! The afternoon is filled with hayrides, tours, children's games and activities. The evening ends up with the Cow Pie Raffle, a folk dance and live music. So, please mark it on your calendars-tickets available online soon!



What is in the box?

Best guess right now (the harvest not finished yet)

For all sizes:

- Cucumber
- Summer squash
- Zucchini
- Broccoli
- Fennel
- Carrots
- Salad Greens: Mezuna, arugala, mustard, kale, tatsoi
- Lettuce heads (summer crisp)
- Potatoes (Yukon and red)
- Beets
- Bunching onions
- Celery
- Basil
- Family and couple-swiss chard
- And some size but ot all size (we don't know which yet) gets Beans? Eggplant and the very beginning of tomatoes
- Wondering how all taht fits in a box-yep, me too. Nadine also hopes to add a box choi, if "I can make it fit!" ha ha.

A Shout out
Thankyou!

To Will and Jill Hommeyer, Maureen McElrath and her granddaughter Katie, and Anna Bailey and Heidi Arnott and their children, who all joined us last Saturday for a big berry pick. We all left stuffed with berries, with a few more for later and with ten gallons more in the freezer-yahoo! We really appreciate your help!



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

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 out-anytime, just email!

THANKYOU for returning your boxes (remember to bend the flaps!)



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



Summer Crisp Lettuce



zucchini or cucumber? Look at the stem end for differences



basil



salad mix



swiss chard

So it is going to be cooler at the weekend-baking time! Here are a few "disguise recipes" to turn your vegetables into baked goods!

Zucchini Ginger Cake

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 2 teaspoons ground cinnamon
- 1 teaspoon ginger
- 2 eggs
- 2 sticks of melted butter
- 1 3/4 cups white sugar
- 1/2 cup of molasses
- 1 teaspoons vanilla extract
- 2 cups grated zucchini
- 1 cup raisins

Soak your raisins for an hour in a bowl of water. (ideal but not required!)

Grease and flour two 8 x 4 inch pans. Preheat oven to 325 degrees

Sift flour, ginger, salt, baking powder, soda, and cinnamon together in a bowl.

Beat eggs melted butter, molasses, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and drained raisins until well combined. Pour batter into prepared pans.

Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Turn it out and cool on a rack.

Eggplant

So called because when you cut a slice, the seeds resemble eggs. In Britain we call this aubergine-so much prettier right?! Actually, that word is borrowed from the French and shared by the Germans, the fruit originally (not strictly vegetable) coming from India. So what is it good for?

Big potent antioxidant, great for all sorts of complicated reasons for blood vessels health and, consequently cardio health. Very good source of dietary fiber, vitamin B1, and copper. It is a good source of manganese, vitamin B6, niacin, potassium, folate, and vitamin K.

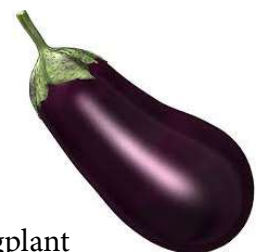
Eggplant is also a member of the nightshade family which has been, at various times, on the health hit list because of its high alkaloid content. This means some research has found a connection between nightshades and problems with joints, musculoskeletal, or nervous systems. However, other research points to a minimum issue especially with nightshade's nutrient density and its fantastically high performance for the rest of your bod. . So, jury is out. Probably best not to live entirely on a diet of potatoes, tomatoes and eggplant but in a varied diet-eat up and enjoy!

Eggplant: EAT THIS FIRST. Eggplant bruises, and wilts fast. Store it in a bag in your fridge but don't shove something on top of it. Eat it at the front end of the week before it gets sulky and pouts. When preparing, Leave yourself enough time to put the chopped pieces on a tray sprinkled with salt for half an hour. Rinse and then use. This gets rid of some of the bitterness and excess moisture. Chop it small in a stir fry. Slice it thin and dip it in batter and fry it. Great with garlic, onions etc.

Summer squash fritters

- 1 1/4 cups all-purpose flour
 - 2 tablespoons ground flax
 - 3/4 cup shredded cheese
 - 1 teaspoon kosher salt
 - 1 teaspoon ground black pepper
 - 1 teaspoon garlic powder
 - 3 large eggs
 - 1/4 cup milk
 - 2 cups grated zucchini and other summer squash-put the lot on a colander with paper towels to get the excess water out
 - 1 finely chopped onion
 - 2 finely grated carrots
- And if you like fennel-here is where you add 1/4 bulb of fennel grated

1/2 cup olive oil or whatever you like to fry with
Combine the flour, flax, salt pepper, garlic together and mix well. Add the egg and milk and beat in well. (Egg size! If your batter is more like dough, add a little more milk. It should be like a like pancake mix)
Stir in all the vegetables and the cheese. Heat up a skillet with oil and drop in the mix 1/4 cup at a time to make little circles. Fry for about 3 mins on one side, flip, and fry the other. Serve alone or with a sauce- apple sauce is also good!



eggplant