

# Community Homestead Box Note Week 7 7/20/16

## News:

Gardening is a bit of a commitment. Temperature extremes will bring that one right home and we are eying up this week with a little trepidation.

When it is really hot the cows go out to pasture at night and spend their days indoors basking around in the shadowy barn under enormous cooling fans but unfortunately, the idea of weeding in the cool of midnight with a flashlight does not seem feasible. Instead of fans, we are armed with a variety of sunhats, both edgy and traditional, and an awful lot of sunscreen. Add to this frequent switching in and out of tasks that involve washing vegetables in huge vats of cold water in the packing shed and you have our strategy all sorted.

As Dario, our young German Waldorf practicum student remarked with a little relief after a long afternoon in the sauna of the processing kitchen, "it is a different kind of hot in here from the garden" Different kind of hot is the best we can hope for until the St Croix transforms back from a turbulent flood zone into the peaceful pool we normally enjoy at this time of the year!

Instead of cute baby raccoon this week, we discovered snake eggs. I wonder what this might portend?

**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. The afternoon is filled with hayrides, tours, children's games and activities. Lots of food including our pork in the roasters, plenty for vegetarians and GF people. 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 this week! Questions? Just email!

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



Garden crew gathers for an inspection under the eye of Nadine (white hat!)

**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](mailto:garden@communityhomestead.org) I will wrap my brain around it and come up with a solution asap!

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



**Coming out-** anytime, just email!

## What is in the box?

Beans  
Beets  
Broccoli  
Carrots  
Celery  
Cucumber  
Eggplant  
Lettuce  
Hot pepper  
Potatoes  
Summer squash and zucchini  
Tomatoes  
Parsley  
Red cabbage



eggplant



broccoli



celery

red cabbage



Summer Crisp Lettuce



**zucchini or cucumber?** Look at the stem end for differences



parsley



potatoes-yukon and red



beets-also a variety that is cylindrical

Here is the skinny on **red cabbage**: lowers cholesterol, has different nutrients than its green brother so eat both, and much is lost if you boil it. Oh besides which, if you boil cabbage, your whole house will smell like a 1940's institution.

Red cabbage, like anything red/black has a concentration of anthocyanin polyphenols and all that means is that it is an anti inflammatory and anti oxidant veg so helps prevent things like cancer and arthritis. Big in K, C and B6 vitamins. Eat it raw, lightly steamed or sautéed.

The Greeks had it. The Romans had it. And now you have it in your box. What next? Keep it in a plastic bag in your fridge. Do not cut it until you are ready to eat it because, as soon as you cut it, it starts to lose its vitamins. If you cut it in half, use one bit now and the other bit tomorrow. We have not noticed any worms but those hitchhikers are sneaky and omnipresent unless you poison them (which we won't!) Just take a quick look at any cabbage family for these bright green mini caterpillars (broccoli, cauliflower, cabbage), and if you find one, take a breath and flick it off!

### Parsley Butter

Proactive use of parsley (this is one for the people who just threw out their parsley bouquet that sat on their counter for a week)

Grab your parsley out of the box and immediately chop the leaves up finely so you have ¼ cup of chopped parsley, add 1 finely minced garlic clove 1 stick of softened butter (I min out of the fridge in this weather!)

Little salt if your butter is not salted Beat it in together with a fork. Put it in a small bowl and cover in the fridge. Bring it out for potato garnish, to butter toast, to add to an egg fried for breakfast!

### Sauteed cabbage

- 4 cups red cabbage, shredded
- 1 Tablespoon lemon juice
- 5 Tablespoon vegetable broth
- Dressing
- 3 TBS extra virgin olive oil
- 1 TBS lemon juice
- 1 medium clove garlic, chopped or pressed
- Sea salt, and pepper to taste
- 2 TBS grated ginger
- Tablespoon balsamic vinegar

Quarter cabbage, slice it up quite finely and put it in a bowl. Sprinkle it with lemon juice.

Heat the broth in a skillet, add the cabbage and cover with a lid for 4 mins. Transfer to a bowl.

Mince the garlic and add it to the vinegar, salt, ginger, oil and the other lemon juice. Mix well and pour over the cabbage. Serve.

### Beets

How to prepare:

To eat raw. Cut off the tip and the root. Peel them with a veg peeler. Grate for a salad.

To eat cooked. Put the whole bag in a pot and boil it for about 40 mins until a knife goes in. Drain and cover with cold water. When cool, slide off the skins, like removing a jacket. Slice, cube or grate, and serve hot or cold.

### Raw beet and carrot salad

- 2 tablespoons mustard
- 4 tablespoons red wine vinegar
- 1 teaspoon celery seed
- 1 Tablespoon of honey
- 2 tablespoons extra-virgin olive oil
- black pepper and salt to your taste
- 3 tablespoons parsley leaves finely chopped

- 1 pound beets, peeled and grated
- 1/2 pound carrots, grated

Put all the ingredients except the carrots and beets in a jar with a tight lid and shake hard. Place grated beets and carrots in large serving bowl, pour the dressing over the salad, and toss well to combine..