

# Community Homestead

## Box Note 8 (7/27/16)

### News from the garden

Well, it is still hot! We are managing well and enjoying our shady jobs like folding boxes, washing lettuce, bagging beans and getting by with a lot of well appreciated humor in the sauna of vegetables we are bathing in this year. We hope you all are managing on pick up end of the business so you don't get a box full of wilted leaves and a bendy carrot for your efforts. This week is MEAT WEEK so you'll need to be especially prompt if you have a pack to pick up from the coolers. Just in case you are having problems embracing the heat, here is a reminder of why you should suck it up while you can...oooh yes, crispy salads while we may!

Farm life can look so idyllic from the outside. Let me just let you in to a couple of the battles that go on around here. Number one enemy right now is Potato Bug (if you do not count the endless annoyance of weeds)



The Potato Bug starts as a luminous orange sticky egg clumped on the

underside of the potato leaves. They then hatch into truly revolting translucent pale lava with black feet and jaws which promptly start chomping everything. Soon the potato plant is nothing but a stem with a point or two where leaves used to be. And the lava is now a large, crispy looking beetle among many other large crispy looking beetles. This herd crawls and then flies in clouds sniffing out the delicacy which is your potato. Eaten all the potatoes? Then they will substitute its cousin, the eggplant, or tomato, the peppers, or hardly a relative at all, the cucumber. Companion planting, lots of rotation, picking off eggs and bugs by hand; these

are all weapons employed in the battle.

This year Adrian hid the potatoes. Three quarters of a mile away in two different directions there are two plots of potatoes among waving barley and rye. He spent all of May watching the sky for signs of discovery. And yes, the bugs found them. However, clearly we got a head start. The evidence is in the eggplant and potatoes in your box that you can eat instead of them.

### What is in the box?

- Beets
- Bunching onions
- Green cabbage
- Carrots
- Garlic
- Potatoes
- Tomatoes
- Basil
- Bell peppers (sweet)
- Cucumber
- Broccoli
- Zucchini
- Summer Squash family and couple
- Celery
- Swiss Chard
- Beans
- Eggplant
- Lettuce

### Pig Roast is a comin'

**Saturday August 20th 3-9pm**

**Cheaper tix in advance**

**[www.communityhomestead.org](http://www.communityhomestead.org)**

**or at the online store.**



Beggy beg  
beg...please  
bring your  
boxes back!

Thanks so much for those sweet little notes of concern for our health on hot days. We are creative with our cool down methods as you can see!



### Fellow Mad Pickling Friends.

Anyone want pickling cucumber and dill? Not sure what I will have yet but email me and give me an idea of what you'd like and I will see what I can do!

broccoli



### Too Hot to Eat? Sick of Broccoli? Newbies Guide on How to freeze broccoli:

Start boiling a pot of water-the pot needs to be big enough for all your broccoli.

Put cold water and ice into a large bowl or small bucket.

Cut off about an inch of the lower end of the stem and discard (into your broth freezer bag where you are freezing all your oddments right? Or into the bin!)

Peel the remaining stem and cut into 1 inch pieces and then half them lengthwise. Separate the broccoli head into 1 1/2 inch florets. This means you can do a frantic little double check for green worms at the same time!

Boil a pot of water until it is really rolling.

Drop in your broccoli and boil for 3 minutes. Fish it out or drain and immediately drop it into the ice water. After about 5 mins it will be cool. Drain it and pack it into a ziplock type freezer bag. Squeeze out the air gently.

You can not substitute any other kind of bag like a sandwich bag. Put it in the freezer immediately. Enjoy it this winter!

### Refrigerator Dilly Bean

- 2 cups of green beans
- 1 cup vinegar
- 1 cup water
- 2 ½ tablespoons of sugar
- 2 cloves of minced garlic
- 1 ½ teaspoons of pickling salt
- ½ cup of thinly sliced onion
- 2 sprigs of fresh dill
- ½ teaspoon of whole black peppercorns
- ¼ to 1 teaspoon of red pepper flakes
- pint size glass jars of any sort with a lid

Add your water, vinegar, salt, sugar, and minced garlic together and bring it to a boil in a small pot. Boil 5 mins and then let cool. Put another pot on the stove full of water and set it to boil. Put a bowl of ice and water on the counter.

Cut all the beans down to the right size to fit upright in the pint jar with an inch at the top for brine. You can trim both ends, or just the



### Wagging that head of celery around (again?) wondering what to do with it?

#### Dehydrate it for winter!

If you don't have a dehydrator you can use your oven if it has a pilot light or if it goes down to 150 degrees.

Boil a pot of water. Prepare a bowl of ice water.

Cut your root off and the leafy head bits and put them in your growing freezer bag for veg stock.

Wash the celery and then cut the stems into thirds.

Drop the stems into the pot of boiling water. Quick! Thirty seconds only! Drain it and put the stems in the ice water. for three minutes. Drain again.

Either cut into little slices or pulse just a couple of times in a processor. Take the little pieces and spread them thinly on a dehydrator or on wax paper on a cookie tray. Set the dehydrator to about 135 and dry overnight. Put them on a super low oven or in the oven when it is just off. When they are not squishy-they are done -12-16 hours.

You can grind them into powder for soups or leave as they are and throw into sauces and soups in the winter. In a pretty herb jar this is a great gift too!

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stem end. If you try them out in an empty jar you will also know exactly how many jars you need for your beans.

After cutting your beans, drop them in the pot for thirty seconds. Quickly drain them and drop them in your bowl of iced water for five minutes. Drain the beans.

Drain the beans and set them aside. Divide the onions, dill, red pepper flakes, and peppercorns among your jars.

Lay the jar on its side and lay the beans in, packing the last few in like a jigsaw. Stand the jar back up and when all your jars are full. Fill up with the cooled brine so it completely covers the beans but is still ½ inch from the top. Pop them in the fridge and wait two days before eating. They will keep easily for three months.

green beans-



swiss chard

eggplant



all sorts of summer squash- no need to peel!



zucchini-look for the squared off tip so you don't confuse it with a cucumber



celery



basil