

Community Homestead

Box Note 9 (8/03/16)



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

Photo: Where would we be without the creative fixin' hands of Adrian?



**Pig Roast is a comin'
Saturday August 20th 3-9pm
Cheaper tix in advance
www.communityhomestead.org
or at the online store.**

News from the Garden

Actually, this time I want to tell you about some of the other aspects of your CSA! So first, a bit of a spotlight on the bakery.

Our bakery was started on a kitchen table making bread for our own community and developed into a "real bakery kitchen" about 14 years ago. In the past year, Americorps member Shannon has taken on the leadership of this very experienced crew of four people, hand mixing and hand kneading bread for sale, directly to you and farmer's markets. It is the only place reliably hotter than the middle of the bean patch in July. The cookie baking is led by Tony, another Americorps member, and again, everything is hand mixed, scooped and baked. This maximizes everyone's input and gets them an amazing arm workout at the bakery gym.

To get a sense of the pride in producing all of this delicious food, you only have to talk to Alex. He is the best salesman at the market, pointing out all the varieties of bread he bakes and announcing

to any passerby, "Hey, I am a baker!" So if you have not tried Alex' bread, give it a shot and order some from the online store-I recommend Challah which is amazing with garlic and pesto!

Pickles anyone? This is another kitchen-yep, we have two! This time it is our licensed processing kitchen where we dry herbs, make pies and jam, and convert bushels of cucumbers and beets into tangy pickles. Once again, a job for everyone; from peeling garlic, dividing fresh dill flowers into jars, and washing vegetables to measuring out the recipes, we all have a place on the team! And again, made with organic apple cider vinegar and with super fresh cucumbers, they do taste a little different from the ones at the store!

Part time gardeners are often also part time bakers and pickle makers. Jam makers can also be found in the barn at other times. We live a pretty full life and we invite you to taste the products of it!

What is in the box?

Beans
Beets
Cabbage if they fit
Carrots
Corn -hooray! It is "Sugar Buns" (I know!) which is a silver-white kernel
Cauliflower
Cucumber
Eggplant -if it fits in the box
Garlic
Curly kale
Lettuce
Onion-walla wallas
Peppers-both bell and hot
Potatoes red and yellow
Summer squash and zucchini
Tomatoes
Dill

Note on the lettuce:

You may find a slimy brown spot in your lettuce. It is impossible to see from the outside. This unpleasant surprise is caused by a lot of rain and sudden growth which splits the stem allowing the natural latex (that milky stuff) to ooze out and then go brown with the air. We can't see if your lettuce has it, or not. If you get it, cut it off and eat the rest-we apologize for this nasty little trick of Mother Nature.



left: bell pepper-sweet
right: hot peppers!
BEWARE!!



green beans-



cone and red
cabbage



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



dill

curly kale



Garlic Dill Butter

1 pound butter, softened
4 tablespoons fresh chopped dill
Clove of minced garlic (or more if you
love garlic)
2 teaspoon lemon juice
1 teaspoon finely grated lemon zest (that
yellow outer skin layer without the pith-
the white bitter layer)

Soften the butter-about ten minutes out
on the counter in this weather!

Chop the dill, zest the lemon, mince the
garlic and add all the ingredients to-
gether with the lemon juice and cream it
well. Pack it into small Tupperware con-
tainers to freeze (oh yes!) or use it right
from the fridge on steamed carrots, po-
tatoes, toast, or a special fish dish!

Beet and Carrot salad

1/4 cup plain Greek-style yogurt
1 table spoon apple juice (optional)
1 teaspoon finely grated orange zest plus
3 tablespoons fresh orange juice t
1 table spoon fresh lemon juice
2 table spoon finely chopped fresh dill
3 cups of grated beets (either cooked or
raw-your choice)
1 cup of grated carrots
salt and pepper to taste

EITHER COOKED: Boil your beets
until a knife goes in easily-20 mins for
small beets, 40 mins for large. Drain
them and then cover them with cold
water for ten minutes. Peel them by rub-
bing the skins which will pull right off.
OR RAW: trim the root and the "tail"
and discard. Peel your beets with a veg-
etable peeler.

Trim the root end off the raw carrot. No
need to peel it.

Grate both of these on a coarse grater or,
if you have the artistic inclination and
time (or a fancy gadget you've been dy-
ing to use) julienne them.

whisk all the other ingredients togeth-
er and then mix with your vegetables.
Chill.

Easy side dish of kale (or a main dish right out of a cereal bowl!)

1 onion finely chopped
2 tablespoons balsamic vinegar
1 table spoon lemon juice
1 table spoon red wine vinegar
2 cloves of garlic minced
3 table spoons of olive oil for frying
Salt and pepper if you like
Half a finely chopped hot pepper if that is your
thing-remove and discard the seeds!

Fry your minced garlic and finely chopped (into
little "squares") onion in the olive oil for about
three minutes, keep it moving in the pan by stir-
ring. This is also the moment for your hot pepper!
Pull the kale off the stems. Discard the stems (into
your freezer bag!) and tear the leaves into little
bits.

Add the vinegars and lemon juice to the pan and
then the kale. On high heat, move it around a lot
so it mixes and cooks for four minutes, and then
turn the heat down and put a lid on. Cook for a
further 3 minutes. Eat up!

Too hot to eat? How about vegetable dip? You can prepare it in the cool of an evening.

Baba Ghanoush

About 1/1/2 pounds of eggplant
2 table spoons olive oil
3 table spoons of tahini
1 clove garlic, peeled and crushed
Juice of a lemon
Sea salt and freshly ground black pepper

Preheat your oven to 450°F. Rub the outside of the
eggplants with olive oil and put them in a glass
dish. Roast it for about 20 mins until the skin
looks a bit burnt and you can put a knife in easily.
Then let it cool..

Peel the eggplant and take out the seeds (discard)
Chop the rest of it into chunks and put it in a pro-
cessor.

Add the tahini, lemon, garlic, salt and pepper and
process. If it seems a bit dry, add a few teaspoons
of water. It should be the consistency of smooth
paste.

Put it in a bowl and arrange with carrot sticks,
cauliflower florets and chunks of bell pepper. You
can also add square chunks of sour dough bread
for bigger appetites!