

# Community Homestead

## Box Note 11 (8/17/16)

### Big News...PIG ROAST IS THIS SATURDAY, 3-9pm!

Bring your whole family, friends for a really relaxing and fun time! The ticket price includes all the activities so, once here, you can hay ride to your hearts content, make flower crowns, pet cows, climb on the hay fort, and eat like royalty (sorta Henry the Eighth style) without cracking open your wallet if you don't want to!



### Garden News

We are busy gathering up, mowing down, planting (oh yes, there are more baby lettuces in store) and worrying about tidying up. Pig roast is coming and we really hope you will come so we can connect with more than a name on a box! It is honestly really great to see the growth of little kids who grow on our potatoes, tomatoes and kale very year. Some families have been with us long enough to see toddlers grow up and go to college fueled on organic vegetables!

This week we said goodbye to our two German volunteers Dario and Saskia who were blasted by the weather sauna, picked thousands of beans and raspberries, learned how to pickle, make pies and freeze vegetables, explored all over NW Wisconsin experienced a rodeo, and even went, of course, to the Mall of America.

We are not sure where we'd be without all the help that we get from eager and enthusiastic volunteers. We do know that we'd become a dull lot without

them. So thank goodness for Sue Horn who comes out to be a "farm gal" every Tuesday and to Peggy Geskerman who does the same every other Wednesday morning. If you think this might be a neat part of your own schedule, adding peace, great exercise, fresh air and good friends to your life...drop me an email! We'd love to see you.

**Wanna come paint a house?** Interior coming this week and next. Bring old clothes and an hour of your time and we'll bring the rest!

### What is in the box?

Beets  
Carrots  
Corn  
Eggplant  
Garlic  
Kale-dinosaur  
Lettuce mix for some sizes  
Tatsoi  
Onion-red and yellow  
Peppers  
Potatoes  
Summer squash and zucchini  
Tomatoes  
cilantro

**Tomatoes:** what you have here is Mountain Merit an award winning slicing tomato that we like because it is very resistant to disease. This is particularly important in a wet year so, happy to have him around.



Then there is Purple Cherokee, that big bulbous purple greeny red thing with chubby cheeks and a big nose. That was discovered by a seed company growing in Tennessee by a family who had received the seed from the Cherokee a hundred years before. The tomato is ripe when it comes to you. The greenish bits are not unripe. A m a z i n g rich taste and great for salads or, one giant slice on a piece of bread.





### Cilantro.

Yes, here it is. Some hate it some love it. Blame your genet-

ics and ancestry for that one. Cilantro is good for lowering cholesterol, has antibacterial qualities (which is why it tastes like disinfectant to some perhaps!) and it has a long history, now being substantiated by research, as a helpful anti diabetic aid. Coriander seed is the seed of this very same plant. It is just that coriander generally refers to the seed and cilantro generally refers to the leafy part. You can freeze it if you want to make salsa later, by picking off the leaves and throwing them in a freezer bag. They'll come out full flavor but mush which is okay in cooked salsa and disgusting otherwise so choose wisely!



### Kale chips

If you have not done it yet, maybe now is the time?

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon salt or other dry herbal seasoning

Preheat an oven to 300 degrees. Line a non insulated cookie sheet with parchment paper.

Rip the kale leaves off the stem or cut them off like a surgeon with a knife. Discard the stems (into your broth freezer bag remember/!) Tear the leaves into little bit size, chip pieces Put it in a bowl and massage the oil and salt into the kale. Dump out onto a baking tray lined with wax paper and make sure they are in one thin layer. Bake for ten minutes and then take out the tray, mix around and put the tray back in for another 15 minutes. Cool for 3 mins on the tray. You can store this in a plastic bag. Great for packed lunches!

### Tomato, cilantro, pepper and corn salad

- 3 cups fresh corn kernels (cut from about 6 small ears of corn)
- 3 cups of chopped tomatoes with the seeds discarded
- 2/3 cup finely chopped red onion
- 2/3 cup of finely chopped pepper

Boil water in a large pot. Husk your corn and boil it for about 4 mins. Take out the cobs and chill in a sink/bowl full of cold water for five minutes or more. Cut the corn off the cob and discard the stems. Combine your corn kernels with your tomatoes, pepper and onion. Mix well

#### Dressing:

- In a jar with a good lid, or in a blender, add ¼ cup olive oil
  - ¼ cup cilantro leaves picked off the main stem (discard the stem)
  - 1 tablepoon lime juice
  - 1 tablepoon honey
  - 1 minced garlic clove
  - 2 tablepoons red/apple vinegar
  - Salt and pepper to your own taste.
- Either shake well in the jar or blend until smooth. Keep separately in the fridge until ready to serve, at which point, mix thoroughly with the veg!

right: lettuce mix



### Colorful slaw

You have just the right medley in your box for a beautiful coleslaw. Grab your cabbage, carrots and beets. If you like zip then add your onion to your hand-ful!

- 1 small cabbage
- 6 carrots
- 2 beets, not cooked but peeled and trimmed
- Optional ¼ onion very finely diced.

#### Dressing:

- ¼ cup yoghurt,
- ¼ cup mayonnaise



### Tatsoi:

these are the adult version of the baby leaves in

your salad mix back a few weeks. Big on folate and vitamins B and C. Also rich in calcium and potassium, so eat up! Tatsoi is like a very mild mustard in taste and has a texture like spinach minus the teeth drying effect. You can be brave and eat it raw, in a sandwich, in salad or more recommended at this size, stir fry it, adding it at the end of the process, or steam it.

### Tatsoi with ginger

- Bag of tatsoi
  - Clove of garlic minced
  - 1 tablespoon of safflower oil,
  - 6 tablepoons water,
  - 1 tablepoon soy sauce
  - 1 tablepoon red wine vinegar ½ table- spoon cornstarch .
  - 1/2 tablepoon fresh minced ginger
- In a bowl or pitcher mix the water soy, vinegar and cornstarch until it is smooth and not lumpy. Fry the ginger and the garlic on a medium heat in the oil for just a minute. Move it around a lot so it does not stick or burn. Add the tatsoi and keep stirring for another few minutes until the greens "wilt". Add the cornstarch mix and turn up the heat a little. Keep turning the veg so it thickens consistently. Serve over rice.

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- 2 tablepoons red wine/apple vinegar
- 2 tablepoons lemon juice
- ½ teaspoon garlic powder
- ¼ teaspoon of salt.

Either in a food processor or by hand, grate the vegetables on a medium grater. Put them all in a bowl. Mix the dressing by putting into a jar and shaking well or stir well in a small bowl. Add the dressing to the grated veg. Mix super well and chill in the fridge. it will keep well for several days in a container with a lid.