

Community Homestead

Box Note 12 (8/24/16)



I prefer to think of the corn worm at this pretty stage!

Garden News

What a deluge! Sitting up here on our sandy bluff we are thankful for good drainage and height from the river. Despite the rain we had a glorious time puddle jumping, making flower crowns, taking calves for a walk around the barn and feeding chickens before having a feast of fresh pork and all kinds of garden salads. True to tell, we are still eating the leftovers but we were really heartened by all the stalwart, happy people who came: all the kiddos in their rain boots, and lots of crinkling rain jackets! So great to put faces to garden customer names-oh, and to be corrected on how to pronounce them!

We are starting to harvest some of those later summer deals like spaghetti squash and celeriac, along with millions of potatoes. Normally (do we even have that anymore?) by August the fields are olive green and brown, the potato tops are dead stems and the tomatoes are looking a bit tired and straggly. This year, it is lush jungle out there. Potato leaves are waving in the wind and tomatoes are looking young and wild, and very juicy! We are chopping hay for silage. Seems odd then for kids to be preparing to go back to school (taking our extra hands with them!) What is this with time spinning by?

Peppers- check carefully-the long pointy ones are the sweetest ones. The square one is the bell pepper also sweet but not so much. The waxy looking yellow one? That is the HOT one. Please take care of your children for even chopping one can give a burn to a sensitive child.

What is in the box?

What is in the Box?

Beans,
celeriatic
cone cabbage,
corn
garlic
curly kale
leeks
onions
peppers-red italia, bell and hot wax
potatoes
tomatoes-purple Cherokee, black plum, mountain merit
zucchini
basil
dill

Plus, for family boxes only:

Cauliflower
Eggplant
Spaghetti squash
Swiss Chard



bell pepper

italia



hot wax



Corn-more hitch-hikers coming along with your corn I am afraid. They love the wet weather –makes the corn sweeter for them to eat too, and they have found cozy real estate in your cobs. Cut out the bad bits and enjoy your taste of summer none the less!

Tomatoes- the plum variety-shaped like a plum and more orange- is the one to cook with. It has more meat and less juice. The others you can cook with of course but are better for salads and sandwiches.



Mountain Merit



Purple Cherokee



black plum



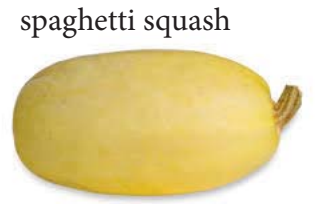
leeks



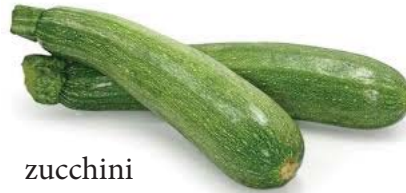
dill



kale



spaghetti squash



zucchini



Leeks: How to prepare (Newbies-this is for you!) Take your leek and cut off the tip of the root. Make an incision that runs the length of your leek, from green leaf to white root, that goes half way in. Put your leek under a running cold tap and rinse your leek. Cut it up from there.



celeriac

Celeriac: Chances are this is what you have in your hand, as this is what prompted you to look in the box note this week to find out, "what the heck is this?" Looks like a leathery, ancient baseball? Okay, that's celeriac. Worth all the ugly. Cut off the rind and the attendant earth, with a sharp knife. Give this now naked, pale green bulb a rinse off. You now have a versatile little treasure to add to any roasted veg medley -see recipe-or a soup, transforming it from ordinary to marvelous. You can store it for a week in a plastic bag in the fridge.

Roasted medley of late summer!

- 2 beets
- 4 potatoes
- 2 leeks
- 1 bell pepper
- 1 zucchini
- 1 celeriac
- 4 T olive oil
- ¼ cup chopped basil
- clove of garlic minced
- Salt and pepper to taste

Peel your beets and celeriac. Wash the leeks. Chop the beets, celeriac and potatoes and combine them in a bowl with 2 tablespoons olive oil, salt and pepper. Toss well and put into a large glass dish. Cover with foil and bake on 350 for 30 mins.

Chop the leeks, pepper (discarding the seeds) and zucchini. Mix the basil, and the minced garlic with the remaining olive oil (you can blend it too if you wish but it is a tiny amount!) Put the veg in a bowl and toss with the oil/basil mix. Add it to the potato/celeriac/beet mix and mix well. Cover again with foil and bake for a further 30 mins or until the beets are soft.

Spaghetti squash Tip: do not try to pass this off as spaghetti, especially to a dubious child. It does not taste at all like noodles and any noodle lover will be disappointed. Let spaghetti squash do spaghetti squash. Fun to eat, great with sauce, fine in soups, high in folate, vitamins ABC, potassium, zinc and omega 3 AND low in calories.

-Looks like a football so let's see how to tackle it! You can cut it in half if you have a bit of muscle and a big knife, Cut it around the middle, not from stem to end. Scrape out the seeds.

Either drizzle it with olive oil and seasoning to your taste, and put it, flat side down, in the oven for about 30-40 mins on 375. **OR** put it in a pot of boiling water that covers it and boil for 20-30 mins until soft. **OR** you can prick the beast all over with a fork or knife and put it on a tray in the oven for an hour at 375. Let it cool for about 10 mins afterwards and then cut it in half (use a cloth and a sharp knife) scoop out the seeds.

After any of these cooking methods you will need to do the following Grab a fork, and a cloth to pin down your hot/warm squash, and working from side to side, scrap up and separate the "spaghetti" strands and put them into a bowl. Add butter, seasoning, whatever you love (fantastic with a butter garlic dressing!) and you are home free.



cabbage

basil



beets

