

Community Homestead

Box Note 13 (8/30/16)

Garden News

Our third cutting of hay is on the wagon and under the eaves of the shed and barn, waiting for a moment to get stacked into the hayloft. The steers left yesterday for the butcher. The grapes are steadily ripening and we are busy folding a late summer newsletter. Must be harvest time!

Definitely a goodbye to summer is in the air. This week we said goodbye to Alex and Brendan who have been fantastic here, and a temporary goodbye to Leo who is here for a year but working at the State Fair to pay for his college loans (oh, those loan generations). If you get there really early you might wave Leo a cheery good morning as he leaves after his night's work!

And of course, we said a little goodbye to our school and college kids who are now trapped in school instead of in the fields, bakery and kitchen with us! Kind of a two edged sword for a child because actually it is fun here to do the work and to "belong" to so many people. And then, seeing friends and opening that crispy white notebook? Hard to beat. This year the community has a new senior and a freshman in high school, an 8th grader, a 2nd grader and very serious 4 year old announcing he is, "going to start school, did you know that?" It makes us think of all of YOUR children off to school, hopefully energized by the food we grow and make here. Very special for us!

Rich helping Siri get our food delivered to ALL our customers!

What happens to your donated box?

Every week we send our extras plus any "vacation" boxes to Siri, the site host for Lowry Hill. Siri deals with this big pile of boxes, helped by volunteer Rich Maier who takes them to Groveland Food Shelf. So passing on to you happy vacationers who donated their box Siri's words.

"I NEVER walk away from Groveland without multiple thankyou's, often in a language I do not know. When I say, "They were picked yesterday!" the response is; tears, "thank you", "just like when I grew up" SO the Thank you's go to you all!"

We also gather up our goodies at Osceola Farmer's market and together with the donations from other vendors take them to Osceola Open Cupboard so rural and city people alike can be well fed! Thanks for supporting this garden so others can enjoy it too!



THANK YOU FOR BRINGING YOUR BAGS AND BOXES BACK!



Mountain Merit-salad, salsa and sandwiches



Purple Cherokee salad sandwiches. salsa- best BLT ever



black plum-sauces and other cooking experiments!

Peppers- Putting this important info in again for those on vacation last week! 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?

Cabbage
Cauliflower
Eggplant
Garlic
Lettuces
Onions
Peppers -Italia, Bell and Hot Wax
Potatoes
Salad greens-arugala, mezuna, tatsoi, baby kale
Tomatoes
Zucchini
Summer squash
basil
plus Broccoli -for some sizes (depending on what fits!)



zucchini



salad greens above made up from....



arugula



mezuna



tatsoi



baby kale



basil bonanza!

We are giving out big bunches of **Basil** this week. We have an abundance and thought you might like to share in it. Pesto People! If you have no time or don't like pesto (what?!) you can freeze it in about 2 minutes or hang it upside down in your basement or dark, dry, cupboard and haul it out in the winter months when you are feeling like a cozy cook and looking at youtube recipes!

To freeze basil:

Pick off the leaves, discard the stem Put it in a freezer bag and throw it in the freezer. When you thaw it, you leaves will be slimy with no texture BUT will retain flavor. This is perfect for soups and sauces but don't try it in salsa!

To dry: put up a string, clothes- line style, in a dark dry place like a cupboard, basement or attic. Split your basil bunch into 4 stem groups and re band them. Hang each one over the "line" upside down, with two stems over one side of the string and two stems over the other. Wait about 4 weeks until they are totally dry before putting them in an airtight bag. Don't crush them until you use them. This retains the flavor. Incidentally, great Christmas gift idea in a fancy jar and easy enough for kids to do!

OR: got a pilot light in your gas oven? Fantastic drying opportunity. Space your individual leaves on a wire rack and put them on the unlit oven. Takes about two or three days. Just remember they are in there before you preheat for something else!

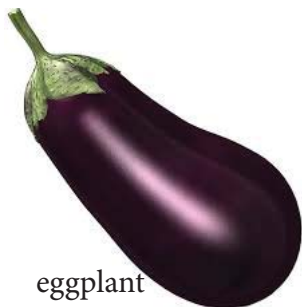
Roasted Cauliflower.

Possibly the easiest and most delicious way to eat cauliflower

- 1/4 cup butter melted
 - 1 tablespoon chopped fresh dill
 - 1 clove garlic, minced
 - 1 teaspoon grated lemon zest
 - 1/2 teaspoon ground cumin
 - 1/4 teaspoon salt
 - 1/4 teaspoon ground black pepper
 - 1 large head cauliflower, leaves trimmed off
- Preheat oven to 350 degrees
 Mix the butter, dill, garlic, lemon zest, cumin, salt, and ground black pepper in a bowl.
 Put your cauliflower in a casserole dish with its stem down and its head up. Spread butter mixture evenly over the top and sides of cauliflower working your way down (think massage!). Cover it with foil and roast it for about an hour-hour half depending on size. Before serving, baste it again with the any liquid at the bottom of the pan.

Salsa

- You have all the ingredients for fresh salsa in your box – except the cilantro but you can pick that up easily-right!?
- 4 cups chopped tomatoes
 - 1/2 cup chopped green bell pepper
 - 1/2 cup chopped Italia pepper
 - 1 cup onion chopped small
 - 1/4 cup minced fresh cilantro (you can substitute 1/2 cup of chopped basil)
 - 2 tablespoons lemon or lime
 - 6 teaspoons hot pepper finely chopped
 - 1/2 teaspoon ground cumin
 - 1/2 teaspoon sea salt
 - 1/2 teaspoon ground black pepper
- Stir all your vegetables in a bowl. Add the rest of the ingredients and stir really well. Chill for at least an hour in the fridge. It tastes better after a day!



eggplant



garlic



cauliflower



cabbage

hot wax

