

Box Note 17, 9/28/16

3 more boxes after this one!



Meat Shares: Resuming Delivery NEXT WEEK. We had hoped for this week but the butcher will only have it ready for us tomorrow. I guess this gives you another week to prepare your freezer for an oncoming package. We will deliver your delayed deliveries according to the method you chose and emailed to us, either all at once or spread over the remaining weeks. Again, our apologies for this and lots of appreciation for your understanding and kind thoughts!

So heads up everyone else...plenty of meat in the online farmstore next week!

News this week

Golden Fall is here and we are very aware of our days shrinking fast. Our gardeners have shifted from their sunny 6am "meet you by the shed" harvest mornings to a 7.30am and "have breakfast before you come" Awww, no more bagels and berries, yoghurt and coffee, by the picnic table, grubby fingernails and crates already stacked with peppers and broccoli.

Over in the orchard, the effort is to pick up all the apples that fell during the storms of the last week. Fortunately for us, the seniors from Avalon High School in Minneapolis, were here to help us haul, picking apples, and putting grapes to bed for the winter. Poor Avalonians: every time the seniors come, it rains, and this time we had more rain than we have ever had in a short measure of time, flooding the field and floating the campers in six inches of opportunistic lake. They spent most of the evening packing the dryer and dripping various laundry items from the beams in the basement of the community center but, amazingly, were sunny and willing and ready for a day's work in the morning. What attitude! (what teachers!) As one student told me, he learned two things, one was that he had it pretty good at home and felt embarrassed to think how he complained when his Dad asked him to do chores, and the other was that he enjoyed working and felt really satisfied and happy at the end of the day. Nice!

We also feel happy and satisfied, in knowing your fridges and families are full of our vegetables, bread, cookies and, soon, our meat again!

Homesteader Members and Online Orders

while veg always comes in a box, you may get a box or you may get a bag depending on your items in your order any one week. Please stay perky when looking for your homesteader name label!



What is in the box?

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Broccoli
Carrots
Celery
Eggplant
Garlic
Leeks
Lettuce
Onion
Peppers
Potatoes
Spinach
Squash-butternut
Cilantro
Dill
Maybe Cucumber and Edamame for some size boxes



Have a little hail with that one!

We got hammered, briefly, with pea size hail last Thursday night. Not much damage except to the beautiful spinach which is now sporting a slightly lacy accent. We figured a few holes won't hurt you-the iron content is still amazing-but it will not keep as well as it would normally. Best use it before Sunday!



Tuesday afternoon in the packing shed!

italia pepper



spinach



eggplant



Football Season? Lunch Box Season? Snack time!

Spinach and dill dip

- 3/4 cup Greek yogurt
- 3/4 cup sour cream
- 3/4 cup mayonnaise
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 2 cloves of minced garlic
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1teaspoon Worcestershire sauce
- 1 teaspoon balsamic vinegar
- 1/2 cup onion very finely chopped
- 1/4 cup of finely chopped dill
- 1 8-ounce can water chestnuts, drained and chopped finely
- Bag of spinach, blanched, finely chopped and well drained

In a bowl, mix your yoghurt, sour cream, mayo, onion powder, paprika, minced garlic, balsamic vinegar, and finely chopped dill.

Blanch your spinach for 2 mins and then drain in a colander over a saucepan. Chop the spinach roughly inside the colander and squeeze out the water. (Save this spinach water for soup)

Add the spinach, the finely chopped onion, and water chestnuts to the creamy mix and stir well. Let this chill for at least an hour in the fridge-better overnight!

Serve with carrot sticks, sour dough bread, challah or chips!

Edamame

- 1 cup of edamame
- 3 cups water -lightly salted
- Sea salt for sprinkling on afterwards

The easiest sports snack ever... Boil your lightly salted water. When boiling, toss in your bean pods. Boil for 5 mins and drain. Put in a bowl, sprinkle on some salt and then your snacker just has to squeeze the pod to let out the delicious buttery beans.

You can also pod the beans and add them to pasta, rice, soups. High in protein and so many minerals including calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, and manganese. Vitamin C, riboflavin, thiamin, niacin, pantothenic acid, vitamin B6, folate, vitamin E (gasp for breath...) It is kind of a superhero for skin, immune systems and general health. If you are allergic to soy-don't eat them but, otherwise, eat up!

Edamame spoils quickly which is why you are more likely to see them frozen than fresh in stores. Eat your edamame within a few days of us picking them for you!

Roasted Red Pepper and Bean Dip

- 1 (15 oz.) can of black beans, drained
- 3 roasted red italia and bell peppers
- 1 (8 oz.) package of cream cheese
- 2 Tbsp. fresh cilantro leaves
- juice of 1/2 a lime
- salt and pepper, to taste
- 1 Tablespoon Chili Powder.
- 1/4 teaspoon Garlic Powder.
- 1/4 teaspoon Onion Powder.
- 1/4 teaspoon Crushed Red Pepper Flakes.
- 1/4 tsp. Dried Oregano.

Roast your peppers

If you have a gas stove, get a pair of metal tongs and hold your pepper right over the high flame. What you are doing in charring (blackening) the outer layer of skin. As the skin blackens, turn it over until the whole thing is black. Alternatively put it under a broiler in a dish and take it out frequently to turn it. Then, immediately, put the blackened peppers in a glass casserole type dish and cover it with plastic wrap. As it steams, it loosens the skin. After 30 mins the pepper is cooled. Take the peppers out one by one and hold it under cold tap, rubbing the black skin off. Open it up, discard the seeds and the rest is yours, a delicious roasted pepper skin!

Put the finished roasted peppers in a food processor with all of the other ingredients and process until smooth. Better when chilled for a couple of hours. Serve with veg sticks, bread, or corn chips.



above: edamame out of the pod



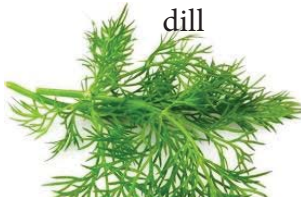
butternut



cilantro



dill



leeks