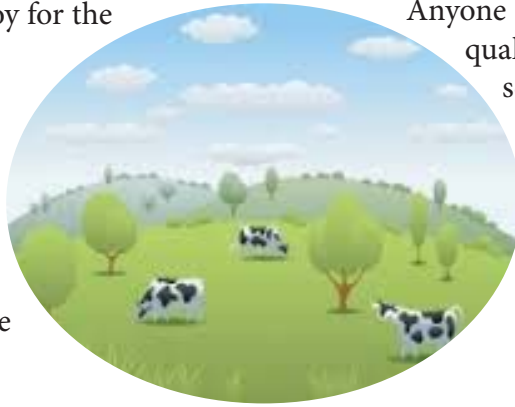


Box Note 18, 10/5/16

2 more boxes after
this one!

Meat Shares: MEAT ARRIVED! Joy for the meat eaters.

You will all be getting either a huge package of meat or a big package of meat depending on which option you emailed to me (missed deliveries all at once, or spread over the remaining weeks) Either way, please be ready for pick up and have space in your freezer.



Anyone with a teeny freezer who is quaking right now-email me. Let's see what we can figure out.

I will be adding meat to the online store too this week so...stay tuned!

What is in the box?

There are a lot of things still unpicked and or uncounted as of writing this note so there is a larger than usual "maybe" list. However, this gives you a pretty good idea of Mother Nature's Bounty this week!

For everyone:

Broccoli
Carrots
Leeks
Lettuce
Onions
Peppers
Potatoes
Spinach

Add to this singles boxes: edamame, butternut squash

Add to this couple boxes: edamame, butternut summer squash/zucchini, kohlrabi, fennel

Add to this Family boxes: kabocha squash, swiss-chard, summer squash/zucchini, kohlrabi, fennel
Plus: Maybe for some boxes?

Garlic
Cucumber
Eggplant
Sweet potato

News this week

Enjoyed our fantastic, glorious weekend and accompanying days of golden fall balancing festivities with vegetable picking! We celebrated Michaelmas (harvest) by apple pressing, making melon ice cream (delicious if you eat it fast, if you don't, you drink it!) and eating dragon bread and soup. Oh yes, we galloped about outside too chasing each other around as dragons and collecting "jewels" in our annual dragon game! Along with this came the Sogn Valley Art fair, and annual camping/selling/artsy hang out event for us in Cannon Falls. So what a good time for the farmers to try out making a silage worm! You've probably seen these long plastic bags laying on the ground on other farms-kind of fallen silos in fact. With our silo full we thought we'd give it a whirl! Also trying to finish off the renovations to the farmhouse so we can all move in (and around)

October is our "bridge" time when we try to get out craft work started at the very same time as our garden and farm work is happening but it is hard to find the time and impulse to do that when the season is still so good. Grass is green. Flowers are still growing. Spinach is looking bonny! Feels more like Ireland on a summer's day than Wisconsin in fall!

We also said goodbye to Maren who returns to her studies at Cologne University. What a lovely person and a lot of warm help she was!



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!

italia pepper



spinach



eggplant



fennel



edamame



leeks



bell peppers



diakon



Refrigerator pickle Diakon.

- 1 1/2 cups peeled chopped daikon
 - 2 tablespoons pickling or kosher salt
 - 1/2 cup rice vinegar
 - 1/4 cup sugar
 - 1/2 cup water
 - 1/4 teaspoon ground black pepper
 - 1/4 teaspoon turmeric
- Put your vinegar, water, sugar, pepper and turmeric in a pot and bring it to the boil. After boiling, cool it down to room temperature.

In a separate bowl, toss the daikon with the salt. Cover with a plate, and leave for an hour. Rinse and drain them several times and then dry them with a clean cloth or paper towel. Put them back in a bowl or large jar, pour the vinegar mix over them. Stir well and put in the fridge overnight. Keeps for 2 weeks.

summer squash and zucchini



sweet potato



kabocha squash



butternut



What is that white carrot thing?

That is a daikon! When my Japanese friend comes to the farmer's market she grabs any daikon we have. In Japan, as in Korea and neighboring countries, the daikon is the staple stand by of any recipe. In essence, purists cover your ears, a daikon is a slightly spicy radish. Mashed Peel it. Chop it into discs. Boil it or steam it. Drain when tender. Mash

October Slaw:

- 1 cup peeled daikon cut into little "matchsticks"
 - 1 cup carrots in little matchsticks
 - 1 cup of stems of broccoli, peeled with a paring knife and grated on a large "hole".
 - 1 cup of kohlrabi, peeled and grated on a large "hole"
 - 1/4 cup of Italia peppers cut into tiny cubes
 - 1/2 cup mayonnaise
 - 1/2 cup plain yoghurt
 - 2 tablespoons sugar
 - 1/2 teaspoon salt
 - 1/2 teaspoon pepper
 - 1/2 teaspoon celery seed
 - 1/2 teaspoon garlic powder
 - 1/2 teaspoon onion powder
 - 1 tablespoon cider vinegar
 - 1/4 teaspoon ginger
 - 1 tablespoon lemon juice
- Mix all your vegetables together in a bowl. In a separate bowl add all your dressing ingredients together and stir well until creamy. Add the two, toss well, chill and serve

it with butter, salt and pepper. If you are still not sure of the taste, add it to mashed potatoes for a little kick. Roasted Peel it. Cut into larger discs. Add it to cubed potatoes, and carrots and tiny cubed peeled beets. Toss it in olive oil, salt and pepper and then roast it in a pan covered in foil for 50 mins on 375F.

Baked potatoes with broccoli and cheese sauce

- 6 medium potatoes
 - 2 heads of broccoli cut into florets
- Cheese Sauce
- 2 tablespoons olive oil
 - 2 tablespoons all-purpose flour (can sub GF flour easily)
 - 1 cup milk
 - 1 1/2 cups shredded Cheddar cheese
 - salt and ground black pepper to your taste

Set your oven to 375 Bake your potatoes by scrubbing well, prick all over with a fork and put it right into the oven, on a cookie sheet. Bake for an hour and a half or until a knife goes in smoothly.

Cut your broccoli into florets and steam for just 3 mins. Drain and set aside in a pot with a tight lid.

Heat the oil on a low heat and then add the flour. Stir constantly into a thick paste. Add the milk little by little, stirring all the time to keep it smooth. Trick here is to keep stirring (no answering the telephone) After a few mins it will thicken, Add the cheese and stir some more until it is melted and smooth. Add the steamed broccoli. Fold in together. Split the potatoes in half and pour a serving of the mix right on top.