

Community Homestead

Box Note 2 (6/21/17)

News from the garden

The theme is “bounce back”. So while a few vegetables were lost after the hail most of it is making a valiant surge and an unbelievable comeback. Wish people were as resilient in the world! The strawberries are exhaling berries in a frenzy, and our gardeners have spent hours creeping along under their little canopies, filling pints and pulling out seconds for jam. The leafy greens are showing a little “lace fashion” this season as they bear witness to the hail, but they taste great and they are pushing up fresh beautiful foliage.

Oddly, in the farm, a new cow wandered into our herd with her half grown calf. Our neighbors along the river have been spotting her since the late winter and one local farmer researched both sides of the river trying to find out where she came from, with no luck at all. Current popular theory has her walking across the river ice and then being stranded after the thaw but, who knows? Bear in mind this cow has been on her own now for months, grazing what she could find, and drinking from the river. She is a wild one! She and her calf joined the bull with all his ladies in the lower fields but then balked at the idea of coming up to the barn area when they came in for water. And then, she enticed the bull off for a wander, prompting the farmer’ to track them across meadows and fields, for this wild cow has no respect for fences .

We don’t want her to teach our passive bull all her tricks, and we would welcome her to join the herd, if she would behave herself. But this question is yet to be resolved! Stay tuned for more rodeo adventures!

Congrats Nancy Stankiewicz-winner of the online ordering raffle! A Country Banquet Ticket is yours!

Pick up Times
Farm anytime from
7am Wednesday

Driver Alex 209 679 3291

Stillwater 8am-9pm
Hudson 9am-6pm

Driver: Richard 715 338 2853

Shoreview 6.45am-9pm
Vadnais Heights 7.15am-9pm
Minnesota Waldorf School 8am-9pm
(outside after 4pm)
City Hall 8.30am-4.30pm

Driver Tony 763 232 3919

St Paul 7.15am-9pm
Hiawatha 7.45am-9pm
Powderhorn 8.15am-9pm
Lowry Hill 9.15am-9pm
Crossfit Gym 10am-7.30pm
Golden Valley 10.30am-9pm
HDR Building 11am-4pm
WBOB 11.30am-5pm
Donhowe 11.45am-5pm

Driver Jeff 612 889 9441 Microbiology 8.30am-4pm



Still time for Country Banquet Tickets! either online:

www.community-homestead.org or email: garden@community-homestead.org

What is in the box?

**Cucumber
Bunching Onions
Baby Dinosaur kale
Garlic Scapes**

Lettuce mix (mezuna, Tatso, Arugula and lettuce)

Lettuce heads

Strawberries

Rhubarb (family and couple)

Fennel (family and Couple)

Red Russian Kale (Family)

Napa Cabbage (family)

extra gift: strawberry jam

this is from the hail damaged strawberries and we figured, in the spirit of team and costomer appreciation we'd make some for you!



Meat Shares:

This week is your first week of meat pick up.

-Go to the big cooler on wheels at your site.

-Inside, look for a package with your name on it.

-Take the pack, and enjoy!

-Meat leaves the farm frozen but gradually thaws so pick it up as promptly as you can.

Remember that pulverised lettuce last week? This is it, just one week later! AMAZING!!



Red Russian Kale



Rhubarb



lettuce mix



bunching onions



English Cucumber



Napa Cabbage



baby dinosaur kale



snow peas



sugar snap peas

garlic scapes



Red Russian Kale I LOVE kale but I know it's not everyone's cup of tea. This is a variety that made its way out of Siberia, which is why it also likes to grow in north west Wisconsin! There are good reasons to eat it: your eyes, heart and digestive tract than you in advance and appreciate the extra help in staving off cancer. So here is a dish that disguises it and the color is bad either (as smoothies go)

Strawberry Kale Smoothie

- 1 cup chopped fresh kale leaves (discard the stems)
- 1 cup sliced strawberries
- 1 banana
- 1 cup yoghurt
- 1 cup crushed ice
- 2 tablespoons of maple syrup if you are a sweet toother

All together it goes into a good blender and whip away

Makes two glasses and there is your breakfast for the car or your companion on the deck –depending on the pace of your life!

What is the difference between a **Snow pea and a sugar snap?**

A snow pea has undeveloped peas inside and is eaten whole, pod and all, either raw or lightly steamed. A sugar snap is it's offspring, the father of the sugar snap being a garden pea (as in "peas in a pod" pea). A sugar snap has fatter peas inside but is also eaten whole, pod and all, and is very sweet. To prepare, trim off the stem and...eat them! Chuck them in a salad with a handful of salad mix, put them in a bag in the fridge and snack on them whenever you want, put them in a lunch box. Otherwise, sautee them with your garlic scapes and some bunching onion rings, and stir them into some pasta with some parmesan cheese and call it done!

Fennel. This is on the love it or hate it list. It tastes like licorice or anise. Good reasons to eat it? It is a huge anti inflammatory food (I can think of a few politicians who might benefit) Lots of vitamin C, high in fiber and folate. The ancient Greeks were all over this vegetable and spread it through Europe even using it as an emblem. Keep it in the fridge and use it at the beginning of your CSA week when it is at its finest nutritionally. This is not a vegetable worth excavating from the back of the crisper drawer in three weeks. Eat up gourmets, and hold your noses, fellow picky people, and try to tutor your taste buds. Here is an easy way to prepare:

Roasted fennel side dish

- 1 medium fennel bulbs *fennel*
 - 1 tablespoon olive oil
 - Coarse salt and ground pepper
- Preheat your oven to 425 Cut off the little hairy ends of the fennel (you can use this as garnish and in salad). Cut the bulbs lengthwise so each segment has a little bit of root holding it together. Cut these halves once more the same way so you have four quarters of fennel bulb, Put in a bowl and add your oil, salt and pepper. Toss well and then put in a glass dish covered in foil. Roast for about 45 mins until slightly soft and slightly brown.



That thing that looks like a tv antennae from 1957? That, is a **Garlic Scape**, which is the flower stem of the garlic plant. The season for a great garlic scape is brief so enjoy them quickly! They have a more subtle flavor than the bulb and can be cut into little pieces and eaten raw in salads or (better still I think) lightly steamed or sautéed, especially with onions and added to just about anything from eggs to pasta dishes. You can also make a really gentle **pesto**. Here is how.

- 1/2 cup pine nuts. OR raw sunflower seeds
 - 1 1/2 cups garlic scapes chopped roughly
 - Juice and zest of 1 lemon (zest is the grated peel but not the white inner pith)
 - 1 teaspoon salt.
 - 1/4 teaspoon black pepper.
 - 1 cup extra virgin olive oil.
 - 1/2 cup grated Parmesan cheese. This adds body and flavor.
- There are many variations on pesto that utilize basil but we are not in summer basil season yet so...! Put all the ingredients except the olive oil in a food processor and mix/chop. Drizzle in the oil until all is completely mixed. Use on bread (spread it on a slice of challah and toast it!) or with pasta or rice. Store in an airtight container in the fridge for up to one week