

# Community Homestead

## Box Note 3 (6/28/17)

### News from the garden

Update on our wild cow and her calf. She has joined our dry cows –the ones taking a break from birthing and milking! She is following the herd around while keeping a squinty eye on any person, tractor or car that comes near her or her calf and perhaps, yes perhaps, getting used to domestic life instead of being on the run.

Elsewhere, we have been running around weeding and cutting and pre-tying up for the Country Banquet and now we get to enjoy how lovely it looks, for a week, before Mother Nature starts fighting back with her long green wild fingers. We are still feeling the after effects of the hail as our replants are a little behind. However, the lettuces have caught up and are beautiful which makes Nadine, (our lead gardener) particularly happy! So, bountiful boxes but we working harder than we thought for it.

In the last couple of weeks we have welcomed some new faces into our summer life. Clare Scanga and Cait Conley are both here to experience community life and the abundance of agricultural activity on their college summer break. Both are already hard at work and add their vitality and good will to everything. We also welcomed Joshua and Annabel from Germany who arrived for six months, and Isadora, a rising senior from Chicago Waldorf School, who has come for three weeks to the garden. All are lovely and we appreciate every one of them.

Wowza, what a banquet! Huge thanks to St Paul College culinary students and their amazing chefs Sean Jones and Sara Johannes, and to all the people who helped create this lovely event. Our appreciation includes our guests for, without people enjoying themselves, what is any event? Together, we raised almost \$10,000 for new living situations for people with special needs right here in the community.



**Meat Shares:**  
**THIS IS NOT A  
MEAT WEEK!!**

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

### What is in the box?

Lettuce Butterhead for all, romaine for family  
Salad greens (arugala, tatsoi, mustard, baby lettuce etc)  
Tokyo Bokana  
Napa Cabbage for family  
Spinach (for someone but we have not counted it out or figured out whose box it fits in yet)  
Carrots for family  
Beets for family  
Peas for family  
Basil  
Fennel  
Swiss Chard  
English Cucumbers  
Bunching Onions  
Strawberries for couples

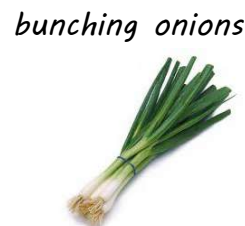
**Hey guys! Keep a watch for your own label on the box. This is particularly important if you ask someone else to pick up your box. If they are not familiar with the procedure, there is so much mischief and muddle they can cause inadvertently (as other customers who don't have a box can attest**

### Box and Bag Call!

**Little red and pink bags, come on home to the farm!**  
We need you! Please return all boxes as soon as you can. We hate buying new ones in the middle of a season. Remembering boxes helps keep our prices down which is good for us all, right? Yay, teamwork!



*Napa Cabbage*



*Tokyo Bekana*



*Swiss Chard*



*snow peas*



*sugar snap peas*



*Romaine Lettuce*



*Butterhead lettuce*

**Most important thing to know about Swiss Chard.**

It is NOT rhubarb!  
Treat it like spinach (with a softer edge) You can eat the stems. Just shop them separately and throw them in a minute before the leaves so they cook to the same point together.



**What about that Tokyo Bekana?** Sounds like a stage name, right?

It's a "green" like lettuce and looks a bit like lettuce. It has a nice sweet flavor with a crunchy crisp to it. Because it is not a lettuce, but is actually a mustard, it is high in antioxidants and other nutrients. You can eat it raw, just chop it up and add it to all your various salad things. However, it is wonderful cooked, stir fried, or steamed and gets a kind of creamy in the process. If you like ginger, now is the opportunity because Tokyo Bekana is great with ginger.

Ginger lime dressing for stir fry or for salad (great with Tokyo Bekana or any other combination of greens)

2 teaspoons minced ginger

1 garlic clove, finely chopped

3/4 teaspoon chili powder

1/4 teaspoon black pepper

1/4 cup olive oil

3 tablespoons soy sauce

2 tablespoons honey

freshly ground salt and pepper

1/2 cup basil, finely chopped

2 bunching onions, finely chopped

The juice of 1 lime.

1 tablespoon lemon.

Mix all well. (If you put it in a jar with a good lid and shake, It works really well)

**What is the difference between Butterhead and Romaine?**

Butterhead is a soft leaf lettuce that is good in sandwiches and salad. Not so crunchy as other lettuces it is packed with essential nutrients and vitamins, particularly A, C and K. Its ancient ancestor was likely Silesia lettuce but someone remarketed it as "German butterhead" to increase its sales in the emerging, and very Germanic USA! Clever marketers.

Romaine is the lettuce you get in Caesar Salad. It is crispy and light and packs a crunch. Romaine delivers significantly more vitamin A, than anything else so, yippee for Romaine. Have to say ALL of the lettuce we send you is between 50 and 80 percent more nutritious than iceberg, even fresh iceberg lettuce.

This is for anyone who missed it last time!!

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!