

# Community Homestead

## Box Note 4 (7/05/17)

### What is in the box?

Zucchini  
Cucumber  
'Romaine lettuce  
Collards  
Garlic Scapes  
Salad turnips  
Kohlrabi  
Bunching Onions  
Celery  
Carrots  
Salad Mix- Tatsoi, mustard greens me-zuna, arugala, kale  
And, for family: Beets (chiogga and traditional)  
Butterhead Lettuce  
And for some size box but we don't know which one yet: snow and snap peas

So how do we decide what goes in what size box? And more importantly, will I get that item in my box sometime?

We are limited, not surprisingly, by the size of the box we are packing things into. We can fit more into a family size box so not only do they get a greater amount, they get a greater variety. If we put the same variety in a smaller box, you'd have a tiny bit of everything and the only dish to get out of that is stir fry. We try to give you enough to actually cook with, to push things into piles and realize, "aha, that is one meal and this, (push) is quite another!" The other thing to consider is that we don't always have 240 bags of something in a particular week. This is really clear when a vegetable starts to produce and when it ends. They begin to fruit, come on strong, and then peter out. And one more consideration, some vegetables, peas and beans I am looking right at you now, are labor intensive to pick and, if we picked everyone a big fresh bag, that is all we'd have time for. Bearing all this in mind, we do have box sizes "take turns" through the season to maximize the value and yearnings of all our customers~

**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**

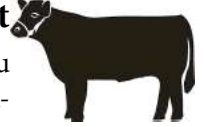
### News from the garden

We are packed with people for the summer and particularly the July fourth weekend. Visiting for a month is previous Americorps member, Renata, whose sunny disposition fits so well with the season. Desi also arrived from Lino Lakes to try out Community life for a few days, and the Elmquist clan regrouped and revisited a childhood spent at early Harvest mornings. We celebrated our July 4th on July 2nd down at the river with a bunch of sausages, a lot of cake and a river for company. Monday and Tuesday were, for us pretty normal, as the vegetables seem impervious to the idea of an Independence Day holiday and we know people are looking forward to their boxes (cookies, bread, pies!) on July 5th! Monday night, the stalwart and still standing, went to Marine with all the other crazy people in three counties, and watched the fireworks and ate ice cream on the lawn of our Board members Jeff and Laurie, a time tested tradition.

And what of our renegade cow and her slightly peculiar calf? Well, they are still here, hustling around with the dry cows and gazing watchfully at the many humans that pass by. Unlike our own cows who are naturally curious and like to come and see what people are up to (perhaps a gate will be opened, perhaps a water trough refilled, perhaps...?) they have learned to be careful and seem to be thinking, perhaps a kick, perhaps a chase, perhaps...?

### Yes it is Meat Week!

This means, **meat share people**, you are picking up a package of meat from the cooler at your site. Please don't forget!



### Fruit shares: Part of the Family

**Homesteader box** is 6 deliveries of fruit. The first one is this week and is the very first harvest of redcurrants. A pint is inside your homesteader box.

Redcurrants are high in vitamin C, K (for blood clotting) iron (oh yes!) and antioxidants, which help break down stuff that causes cancer and other diseases. It is also high in fiber, just to top off it's value.



Redcurrants pack a punch of taste. More on the lemon end of the tongue than the blueberry end, they are sharp sizzles of flavor that go well sprinkled on a cereal in the morning, or in ice cream, or as a sauce on meat. It belongs anywhere you want to cut through the fat, or cream, or richness, of another flavor. The other way to eat them is to pry the lid off the case on the way home and eat them off the stem, in traffic, to transport you, via taste bud, direct to the July sun.

### 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!

lettuce mix



snow peas



sugar snap peas



Romaine Lettuce



Butterhead lettuce



beets and chionga beets



garlic scapes



bunching onions kohlrabi



English cucumber



zucchini



### Beets. How to store and prepare

First thing, as soon as you can, separate the greens from the root. Hack them off and put the greens in a plastic bag and the beets in a separate one. This is because all roots will continue to push energy up into the leaves when attached and so will get rubbery faster. The greens are good-dense protein, phosphorus, zinc, antioxidants, vitamin B6, magnesium, potassium, copper, and manganese, and low in fat and cholesterol- you can guess this right? You can cut them up and add them to your salad mix, pack them in a sandwich or steam them if you are not a fan of strong tasting salad. Beets can be peeled and eaten raw. Check out those colors! Diced into tiny pieces and mixed with little chunks of apples and raisins, or grated for a juicy relish-like salad., peeled and roasted in the oven. Cut and steamed.

### Celery, Beet and Apple Salad

( or how to eat a beet when you dont like them much)

- 2 tablespoons honey
- 2 tablespoons apple cider vinegar
- 1 tablespoon lemon
- 2 tablespoons olive oil
- 2 bunching onions finely chopped

4 medium beets, peeled and cut into little sticks  
 1 apple peeled and diced  
 1 stem of celery cut finely into slivers  
 1/4 cup crumbled blue cheese or feta -optional  
 Put the first four ingredients into a jar with a lid and shake well. Add the onions. Shake again and leave to soak for an hour or more if possible  
 Add all the other ingredients, except the cheese, to a bowl and pour the dressing over the top. Add the cheese just before serving.

*How to tell the difference between a zucchini and a cucumber? Look at the stem end. If it has a thick "stalk" then it is a zucchini.*

### Kohlrabi

Tasting like a sweet, mild, cabbage, kohlrabi has a crunch reminiscent of an apple. It is this crunch which is as prized as the taste for many, who will look at you aghast if you suggest cooking it. However, do not be intimidated! Raw or cooked, it is all good.

To prepare, cut off any remaining leaves we did not cut off for you already today. Peel the outer layer as you would an apple.

Slice into thin strips and add to salad, or eat fresh and raw. Use it in a slaw, add it to the stir fry!

### Kohlrabi Slaw

- 2 kohlrabi, peeled and trimmed as above and then grated
- 4 carrots, washed and grated
- 2 bunching onions finely disced
- 1 stem of celery grated
- 4 tablespoon chopped cilantro (debatable! This depends if you love it or think it belongs under the sink!)

### Dressing

- 1/8 cup mayonnaise
- 1/8 cup plain yoghurt
- 1 tablespoon cider or red wine vinegar
- 1 tablespoon lime juice
- 1 tablespoon honey
- 1 teaspoon salt

Mix all your prepared vegetables in a bowl. In a jar, or in a bowl, mix all the dressing ingredients Pour the dressing over the slaw, mix really well and then chill in the fridge all day/night if needed, until you are ready to eat!

**Scapes.** I sit at the Osceola Farmer's market with whatever we have left after feeding you, and us, and the food shelf, and watch a beautiful pile of garlic scapes be ignored all afternoon while we sell out of everything else. I SO hope, dear CSA people that you are summoning up more appreciation for these eccentric beasties. Use them wherever you would use garlic, use them like a much more garlicky interesting green bean, or, in honor of the season, grill them –think asparagus! Cut the tiny little grass like end off. Cut the whole thing in half for manageability. Put them in a bowl with a couple of tablespoons of olive oil, pepper and salt to taste and then put them on the grill for a couple of minutes. It is okay if they char in places.