

# Community Homestead

## Box Note 5 (7/12/17)

### News from the garden

The lilies are in full bloom, and we are living in an artist palette. The green is luminescent, the blue is serene, a paintbrush dabs fuzzy clouds of white into the hugeness of the sky and we work to the sound of birds singing. Oh and it is also sweaty, the deer flies attack relentlessly, and mold is an issue. Adam and Eve must have had the same problems. We are having a bit of a sad fruit year. The raspberries are battling a mold for a second year, caused by a deluge of rain and are still recovering from being beaten by hail. The apples are also hail damaged, with little pock marks all over them. The problem there is not just cosmetic. The skin of a fruit is its vital armor, protecting against the insect enemy. We can look after them but the outcome for this sort of fundamental weakness is out of our hands.

On the positive end of things the garden is catching up on those post hail weeks. The humidity is hard on people but, other than the fungus promoting properties that the plants say they can do without, the vegetables are thriving. They love the surround experience of water! Have to say though, everytime we hear "severe thunderstorms possible" we quake, thinking about hail. So glad you are with us, through thick and thin, what a security that is!

This week we were joined by previous Americorps member Renata who comes for a month to check that we are managing without her (only just!) This Saturday, three German high school students come for six weeks. So our status as a German enclave is notched up for the rest of July and August! They add a nice zip to everything and all of us old hands enjoy sorting them out, showing them the ropes and figuring out their English!



### Boxes! WE NEED the boxes back!

Already we have bought replacement boxes three times which is a record for us, but not one we want!

Can you please help us keep our prices down, by returning boxes (watch not to break the flaps) so we can use them over and over, and save you lots of money?!



### Online ordering

Congratulations Julie Adams at the Farm Site! Julie's name was picked out of our lucky tea tin on Monday to win a strawberry rhubarb pie! See it here above, looking perky!

And just how do you get IN the lucky tea tin? Well, you just order something online and for every \$10 you spend after that, we enter your name in the drawing. Just for Fun! Every week is a different prize,-we have fun thinking up just what, and let you know in an email.

MOOO...Not a Meat Week!



### What is in the box?

Our harvest is not quite done yet but this is what we think we shall get in the box

- Beets
- Bunching onions
- Napa cabbage
- Carrots
- Cucumbers
- Fennel
- Garlic Scapes
- Romaine Lettuce
- Snow and sugar peas in a bag
- Zucchini
- Swiss Chard
- Dill- couples
- Cilantro-family
- Basil -family and single
- Cauliflower-family
- Eggplant-couples
- Shell peas for someone but we don't know who yet
- Summer squash-but we don't know who yet!



Nadine in the packing shed-we all need a little adaptive equipment now and then.

fennel



bunching onions



Red Russian kale



English Cucumber



zucchini



summer squash



snow peas



sugar snap peas



pod peas



Romaine Lettuce



beets and chionga beets



garlic scapes



swiss chard



Dill



basil



cilantro



**Eggplant.** I was in the US for about three years before I realized that when people talked about “eggplant”, they were talking about an aubergine. Aha! That makes sense! Then I knew how to buy an aubergine. Like anything black-skinned, they are nutritionally good for you. It is early yet for this fruit (yep, like a tomato, it is technically a fruit) and a lot of recipes pair eggplant with peppers and tomatoes, which we don't yet have here in cool Wisconsin.

**Have an eggplant sandwich!**

- 1 small eggplant, sliced into discs
- 2 tablespoon olive oil,
- 3 bunching onions cut lengthwise
- mayonnaise for spreading
- 2 cloves garlic, minced
- 2 crusty bread rolls of any types
- 1 small tomato, sliced
- 1/2 cup crumbled feta cheese
- 1/4 cup chopped fresh basil leaves

Fry the eggplant and the onion lengths in the oil on a medium heat for 10 mins, add the garlic and cook on low, stirring the while, for another 4 mins. Toast your bread lightly and spread the mayo on.

Layer up your fried mix with tomato and chopped basil. Sprinkle on the feta cheese. Close up the sandwich and heat in the oven for a few minutes or eat at once.



**Napa Cabbage**

Kimchi is one of those recipes that demands respect and Granma's recipe is always the only real way to do it. Seriously, people can get pretty worked up about it. Here is the quiet way to avoid the politics, cheat like mad, and eat kimchi in peace, without the extra fuss. Don't tell anyone's Granma I told you this. Later, I will pass on my Korean friend's REAL kimchi recipe! (when our lives calm down and we have time to cook!)

Cheating kimchi-like thing

Mix together

- 3 cups of shredded Napa Cabbage,
- a Tablespoon of Sriracha sauce
- 3 Tablespoons of white wine or rice vinegar,
- 4 finely chopped garlic cloves,

and a half teaspoon or so of salt – Put it in the fridge in a closed container overnight. Eat it.



**Cilantro** is coriander in a different form (cilantro =leaves, coriander=seeds). It is a relative of fennel and people have eaten it for thousands of years. It has been used as a preservative long before the advent of sodium benzoate. Super high in vitamin A (hair skin, weight loss –yep, weight loss?! Anti bacterial and anti fungal. Some people love cilantro and there are some people who gag at the very name. Most of this has to do with that anti bacterial element. In fact, fellow cilantro gaggers, you have a gene, as it turns out called gene called OR6A2, which makes people sensitive to the aldehyde chemicals which is essentially cilantro's taste. But all is not lost. Having cooked with it for years I can attest to being desensitized and can now recognize it as food rather than a chemical agent. In another decade maybe I will tolerate it on my salad.

**Basil-** A relative of peppermint, it's old name was St Joseph's wort. Try that one as you serve up your pesto. High in vitamin K, and A, good for bones, heart, anti cancer, and skin. How can you go wrong?

**Dill-** Again, an ancestry stretching back thousands of years. Back when people knew herbs as medicines rather than flavor enhancers, it was prized for its power to soothe colic, to calm nerves, soothe upset stomachs, and promote sleep. An anti bacterial, it was a breath freshener and as a tea it was (and presumably still is) good for cramps and increasing milk flow in nursing mothers. Flavor wise-eggs, potatoes, fish, pickles, salad dressing!