

Community Homestead

Box Note 6 (7/19/17)

Meat Shares:

This week is a **MEAT SHARE!**



-Go to the cooler 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.

News from the garden

We are more in touch with our weather patterns than ever. Storm warnings abound and we are catching the southern edge of storms that normally track a bit north of us, and also the northern corner of the storms that normally track south. What is going on? Our appreciation for a hail warning is definitely heightened. Last night, fortunately, no hail but we got a good rain lashing. You'll see this in the greens, particularly the lettuce. Rips and ragged leaves, along with earth spattered up and trapped inside the leaves, reflect the rough night the lettuce had. Extra washing of leafy bits needed!

Lucky Tea Tin! Jan Sadusky is the winner of this week's drawing and we are sending her a loaf of bread and a jar of jam. How do you get in the drawing? Well, order anything online and you are entered. For every \$10, we shall put your name in twice. We love those online orders!

One of Magda, our new German volunteer's first jobs-pick the name from the Tea Tin. Boy, was she confused!



How is the box remembering going? If we can make this easier for you somehow, let us know!



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 Mi-

crobiology 8.30am-4pm

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

Summer Squash

Zucchini

Beans

Lettuce-red and green summer crisp

Celery -Family and Couple

Cauliflower or Broccoli- Couple

Napa Cabbage - Family and Single

Shell Peas

Carrots

Eggplant

Curly Kale

Cabbage- Family

Parsley

Potatoes-new red

Shallots

Garlic

FAQ: Why did my size box not have a certain vegetable? Will I get that vegetable?

A: We can only fit a box full of veg in a box! We want to give you a selection that you can spread out on your kitchen counter and sort out into meals that make sense, rather than a lot of different vegetables that could only be made into stir fry (nice though a stir fry is...)

Add to this the natural seasons of vegetables so week one of the cauliflower season brings enough for one group, week two a bit more, week three a bonanza and, week four, just a few again. And then add to that the weather which can reduce or increase the crop beyond expectations. So we take turns which size box we fill and get creative, every single week adapting to a new situation! That is the fun, the challenge, and the difficulty of gardening!

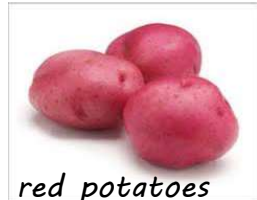
English Cucumber



Napa Cabbage



eggplant



red potatoes



shallots



summer squash



parsely -curly and flat



beans

NEW this week..potatoes delight of delight! The experience of the first potato of the season is right up there with the first strawberry, or the first tomato! Red potatoes are “new potatoes” harvested when they are small and sweet. They have a pale red complexion and their skins are very tasty and rather good for you, so don't peel them! You can roast them but they also make great potato salad which is happy news for steamy jungle-dwellers of the twin cities area.

Instant potato salad for Community Homestead CSA Folks!

6 cups of cubed potato cooked for 15 mins until soft

1/2 jar of sweet pickle relish (yep, our organic version is online but any relish you like does fine I am sure)

1/4 cup mayonnaise

1/4 cup plain yoghurt

Salt and pepper to taste

The potatoes you can cook ahead in the spare 15 min you have. (Drain and dump into cold water in a bowl in the fridge if you want to do the rest later) . Mix the mayo, relish and yoghurt together, add drained potatoes, stir gently. Done!

Roasted potatoes with garlic and shallots

Your bag of potatoes cut into cubes

2 shallots peeled and sliced small

2 cloves of garlic, minced

3 tablespoons olive oil

Teaspoon of salt (or more for salty tastes)

Mix the oil, garlic and shallots in a bowl Add the potatoes and coat well.

Tip the lot onto a baking sheet

Bake on 375 for 40 mins stirring every 10 mins to make sure they are done evenly.

Message from a fellow CSA member, Tina:

I wanted to share a recipe that my husband and I look forward to making when our box contains both beets and kale...the goat cheese really complements the beet pesto and it's simply amazing! I'm not sure if other CSA members would enjoy this recipe. Here is the link: <http://www.theroastedroot.net/beet-pesto-pizza-kale-goat-cheese/>

All the left over greens recipe

So here we are on Tuesday. A bog box of veg arrives tomorrow and you have swiss chard, kale and cabbage sitting in your fridge. Oh and with a bit of luck, a couple of scapes in the crisper drawer. Eek! Tonight, is side dish of green night!

Left over chard, bok choy, napa, beet greens etc
1 large onion (throw in the wilty bunching onion if you have it)

2 scapes

2 tablespoons of balsamic vinegar

1 teaspoon salt

1 tablespoon lemon juice

1 teaspoon garlic powder

1 tablespoon of olive oil

Choose a pan with a lid that fits well. Fry your onion and garlic scapes in the oil, in the pan without the lid on. Meanwhile, chop up your swiss chard, bok choy, beet greens etc, separating a little pile of chard stems and the beet stems. Add the stems to the frying veg. Stir well for 2 mins. Add the sliced up leafy greens, add the garlic and salt and stir well. Quickly add the lemon and the vinegar and put the lid on. Turn to medium low heat. This will now steam for 5 -8 mins. They wilt and taste delicious! And now your fridge is ready for Wednesday!

Bean salad

Tall can of cannellini beans, rinsed and drained

Tall can of kidney beans, rinsed and drained

Tall can of garbanzo beans, rinsed and drained

A cup of fresh beans, cut small and steamed for 5 mins
2 stems of celery rinsed and cut small

1 shallot peeled and cut small
1 cup of parsley, then cut small

Dressing

1/3 cup apple cider vinegar
3 tablespoons of maple syrup (we have it online!)

1 tablespoon honey

3 tablespoons olive oil

1 teaspoon salt

Black pepper to taste

Mix all your ingredients. Put the dressing ingredients in a jar with a lid and shake well. Add it to the salad, mix well and, ideally, refrigerate for a few hours or more.

Parsley, Anything I said about cilantro last week, applies to parsley. High in A and K, anti fungal etc And good for you! Not as strong so the anti-cilantro club might be able to bear it and the pro cilantro club will eat it by the handful. Great combo for grains or for potatoes.