

# Community Homestead

## Box Note 7 (7/26/17)

### Meat Shares:

NOT a meat week!



### News from the garden

Definitely in a great sweep of energy here. We have lots of people learning how to handle a lettuce (carefully!), what to do when you drop a vegetable (throw it on the compost) and why you do not ever weed the parsnips on a sunny day. Life is full of sunny smiling gardeners, all enjoying the varied tasks that come along. Nadine, who gets to organize all this, is still smiling so we know we have not tipped over the edge of chaos yet.



The processing crew is about to be inundated with cucumbers. Next few weeks, fellow crazy picklers, I shall be contacting you to see what your crazy goals are this year and we anticipate being able to have some for you too!

We have our fingers crossed to avoid the next batch of storms stampeding across the Midwest tonight. Everytime we hear "hail" we quake at the memory of the last time and eye our greenhouses nervously. We have been chopping wood for over a week now and we are still not done with the last big clean up. Gasp, gasp, Mother Nature! We do hope your temper tantrum is done soon!

**Above- Makenzi-Queen of the Onions**



Looking for rings! (Apologies Beyonce) These ones are a little easier to find and hassle-free. They are on your jam jars! If you return the jar, and the ring, not only do you save the recycling/land-fill but you save us all money! We sterilize and reuse the rings and the jars.



### 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

**Lucky Tea Tin!** Pam Swanson is the winner of this week's drawing. Maple Syrup on its way to her tomorrow! How do you get in the drawing? Well, order anything online and you are entered. For every \$10, we shall put your name in once. And odds are just that, odd. You could order just one bag of cookies and win the prize! We love those online orders! (Betsy and Brendan picked the winner!)



**Box remembering tip** from long time CSA members Anne and Pat Gabriel:

As newbies, we brought our box home & struggled with remembering to bring it back. Then came the "light bulb moment." Instead of taking our wax box home, Pat (as he picks up our share) started bringing the same reusable grocery bags with him that we bring to the store. (Just keep them in your car!) Most of the items in the CH wax boxes are in a bag, anyway, so it's easy to pop the bag out of the wax box and into a reusable grocery bag. For things like potatoes, pour those into the bottom of the grocery bag, first, or put them in a separate bag. Then, unfold your box and leave it with the site host - no more "remembering" challenges!



English Cucumber



fennel



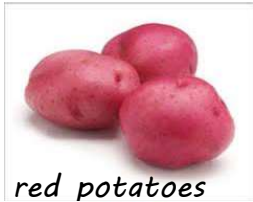
basil



Cabbage



eggplant



red potatoes



purple and white onions



summer squash



dinosaur kale



beans



cauliflower

### Summer squash/Eggplant/Zucchini Fritters!

If this bunch of cousins are not your all-time favorites, it is time to try out this recipe!

### Zingy Fritters

4 cups all together of grated squash zucchini and eggplant  
Black pepper and salt to taste  
2 tablespoons lemon juice and if you have the time for zest-a tablespoon fo that is amazing!  
1/4 cup flour (this works with rice flour too)  
1/4 cup grated Parmesan cheese  
1 large egg beaten  
2 cloves minced garlic,  
4 tablespoons olive oil to fry in  
Grate all the veg and squeeze out as much water as you can using a colander and a cloth (or other imaginative means!)

In a bowl, mix the flour, cheese, egg, garlic, lemon salt and pepper. Add the grated vegetables and mix thoroughly. Heat the .oil and scoop the batter by a tablespoon or so into a little pancake shape. Flip when golden (about 4 mins a side) Serve as is or with sour cream!

**Dino Kale** has a lot of names. If you see Tuscan Cabbage, Tuscan kale, Cavolo nero Tuscan Cabbage, Tuscan Kale, or Lacinato Kale (it's proper name, expect dinosaur kale. In Britain in the 70s this was just "greens" as in, boiled forever and gagged down greens that we were assured were good for us! Where were kale chips in 1970 Britain? Fortunately, enlightened times are here!

So (Perry this is for you) this is why you should eat kale: More absorbable calcium in one serving that in a small carton of milk. Packed full of vitamin K, vitamin C, Vitamin A AND iron, folate, omega-3s, magnesium, calcium, iron, fiber, AND protein. Oh AND anti oxidents that soothe inflammation, improve the liver's detox ability, and can even protect brain cells from stress. So, the more kale you eat, the less stressed you feel about eating it?

### Kale side dish

Your bunch of dino kale-take out the "ribs" and discard.  
4 cloves garlic sliced thinly  
¼ cup of any type of chopped onions  
3 tablespoons of olive oil  
2 tablespoons white wine  
salt and black pepper to taste  
2 tablespoons lemon juice

Sautee the garlic and onions in the oil on low heat for about 5 mins stirring so it does not stick. Turn up the heat to medium and add the kale and the wine. Cook for 2 mins and then put the lid on the pan and turn down the heat to low again. Cook for 8 minutes. The kale will wilt so give it a stir once in a while. Add your salt, pepper and lemon juice and serve.

### Roasted Cauliflower

1/4 cup butter, softened  
1 tablespoon of chopped fresh basil  
1 clove minced garlic,  
teaspoon grated lemon zest (the rind but not the white part)  
1/2 teaspoon ground cumin  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
Your cauliflower  
Preheat oven to 350

Mix the butter, basil, garlic, lemon zest, cumin, salt, and ground black pepper in a bowl. Cut cauliflower stem flush with the rest of the head so it can "sit" in the roasting pan. Cover it with foil. Roast for about an hour (or until tender) When you serve it, spoon up the liquid from the pan over the top of the cauliflower.