

# Community Homestead

## Box Note 8 (8/2/17)

### Meat Shares:

YES, It is a meat week! Be sure to pick up the package with your name on from the cooler at your site!



### News from the garden

Blazing sun makes for a great summer! Not to say here that us mortals don't feel the challenges of the heat but there is a wonderful freedom in running about in just three items of clothing and is certainly less laundry, and who can gripe about that? We are knee deep in young German volunteers right now. Damien, Magda and Shawn are here for just five weeks and the rigors of rural life are far from the ones they normally encounter in their more industrialized home area. So nice to see them now, two weeks in, with a tan, anticipating tasks and yes, still awake at the end of the day! Here for a longer stretch of service are Fabian, Annabel, and Joshua, joined by Luca today. So if anyone wants to brush up on their German or come meet these lovely people, come visit!

With the heat of summer all the sun tanning, beach loving vegetables arrive. I am talking eggplant, pepper, zucchini, and tomatoes too soon –but not yet! Think “Italy” people, filter your inner Julia Childs through your inner Ariana Grande and think of all the delicious CSA dinners you can have!

### Annual Pig Roast- Farm day- folk dance August 19th 3-9pm

There is so much packed into that day we can hardly think of an adequate title for it!

Children's games of the old-fashioned country variety, Garden tours, hay rides, craft fair, culminating in a big feast including the best dessert collection in the county and the freshest pork you are ever likely to have (Vegetarians? We got you covered!) And, the cow pie raffle.

All we need now are lots of people! Tickets online in the store \$14 adult, \$7 child or senior, or \$50 family rate (Two adults and all related children) It is a

bit more at the door but you can buy there too. All proceeds go to the new building fund for more life-sharing opportunities!



### 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?

Beets

Beans

Cauliflower

Swiss Chard

Potatoes

Peppers

Eggplant

Cucumber

Summer Squash and Zucchini

Fennel

Cone Cabbage

Carrots

Garlic

Onion

Lettuce-family

Salad mix-couples

English Cucumber



fennel



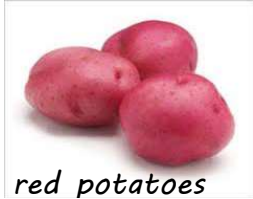
Cone Cabbage



cauliflower



eggplant



red potatoes



purple and white onions



summer squash



swiss chard



beans

### Pepper Time

Here they come! Packed with vitamin C and E for raging vitality and kicky attitude, they also have no fat and lots of fiber.

In a sandwich, thinly sliced. On your salad. Dipped in hummus for a snack. Cut up in stir fry. Cooked in a sauce. Roasted or grilled.

### Roasted stuffed peppers

1 cup cauliflower grated into little bits  
1 cup of eggplant cut very small  
½ cup finely chopped onion  
½ cup finely chopped mushrooms  
2 large bell peppers, cut in half with their seeds removed  
3 cloves of minced garlic

1 small can pinto or red beans rinsed and drained

Olive oil to fry plus 1 tablespoon olive oil

1 tablespoon balsamic vinegar

1 teaspoon cumin

1 teaspoon chili powder

1 teaspoon turmeric

Salt and pepper to taste

½ cup grated cheese

Preheat oven to 375.

Fry your onions, eggplant and mushrooms in the oil for a few mins. Add the garlic and cauliflower and cook for another minute and then put a lid on the pan and turn the heat off. Let sit for 3 more mins.

Grease a glass dish, prepare your peppers and sit them in like cups

Stuff the peppers with the mix, ( if you have extra just pile it up or cook it separately in the same pan) and sprinkle the cheese on top

Cover with foil and bake for 40 mins.

Take off the foil, crank the oven up to 400 and bake for another 15 mins.

Serve!

### Fennel and Cabbage Cole Slaw

1/4 cup mayo

¼ cup of plain yoghurt

¼ cup of red wine or apple vinegar

1/4 cup olive oil

Pepper and salt to taste

2 onions finely chopped

1 tablespoon of honey

1 teaspoon dried basil

½ teaspoon dried oregano

3 teaspoons parsley finely chopped

2 minced garlic

2 cups grated carrot

10 cups finely cut cabbage

1 bulb finely cut fennel

Mix the mayo, yogurt, herbs, salt and pepper really well in a small bowl.

Put all your veg in a large bowl and mix well, add the two together and mix well again! Chill for a bit!

### Cucumber Dip

Getting a bit tired of sliced cucumbers? Try this dip for your cauliflower florets and your slices of fresh peppers

4 ounces cream cheese

4 ounces sour cream

2 cups cucumber, peeled and diced

1 clove garlic, minced

1/4 small onion, very finely cut

salt and pepper to taste

Peel the cucumber, cut lengthwise and remove and discard the seeds with spoon. Grate it up.

Beat the cheese and sour cream together with the garlic, onion salt and pepper.

Add the cucumber and mix really well. Chill.

What is the deal with the gnome cabbage? So you may have noticed that Community Homestead has a thing about the magic of gnomes and nature? **Cone Cabbage** with its little pointy head fits right in but we don't just grow it for whimsy. This is a sweeter, less bitter, member of the cabbage family and when you are not in the mood for cooking, grilling and roasting is pretty appealing

### Roasted Cabbage

3 tablespoons olive oil

1 small onion cut finely

1 clove of garlic finely minced

Pepper and salt to taste

3 tablespoons parmesan cheese grated

Mix all your ingredients except the cabbage and the cheese in a large bowl

Cut your cabbage in half lengthwise.

Mix in the large bowl until the cabbage is all covered

Place it in a roasting pan flat side down and roast on 350 for about 20-30 mins depending on size. Shake on the cheese just before serving



Fennel