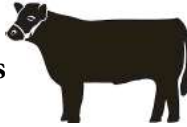


Community Homestead

Meat Shares:

No meat shares
this week



Box Note 9 (8/9/17)

Pig Roast-farm day- folk dance August 19th

There is so much packed into that day we can hardly think of a 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!

News from the garden

August already! We are not yet half way through our box season but start to feel the change of late summer in the air. We are getting ready to say goodbye to our college students. Maya, who grew up here as the "baby" of one large generation of children, is off to New Orleans at the weekend. And Claire leaves for the East Coast after a wonderful summer here. Are we happy in their journey? Sad to see them go? Excited? Disappointed? Proud? Well, yes! We also know that many of our CSA families are in the same boat and we have enjoyed feeding your now college bound students over the years and, in some cases, watching them grow up. Tell them to buy goodies from the college town's farmer's market (so hip!), and hopefully their taste for vegetables will counteract all the inevitable frozen pizza!

In the box today we continue with the Italian theme! And perhaps, speaking of frozen pizza, we need to look at that recipe again! These summer

vegetables-eggplant, tomato, pepper, summer squash- are out tanning themselves and though the rain is helpful, when it storms, it causes issues for the sun lovers. Think mold and fungus. Tomatoes are particularly susceptible to fungus spreading through the splash effect of rain storms. Effectively, a hard rain takes the spores and distributes them hose-spray style all over the lower leaves of any plant, which is why we mulch with a good load of straw under the rows of plants. We also irrigate from below rather than above and rotate our planting year by year.

We have a wary eye on the devastating king of fungus, Late Blight which is way more wind borne and is busy smashing its way across the Midwest. Late Blight was responsible for the Irish potato famine so you can see why we need to be alert! So far so good however, and we have a lot of tomatoes in the hoop house (which is like a greenhouse cover without the heat) just for a little extra back up! So, hopefully, lots of tomatoes this season.

What is in the box?

Bear in mind it is not packed yet-here is our best guess!

Broccoli
Bunching onions
Cabbage
Carrot
Cauliflower
Cucumber
Eggplant
Garlic
Lettuce
Pepper
Potato
Maybe salad greens for someone?
Summer squash
Tomatoes
Basil
Beans for single boxes

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

Microbiology This week only -about noon-4pm (jeff is on vacation!)

English Cucumber



basil



Cone Cabbage



**Broccoli and Cauliflower Casse-
role** (this is for that stormy night!)

3 cups broccoli florets (and stem cut into little chunks-just don't eat the tough bottom end)

3 cups Cauliflower florets

Bunch of bunching onions sliced thinly

2 cloves of minced garlic

3 tablespoons Butter (and then 2 more for the bread crumbs)

¼ pack of cream cheese

1 cup milk

2 tablespoons flour

1 cup bread crumbs (either bought or grate the end of your bread loaf!

2 tablespoons finely chopped basil

Salt and pepper to taste

Cup of grated cheese

Steam your florets for about 2-3 mins and then drain.

In a pan, melt the butter on a low heat, add the onion and garlic and sautee for about 5 mins

Add the flour and stir until it thickens.

Add the milk and stir well.

Add the cream cheese and stir until melted smooth.

Set this aside and melt 2 tablespoons of butter and then mix it to your bread crumbs and basil. Salt and pepper it as you wish.

Like a lasagna, layer your veg, cheese sauce, bread crumbs and cheese, in that order. You might get a couple of layers or just one depending on the pan but the more layers, the better!

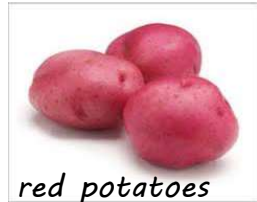
Bake on 375 for about 30 minutes.



cauliflower



eggplant



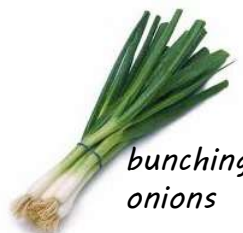
red potatoes



garlic



summer squash



bunching onions



beans

CSA Pizza!

Simple Pizza dough

1 single packet or 1 teaspoon of dried yeast

1 teaspoon sugar

1 cup warm water (hand wash warm not HOT!)

2 1/2 cups bread flour (you can use all purpose but it is less "stretchy")

2 tablespoons olive oil

2 tablepoons cornmeal

Salt to your taste

Put the oven on to 450.

In a bowl, put the yeast, sugar, salt and water. Leave it alone for about 15mins.

Mix well and then add the flour and oil, beating the while with a wooden spoon.

With a floured hand, scoop all the dough together and knead it while still in the bowl. When it is a ball and you have collected all the "bits", turn it out onto a lightly floured surface (best if it is wooden) and knead it into the shape of your baking tray or (if you have one) round stone or pizza pan. It should be thin and you can use a rolling pin if you don't fancy throwing it anywhere!!

Lightly grease your tray and then sprinkle cornmeal on it.

Add your ingredients-sauce etc) and bake for 15- 20 mins (depending on how thin you rolled that dough!)

Basic Pesto recipe

1 cup basil leaves (stuffed into the cup!)

1 clove garlic

1/3 cup olive oil

Salt to taste

Teaspoon of lemon

¼ cup parmesan cheese (optional)

Pizza sauce

You can use your Supermarket jar if you want but here is an alternative!

3 large tomatoes

2 Tablespoons of olive oil

3 Tablespoons apple or red wine vinegar

2 cloves of peeled, crushed garlic

Salt and pepper to taste

And, if you must, a teaspoon of sugar!

Sautee your garlic in the oil in a pan on a medium heat.

Add all your ingredients to a blender and blend well. Put the lot in a saucepan and bring to a boil and then summer with a lid on for a further 20 mins. Presto! Done!

Ingredients for pizza that you can put on the menu from your box;

once sautéed a little: eggplant!

Also, simply sliced up and laid on; peppers, cauliflower, bunching onions, summer squash, basil, tomatoes, and garlic if you chop it up a little more finely!

Smother the lot with a mix of cheddar and mozzarella and you are home free!