

Pick up the box with **YOUR NAME ON THE LABEL.**

Sign out your box on the list on the clipboard.

HOMESTEADER FOLKS look also for a red bag with your name on the label.

STORE ORDERS: if you ordered something it will also come in a red bag or a box with your name on the label

MEAT: meat shares start next week and will come every other week. **ORDERS** will be in the cooler with your name on the package.

LATE PICK UP? Call your host. All boxes etc will be donated after 24 hours to avoid waste so **PLEASE** pick up, or call the host to see if you can work something out. This especially applies to meat. Its yours as soon as it leaves the farm and its so sad if it wastes.

QUESTIONS? PROBLEMS? CONFUSION? email garden@community-homestead.org or call me, Christine, 715 220 5925

Remember to be nice to your site hosts. These guys are great and make this whole system possible. They appreciate you folding your returned box neatly and shutting the porch door! Picking up on time is also much appreciated!

Return and recycle: all jars, and rings (but not the flat lids)

Red Bags-please returns on time so we have something to pack into the next week!



Boxes: this is one of our highest non food costs. You can help us keep our prices down by bringing back boxes, carefully unfolded so the flaps don't break!

Community Homestead

June 5, 2024

CSA Box 1 (of 20)

Coming Events:

Osceola Rhubarb Fest

Sat June 8 9-3pm. Huge family event all over town. Starts with a free pancake breakfast with rhubarb sauce, rolls on to a craft fair and enormous pie sale (us!0 at the Millpond, train rides, sampling everything rhubarb on Main St and then ends in a rubber duck race over the waterfall. You heard that right! Come say hello at the pie sale and pick up a delicious goodie!

Chef's Garden Party

Sunday June 23 2-6pm

Fund raiser for our solar array on our new apartments! Where chefs from St Paul College create amazing dishes from our organic produce and you get to wander about the gardens and orchard eating and drinking wine and craft beer all afternoon! Check out the website for info and tickets www.communityhomestead.org

What is in the box?

Our Best guess to what fits and what is ready. We pick so fresh that we don't always know what fits in them for the box note!

Beets
Bunching onions (a first taste!)
Carrots
Lettuce (Easy leaf red and green)
Radish
Salad greens- baby Arugula, tatsoi, Tokyo Bekana and mustard
Braising Mix -Tokyo Bekana, Mezuna and mustard'
Spinach
Mint
and Cucumber for medium and large



Things you can do online:

Sign in and then check your payment history or make a payment, check the route times, change your site, look up your site hosts contact into.

Check previous box notes by going to www.communityhomestead.org CSA and then box notes.

Vacation: if you are out of town you can do one of two things

1.Email to donate your box

2.Gift the box it to family/friend to pick up but be sure they know how to do this. You can also change the site for the week for their convenience.

ARRIVAL TIMES

Arden Hills 8.30am--9pm
Blaine 11am-9pm
Burns and Mc Donnell 9am -4pm
Cooper 7.15am-9pm
Farm 7am-9pm
Golden Valley Kaltern 10am-9pm
Hiawatha 7am-9pm
Lake Harriet 8.30am-9pm
Lowry Hill 8am-9pm
MWS 7.45-4.30pm
North St Paul 7am-9pm
Powderhorn 7.45am
Shoreview 9am -9pm
St Paul 6.30am-9pm
Stillwater 7.30am-9pm
St Anthony Park 10.30am
Vadnais 7.15am- 9pm

Welcome back to Summer Everyone!

After a couple of tough drought years, we are glorying in rain like pigs in puddles! Flowers, vegetables, weeds, mosquitoes...are all flourishing here. We have discovered the delight of mosquito netting and big hats and try hard to remember that life giving rain give life to even the most trying of creatures.

Our crew this summer includes many returning volunteers who join our regular gardeners. It seems to be the year for a reunion! With Nadine once more at the helm, organizing us all, we all aim to be better in skill, resilience, tolerance, creativity and understanding, than we were last year! And yes, we will all try not to be late for the 6am harvest.

In these box notes, we will try to introduce you a bit to the people whose lives you enrich by buying your produce from us-making it possible for US to enrich YOUR lives! We will give you a little window into the farm, the bakery, the pie and



Wash your Vegetables!

All our produce is certified organic. This means FREE from chemicals. However, that doesn't mean clean from soil, bugs, and other nonsense Mother Earth dishes up that you don't want to put in your mouth. WASH all vegetables right before use!

Storing green leafy things. Immediately separate leaves from roots and store in two separate bags in the fridge. Wash only right before using,

The beginning of the season is always bountifully green and leafy. Just as you get tired of that, we are onto crunchy red and green things so eat up while you can!

Radishes: Vitamin C folks! Also Calcium, Niacin, Thiamine, B6 Folate, Potassium, and Iron. And what if you don't like peppery little radishes and don't like them in a sandwich or in a salad? Cook them. Slice them into your sauteed Braising Mix, chop them into the last 4 minutes of your pasta. This mutes and mellows the taste and you still get most of the vitamins.

Pickled Radishes

1 pound of radishes cleaned and shopped into matchsticks
1 pound of carrots peeled and chopped into matchsticks
1 teaspoon dried dill seed
1 teaspoon of mustard
1/2 teaspoon cumin
1/2 teaspoon red pepper flakes (optional for spicy lovers!)
1 garlic cloves

For the Brine:

1 1/4 cups water
1/3 cup white wine vinegar, or cider vinegar
1 tablespoon honey
1 1/2 tablespoons pickling salt

Clean the jars very well.

Divide all your spices in half and add half to one jar, half to the other

Heat up the water, vinegar, honey and salt until salt is dissolved. Pour over the jars making sure the radishes are immersed, If there is not enough liquid just top the jars up with some vinegar. Put the lids on and store in the fridge. Start eating after 3 days. Store up to 3 months in the fridge.



Tokyo Bekana. Not the prettiest, this big leaf is packed full of A C K and magnesium, calcium, iron, and folate. It is a cabbage family member but acts more like a lettuce. Also known as "Asian Greens" it originates from cultivated

cabbages in China and then spread via war routes to Japan and beyond. Very versatile, you can shred this into a salad with other greens, lightly stir fry it or use it as a wrap for other rice/veg mixes. (Unwich, move over)

Joy of the hoop house. Most of the vegetables you are getting from us now was grown in our hoop houses. Think big hoops making a shed with plastic roofs and sides, This extends the season and protects from some of the more variable weather we have here (notably, this year, lashing rain)

Braising Mix This is typically the larger leaves that have matured into their spicy fullness. Our mix is Tokyo Bekana, Mezuna and Mustard. Sautee these a little with some onions and garlic and then add a little water and boil for a couple of minutes with a lid on your pot. Eat them as a side or add to eggs or pasta to zest up your breakfast and pack in some start the day vitamins.



Bunching onions and spinach



Mint Sauce

Separate mint leaves from stems. Chop leaves.

Boil 2 Tablespoons water with 2 tablespoons sugar. Add 2 tablespoons balsamic vinegar and 1 cup chopped mint leaves, salt to your own taste. Refrigerate. Use with lamb, chicken, eggs.

mint

