

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 12, 2024

CSA Box 2 (of 20)

Coming Events:

Got a birthday, anniversary to celebrate? Please consider tickets to Chef's Garden Party here at Community Homestead

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



Farm News:

Our lovely new Red Angus cows arrived! These are the Mamas of our future generation of beef cows and a bunch of friendly ladies they are. After transitioning out of 20 years with our commercial dairy and partnership with Organic Valley, it is heartwarming to seem a new vision take shape. Of course, we still have our community dairy herd, our black and white Holsteins, mixed up in there and grazing these very lush pastures.

Thank you to everyone who came out for Osceola Rhubarb Days and our very successful rhubarb everything pie sale! Hundreds of pies went off to happy new homes and our bakers are pretty pumped with the accomplishment! Great rubber duck race too! Rain has leafy vegetable smiling but, no so much for the strawberries, These delights convert sunshine into sweetness and have been a bit harder fetched to do that this year.

ARRIVAL TIMES

Arden Hills 7am--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 7.30-4.30pm
North St Paul 8.30am-9pm
Powderhorn 7.45am
Shoreview 6,30am -9pm
St Paul 6.30am-9pm
Stillwater 7.30am-9pm
St Anthony Park 10.30am
Vadnais 8am- 9pm

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.

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!

For large and medium only: spinach, strawberries, beets

For large only: mint

For everyone:

Bunching Onions

Carrots

Cucumbers

Lettuce

Salad Turnips

Dill

Cilantro

Rhubarb

Lettuce Mix

What is a salad turnip?

Packed with vitamin C folate, iron, potassium, and calcium, this is a slightly spicy, crunchy addition to your salad or sandwich. If you have a hard time liking them but appreciate their medicinal powers, try slicing them small and adding them to stir fry, soups, or a medley of roasted vegetables. You can pretty much lose them in carrots and beets but still gain all the goodies.

Store: Always separate roots from greens to keep the roots crisp. Store in moist paper towel or a moist cloth in the crisper drawer. You can also store the cloth package of turnips in a plastic bag or a glass container with a tight lid for good measure.

To prepare, trim the tail and the top. You do not need to peel them though I guess you can if you want to! Wash well and cube or slice when ready to use.

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!

Rhubarb.

We co organize a rhubarb festival so you can tell we love rhubarb! Rhub is really good for digestive health, blood pressure and arthritis because it is an anti inflammatory, high in antioxidants, vitamin K, and fiber. It is also high in calcium oxalate so if you are prone to kidney stones, or have liver problems, watch out: small doses might be best.

Sure, it can go in a pie-totally delicious. But you can also use it in a smoothie, stew it up and add it to yogurt or put it in a salad. Oh yes...see the recipe for Sweet and Tangy Salad,



rhubarb



Salad Turnips



Beets

Sweet and Tangy Salad

2 cups very finely chopped rhubarb
3 tablespoons sugar
3 tablespoons balsamic vinegar
3 tablespoons of maple syrup
2 tablespoon olive oil
4 bunching onions finely chopped
1 cup of finely chopped cucumber
½ cup of sliced strawberries
Salt and pepper to your own taste
1/2 bag of salad mix
2 cups of spinach
4 cups salad greens
½ cup thinly sliced turnips
½ cup of feta cheese
½ cup of raisins or dried cranberries
Salt and pepper to your own taste

Preheat your oven to 425F
Chop your rhubarb finely and toss it in the sugar until its all covered. Roast it on a greased glass dish in the oven for about 6 minutes. Let cool

Chop all your turnips, cucumber, strawbs, onions and put to one side in a bowl

Mix up your vinegar, oil, maple syrup and salt and pepper to your own taste.

Pour it in the liquid to your bowl of turnips etc, Add the rhubarb and toss. Add the cheese, raisins or cranberries, and toss just once

Spread the salad leaves in a bowl and put the mix on the top! Toss right before serving.



Bunching onions



Spinach



Dill



Cilantro

Creamy Lime Dressing

1 bunch cilantro
3 tablespoons olive oil
1/2 cup of plain yoghurt
Juice and zest from 1 fresh lime
2 tablespoons of maple syrup
2 tablespoon apple cider vinegar
1 clove of garlic minced
1 very small jalapeno seeded and chopped finely (optional!)
Salt and pepper to your own taste

Grate the lime on a very fine grater. Do not grate the white pith! Squeeze the lime into a bowl and add the grated lime (the zest)

Either chop up the cilantro, jalapeno and garlic as tiny as you possibly can and add the lime essence OR whizz it up in a food processor/blender along with the lime. Add the yoghurt and other ingredients and whisk well or use that machine again! Store in the fridge.