

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: YES This is a meat week.**

STORE 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](mailto: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 26, 2024

## CSA Box 4 (of 20)

### Farm News:

Here is a photo of your gardeners, Oscar and Dustin, getting ready for harvest breakfast. This is a fun affair and a reward for an early harvest that starts at 6am. On Monday and Tuesday, the team gathers under the eaves of the shed and dines on egg toast, yoghurt, fresh fruit, coffee/tea, and all the latest chit chat.



Thank you to everyone who came out to the Country Banquet aka Chef's Garden Party. Huge turn out, glorious weather, amazing food...what more to say. Check out facebook for photos! We raised \$10,000 for the solar array that will power life at the new supported apartments (ground breaking soon!) And meanwhile, life and summer is rolling onward.

We have a steady flow of visitors in the height of summer, which is great because we have a lot to do. What a great match. This also means making sure these folks are well fed and so there is a steady cycle of veggies on the grill and quiche in the oven. And like you, plenty of salad and braised greens served with everything! And it is a pea year which makes all the eaters happy but whoever picks and shells them wishes there were more hours in the day, or more small children with tiny fingers to ping them out.

### Winner of the Lucky Tea Tin

(Random drawing)  
IBunch of flowers: Barbara Stinson from St Paul



For every \$10 you order from the online store, we enter you in the weeks random drawing for a little gift!

### 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](http://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.

### 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!

## 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 how many or what fits in time for the box note!

Bunching onions

Napa cabbage

Carrots

Cucumber

Garlic scapes

Lettuce, butterhead for all plus

a red summer crisp for large

Peas-all kinds, see your last

box note

Braising mix

Summer squash

Large: First taste of Eggplant

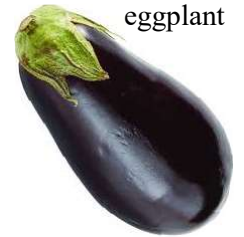
Medium: first taste of summer squash



summer squash



garlic scapes



eggplant

## Napa Cabbage

High in C and K, calcium and fiber, cabbage, like all cabbages, are a bit more nutritious than all lettuces. Napa, you can use in the same way as lettuce, or mix it with lettuce in a salad, but you can also do a lot more with it.

Originating in China, possibly from an adventure involving a turnip and a cabbage, it is also known as Chinese Cabbage. The word napa comes from Japanese for leaf (drop that one into the meal conversation). The seeds were spread across Asia and then Europe through 18th and 19th century and now we can all enjoy this versatile little treat.

Ideas for Napa

Take the big leaves, chop the thick part of the stem off and roll any combo of rice/veg in it.

Slice it small and use in stir fry-put it in as your last ingredient,

Shred it small and make a coleslaw

And of course, kimchi for kimchi lovers!

Kimchi is one of those dishes that everyone who makes it has a strong opinion about. Good news is that there are plenty of recipes and step by step videos on how to do it. I am not stepping into that one!

Cole slaw

A bunch of bunching onions

1 napa cabbage

1 cup of grated carrots

1 garlic scape, minced

1/4 cup of plain yoghurt

1/4 cup mayo

2 teaspoons fresh dill

2 tablespoons of lemon juice

Salt to taste

Mix your garlic scape, finely chopped onion, yoghurt and mayo, lemon and salt and pepper to taste.

Cut your napa into quarters, lengthwise (stem to top) and then take each quarter and slice thinly.

Grate the carrot on a large hole grater and add it to a bowl with the napa

Mix the dressing in with the napa mix. I would not do this more than an hour or so before eating to save a little crunch in the slaw.



Napa



braising mix

## Braising mix

As leaves mature they get stronger in taste and spiciness. It depends on your palette but this can be a real treat.

All leafy greens are packed with vitamin C and calcium among other great things so eating them is a good idea! If you love spicy and flavorful food, you can eat them raw. Chop them small and add to a salad mix. They are chewier but definitely a boost. If you want to temper your greens, you can do the following,

2 bunching onions or 1/4 cup of finely chopped onions

2 garlic scapes chopped finely

2 rashers of bacon cut into tiny pieces OPTIONAL

Tablespoon olive oil

Tablespoon of balsamic vinegar

Tablespoon of lemon juice

Salt to your own taste

1 bunch of braising mix, large stems removed and roughly chopped

Using a large pan with a lid, saute your onions and garlic scape (and bacon if you

wish) in the oil on a medium heat for about 4 mins.

Add the braising mix, the lemon and the vinegar and immediately put the lid on to trap the steam.

After 3-4 mins, stir once, add 1/4 cup of water, and quickly put the lid back on. Bring back to heat and then turn down to a simmer. Simmer for 5 more minutes. Take off the lid, bring back up to heat stirring a little and boil off any extra liquid. Serve as a side dish or add to eggs, pasta, toast.

Bunching onions



Butterhead lettuce

