

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: NOT 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

July 3, 2024

## CSA Box 5 (of 20)

### Farm News:

Most of the people here are from the St Croix Valley, Wisconsin or larger Midwest area but there is a significant representation from California, and Europe. For north west coasters and northern Europeans, this weather is all too familiar and gives rise to a bit of grumbling. We have become accustomed to bright blue skies, long days of outdoor glorious weather and a bounty of tomatoes and eggplant by July! And we like it. We have even grown a little entitled to it. So, seeing soggy basil hardly daring to grow and tiny eggplants just peeping out and hoping for sun is a dismal affair.

We try to be thankful for all the rain we hoped for last year and consider the plight of people living close to rivers, or in 115 degree heat, to boost recognition of our own blessings, and the lushness is certainly beautiful. Glad, once again, to be on this CSA journey with you all and to share the growing experience in all its glory and idiosyncrasies.

*Wash your Vegetables!*



Our garden/your garden, is a balance of herbs, vegetables, fruit, fields, ditches, hedges and woods. We invite all kinds of creatures into the balance so they can help us pollinate, keep the insects and other animals in check so avoiding population booms of pests. Because of herbicide use and drought the monarch had a rough time in north America last year and their numbers were down 60% for overwintering in Mexico. Yikes. So how pleased we are to find a monarch caterpillar sunbathing on a milk weed in the flower bed. We grow milkweed and then dry and use their empty pods for wreath decoration in the winter.



### Winner of the Lucky Tea Tin

(Random drawing for online orders) Bunch of flowers goes to Vanessa Zahid at the farm! Find your flowers in a jar in the cooler.

### 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.

### 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

## What is in the box?

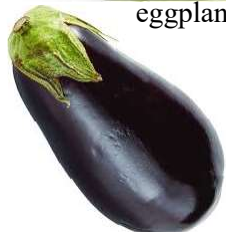
Our Best guess to what fits and what is ready. We pick so fresh that we don't always know how many or what fits in time for the box note!

Beets for medium and large  
Bunching onions  
napa cabbage  
Carrots  
Collards  
Garlic scapes  
kohlrabi  
Lettuce, red summer crisp  
Peas-large/shell, medium and small/snow and sugar,  
Summer squash  
basil  
Dill  
For large: cabbage eggplant  
tomato.



Napa

eggplant



kohlrabi



basil



Dill is a maybe but...if it is here, this is what it looks like



summer squash



garlic scapes



collards



## Collards.

A family member of the Crucifera which includes broccoli, cabbage, cauliflower and so on. Did you know this family is called crucifers because it has four top leaves that make a cross? Pretty significant for early Christians, the medieval equivalent of seeing Jesus in a cornflake maybe, this family was cultivated since Roman times to produce all its variations right down to the elaborate Romanesco. The whole family is full of vitamin C, A calcium, B6, manganese, and potassium, and collards are no exception.

Collards are most popular in the south of the US, not because they grow better there but because collards were among very few crops enslaved people were allowed to cultivate as their own. After the civil war, this sustainable and abundant vegetable together with its delicious recipes was, by force of circumstance, adopted by all. If you want a perfect, super tasty collard recipe, go to a southern cooking site. I can offer this introduction recipe below with apologies to people in possession of Great Granmas recipe because Great Granma is always right. We all know it.

## Quick Collard Greens

I cup of thinly sliced bacon (fat is fine!)

1 tablespoon olive oil

Your bunch of collard greens

½ cup of onion thinly sliced

1 garlic scape minced

Salt and pepper to your taste (remember so much is already in the bacon!)

1 tablespoon lemon juice

1 tablespoon apple cider vinegar

1 tablespoon maple syrup

½ cup of water (or a bit more!)

Choose a large pot with a lid that fits.

Rinse your collard greens well and chop out and discard the stem or spine. Rip the rest of it into little bite size pieces and put aside in a bowl

Saute your bacon and onion together in the oil on a medium heat for 4-5 mins. Add the minced garlic for another minute.

Add in your pieces of collards, your maple syrup, lemon and water together with any extra salt or pepper you might want.

Turn down the heat to very low and put the lid on. Keeping an eye out so it does not dry out, simmer for 35 minutes. Add a tiny bit of water as needed. After 35 mins, take the lid off, add the vinegar, stir and turn up the heat for 2 mins. Boil off most of the liquid and serve. It is not the 3 hour Southern Greens Granma made but it is a taste of the same idea and way less commitment!

## Kohlrabi

Mama is a turnip, Papa is a cabbage, you grow up in Germany and so you are kohlrabi, literally cabbage/turnip. Your ancestors came from the mediterranean and middle east so you end up with cousins everywhere. Kohlrabi is a staple in Vietnamese dishes, Indian dishes and northern German dishes. Hooray for versatility!

Peel Kohlrabi with a paring knife so you have a clean shaven apple like object. Slice it thinly and eat it like an apple, or with carrot sticks and sugar peas and a nice sour cream dip.. Cube it and roast/grill it, steam it, add it to sauteed vegetables. Its taste rarely offends anyone and can be spiced up with curry, or with garlic. If you find it a bit blah and are not a fan, here is the way to smuggle it in to your family dinner.

## Scalloped kohlrabi

4 cups of kohlrabi thinly sliced  
1 cup of bunching onions thinly sliced

1 garlic scape minced

3 tablespoons butter

3 tablespoons flour

1 cup of shredded cheese (cheddar and parmesan works well)

1 ½ cups of milk

Salt and pepper to your own taste

Peel and slice the kohlrabi thinly and put aside in a bowl

Chop the onion and mince the garlic. Saute both in the butter gently. Add the flour and stir hard, drizzle in the milk, stirring the while, until thick. Add any salt and pepper you like. Add the shredded cheese and stir until melted.

In a small glass dish, lay out one layer of kohlrabi, add some cheesy sauce. Add another layer and again the sauce until used up. Cover with foil and bake in the oven on 350F for about an hour and a half. Test to see if it is done by sliding in a knife to check the kohlrabi is soft.