

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 as 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 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 17, 2024

CSA Box 7 (of 20)

Farm News:

Roller coaster riding the amazing clouds and intense sunshine out here! Fortunately, while the cities had hail last Wednesday, we had a beautiful blue sky with occasional clouds sailing happily above our ground breaking!



Pig Roast and Family Day. Saturday August 17 3-9pm.

This is our next event .An afternoon and evening of fresh air, children's crafts and games, flowers, wagon rides, crafts, a huge buffet style meal including fresh pork, and an evening of folk dancing. It is a wonderful multigenerational event and we encourage everyone to come!

All CSA members get

2 free adult tickets. To claim them, just go onto the store and click CSA complimentary tickets so we have a good count.

You can buy additional tickets at the store too at a special discounted price, so bring Granma and your friends too! Note: everyone is welcome but this in-store price is a special one for you guys to enjoy!

*Wash your
Vegetables!*



Winner of the Lucky Tea Tin

(Random drawing for on-line orders)

Bunch of flowers goes to **Jillian Bartholow**

from GV Kaltern Site host!! Find your flowers in a jar near your box.



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

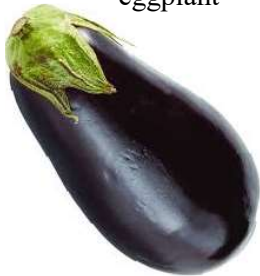
2.Gift the box it to family/friend to pick up but be sure they know how to do this. You can also change the site for the week for their convenience.

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

Beans
Beets
Broccoli
Onions-cippolini
Cabbage
Carrots
Cucumber
Potatoes
Tomato
Basil
summer squash?
Cauliflower for large
Celery for large and medium
Eggplant for small

eggplant



celery



cippolini onions



yukon and red potatoes



Potatoes. Not all potatoes are created equally. You have entered the season of early or “new” potato varieties. For us, this is red and Yukon gold.

These guys need no peeling (hooray) are firm in their texture and have a buttery taste. Mashing them is problematic so wait for the fall varieties if you long for creamy, fall apart ones, and get ready to peel those ones too.

These ones are more roast, or boil so think potato salad on a hot day. New potatoes are super rich in vitamin A which is great for eyes and immune health.

Cipollini onions: and not all onions are created equally! Cipollini's need to be kept in the fridge and don't store well like their rough, yet naturally packaged siblings. They are sharp and sweet and can be cut thinly in salads and sandwiches as well as cooked in any dish. BUT the totally delicious way to cook them is to caramelize them in halves or, with the tiny ones, whole. Treat yourself by doing this in butter and olive oil and pretend you are in Italy by saying “chi POH lee...ni” as it bubbles aromatically.

Beets and beet greens.

Some times we leave them on and sometimes we don't! This depends on the quality of the greens and how much room is in the box. If you are lucky enough to have some greens, treasure them. High in all the goodies dark green leaves are famous for, they

go well if you sneak them into a smoothie with a banana, or stirred up in eggs or pasta or ...take your pick.

To store, immediately twist off greens from roots and store separately in the fridge. This avoid your roots softening and your leaves wilting so much.

Tomato, cucumber,

basil -the famous three. Combine these into a salad and add some chopped or sliced mozzarella and you are in for a treat. Reduce some balsamic vinegar to drizzle over them, fund a sunny spot to sit, and you can be on vacation for an hour (sigh!)

How to reduce balsamic vinegar. This just means you evaporate some of the water in the vinegar. So one cup of balsamic vinegar in a pot, boil it and then bring it to a simmer, stirring until it is thick (like a sauce). This process takes about 10-15 minutes and then you can just jar it and put it within reach!

What to do with a cabbage in the summer?

Cole slaw (obviously). You can shred your cabbage and mix with grated carrots (4:1 part) finely chopped onion and the following delicious dressing.

Cole slaw dressing

1 cup chopped cucumber, seeds and core removed.
1/2 cup sour cream

1 clove of garlic minced
1/4 cup of plain yoghurt
1/4 cup of mayo
2 tablespoons of lemon juice
1/2 tablespoon fresh dill finely chopped•
1/4 cup of finely chopped cippolini
Salt and pepper to your own taste

Peel and core the cucumber. Chop the pieces into 1/2 inch chunks
Add all the ingredients to a processor and process until creamy
No processor? No worries! Grate the naked and seedless cucumber on a fine hole grater. Add all the other ingredients and mix well. It has more texture but it is also delicious and you lose the grated texture in the slaw anyway.

You can **grill it.** Cut it in half from top to root. Then cut thin wedges incorporating a little bit of root with each wedge. Brush with the oil mix and grill for 6-7 minutes a side.

Grilling mix for cabbage wedges

1 cup of loose leaves of basil
1 cup of olive oil
Juice of one lemon
Salt and pepper to your own taste

Whip it all up in a blender, starting with the basil leaves. Brush each wedge on both sides before grilling. Drizzle on some of that balsamic reduction you just made!