

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: NO 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 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!



Wash your Vegetables!

Community Homestead

July 31, 2024

CSA Box 9 (of 20)

Photo: Nadine bringing in the harvest.

Farm News:

The height of summer brings a real bounty to the garden. Tomatoes, basil, eggplant and all the sun lovers come out to play! A lot of rain brings a lot of growth but also a lot of disease and fungus which has led to a ponderous debate about whether you'd choose too much rain or last year's drought. We would like option C, "neither of the above"! Our almost daily rain favors celery, cauliflower and broccoli which is aspiring for a role in a still life oil painting. Peppers are suffering from disease. You will only be getting a little taste of the few unafflicted. Beans are apparently flourishing with huge canopies of leaves and beans but, if you look underneath, the beans are rotting in a constant damp environment.. So, happy to have CSA once more, where we can fill the box with glorious corn and potatoes and cauliflower and pass over the shortage of peppers for now!

Thanks folks for reserving your Pig Roast Tickets! You can turn up on the day of course but it certainly helps us plan numbers when we know who is coming! All tickets will be kept here at the entry table and you just pick them up when you arrive (saves people panicking when they lose or forget them!)

Pig Roast, August 17, 3-9pm

An afternoon of wagon rides, kids games, garden tours, craft fair, cow pie raffle (of course!) And a wonderful buffet of food including fresh roasted pork. Vegetarians -we have you covered! Live music and an all inclusive folk dance in the early evening! Come! Bring Friends! Rain or shine, we will have a good time!

Winner of the Lucky Tea Tin

(Random drawing for on-line orders)
Bunch of flowers goes to Ann Rinkenberger at the Farm Site!! Find your flowers in a jar near your box.



Meanwhile, happy to see some CSA folks booking their complementary tickets for the Pig Roast. Let me say this one again...

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!

What is in the box (I think?)

- Beans
- Beets
- Cabbage -conical for large, round for small and medium
- Carrots
- Cauliflower/broccoli
- Corn- Sugar
- Buns variety
- Garlic
- Lettuce -summer crisp
- Onions-Walla
- Walla and Ailsa
- Craig
- Peppers
- Potatoes-yukon
- Summer squash
- Tomatoes
- Basil
- Mixed greens-eat them raw or steamed/sauteed
- For large=fennel, Large and medium:lettuce, cabbage, cucumber

eggplant



Eggplant is a nightshade and this family has a bad reputation that is not so well deserved. In Europe, all the indigenous nightshades are notoriously poisonous so introducing an edible variety understandably took a minute or two, with the absolute exception of potatoes!

Here's the facts as we know them now: these guys, potatoes, tomatoes, eggplant for example, do contain small amounts of alkaloids which can increase inflammation for folks who have an issue with this so, often, people are leery about eating them. HOWEVER, you'd have to eat a lot of green tomatoes and eggplants, maybe an exclusive diet, to ingest a harmful amount and this family also has antioxidants which help repair cell damage, which means "help fight cancer". So, once more, all things in moderation and we can yum up our nightshade season unless we have a very specific reason not to!

Interesting (if only to me?) is that eggplant, aubergine, came originally from China and India where it made its ways with the Muslim Empire in the 7th century, across Europe, and from there, across the ocean to the USA, purportedly in Thomas Jefferson's pocket.

Aisla Craig onion



Storage: the eggplant is not going to keep well. You can extend its refrigerated life by wrapping it in a wet paper towel like herbs but, honestly, just deal with it in the first couple of days and avoid the whole issue!

Eggplant Casserole

- 4 cups of eggplant and summer squash sliced thinly
- 1 cup of sweet onion sliced thinly
- 2 cups of tomato cut thinly
- ½ cup of basil (loose leaf)
- 2 tablespoons oregano
- 2 tablespoons balsamic vinegar
- 2 cloves of garlic minced
- 1 cups of grated cheese
- 1 cup of ricotta cheese
- 2 cups of tomato sauce (either a jar or make your own with chopped tomatoes and tomato paste)
- Salt and pepper to your own taste

Slice your eggplant first. Lay them out in layers in a colander and lightly salt them. Leave to drain for 30 mins and then rinse and pat dry. Slice all your other veg and set aside. Prepare your sauce (out of a jar or make your own!)

Lightly saute your onion and garlic. Mince your basil and oregano. Mix it and your vinegar with your sauce.

fennel



In a foil dish, starting with a layer of veg, make layers of vegetables, sauce, ricotta, and then grated cheese. Cover with foil.

Bake for 1 hour on 350F. When cool, label and freeze, or just eat it!

Beets hooray. High in folate, manganese, and copper. Here is a crunchy and delicious outcome! Make a batch and eat it over a few days!

Grated Beet and Carrot Salad

- 2 cups of beets
- 2 cups of carrots
- 2 cups of apple
- 2 tablespoons lemon juice
- ¼ teaspoon of salt
- 1 tablespoon olive oil

Peel and grate the beets on a large hole of your grater. Wash and grate the carrots again on the largest hole. Peel and grate the apples. Guess what, on the largest hole. Dump all of it into a big bowl.

Whisk up the lemon, oil and salt. Pour it over the vegetable and mix it really well so everything is coated. Chill. Store in a glass or plastic container with a good lid in the fridge.

summer squash



Dragon tongue beans



Corn. So corn is generally a heavily sprayed crop, starting with a huge dose of fertilizer to get it all going and ending with the pesticide sprayed heavily to get rid of the worms.

Organic corn has none of this. It means that the soil has to be built up over years and the corn rotates around the garden to give the soil a rest and kit also means yields are a bit less and... hello, here and there you might find a corn worm. We feel, and we hope you feel, this is worth it. If a corn worm can live on it, so can a bee. If you find one, wince, think of the bees, cut out the worm and his little home and eat the rest of the corn. It is perfectly good.

