

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 it 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!



*Wash your Vegetables!*

# Community Homestead

## Aug 7, 2024

### CSA Box 10 (of 20)



Pig Roast/  
Folk  
Dance

### Farm News:

And here we are half way through the season! It continues to be a soggy one but, no hail here, no tornadoes, and so we are just fine. We are sad about the blight (as are everyone's ornamental lilacs) but we still have great food and so we employ that shrug that people who work outdoors keep in stock, and hope for a bit of sunny dry weather in a row at some point. On the plus side, we have a field now of beautiful sunflowers planted right on the road so all the neighbors can enjoy them. If you come for Pig Roast, be sure to get your family photo in among them!

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!)

### What is in the box (I think?)

Carrots	Italia Pepper	Dill
Cucumber	Jalapena and yellow wax hot peppers	For Large: beets, Broccoli
Eggplant	Potatos	For small, cabbage OR broccoli OR Cauliflower
Lettuce	Summer squash	For some beans
Celery\	Tomatoes	
Onions: red and Walla	Basil	
Walla and Ailsa Criag	Cilantro	

### 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!

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!

### Winner of the Lucky Tea Tin

(Random drawing for online orders)

Bag of cookies this week

goes to Sarah Howland at Cooper Site!!



eggplant



left, hot jalapeños and yellow wax.  
Right: sweet Italia Peppers



summer squash



Dill



Basil



### Basic Pesto

Can't eat all your herbs immediately? Pesto them and freeze them for later  
Here is the basic recipe. You can add walnuts or parmesan as you choose  
2 cloves of garlic  
2 cups of loosely packed leaves of cilantro or basil  
2 tablespoons lemon juice  
1/4 cup olive oil  
Salt to your own taste  
Starting with the top ingredients work your way down the list adding it one by one to the processor until it is all smooth together  
Pack into ice-cube trays  
When frozen, decant into a freezer bag. Use as necessary in soups, defrost and spread on toast etc

### New this week Hot Peppers

These sun-loving little guys have been struggling with Wisconsin's weather soup this year. So three cheers for the survivors who are coming through. We have yellow wax peppers and jalapeño peppers. Spicy lovers, you can celebrate a bit by putting them in pretty much everything. The seeds of a pepper are very hot and most folks leave those out of the dish, using the fleshy skin instead. of a weather. It is advisable to wear gloves to prepare hot peppers otherwise you risk irritation of everything you touch later. You are one casual eye scratch away from agony.

**Italia peppers** are the best (in my opinion) sweet peppers ever. They jazz up a salad as easily as a soup and freeze really well for winter if you don't want to use them now. Just slice, remove the seeds and inner skin and bag in a ziplock.

### Stuffed Peppers

Stuffed Peppers in rice  
2 cups of rice (cooked and drained well)  
1 cup of onion  
1 cup of tomato chopped with seeds and juice removed.  
1 cup of parmesan grated

2 minced garlic  
1/4 cup celery  
1 cup carrot grated  
1/4 cup of basil leaves chopped  
Salt and pepper to your own taste  
Olive oil to saute.

Turn on your oven to 400F  
Prepare your peppers. You can do this with big ones by cutting off the stem end (like a little hat) and with the medium ones by adding a slit from top to bottom on one side and then prying the pepper open enough to pull out the membranes and stuff it before closing it up like a door. Set aside.

Saute the onions and then add the garlic for another 2 mins. Stir and add the tomato and the cooked rice, herbs and salt and pepper to warm it all up together for a few minutes. Take off the heat. Add the basil and parmesan and stir well. Stuff each pepper. Place each one in a greased, small oven proof glass dish. Arrange the rest of the rice mix around it. Cover with foil. Bake in the oven for 25-30 mins.

Meat lovers, you can do this with a ground beef version. Just make the mix so it is not too sloppy. Cook everything before it goes into the pepper.

### History of the yellow wax pepper.

Originally from South America, the wax pepper was brought to California by the Chileans in the gold rush. Settling among the Italians who quickly became prolific gardeners in California, the yellow wax pepper transferred over to the many gardeners who seized on, and cultivated, the seed. So this is why you often see yellow wax peppers referred to as Italian wax peppers. Same thing folks and it all originates from South America.

### Why eat a pepper?

Aside from the taste that is. High high high in vitamin C, B6, A and antioxidants. Great for the immune system.

cilantro

