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? CON-**

FUSION? 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 Aug 28, 2024 CSA Box 13 (of 20)

## Abbreviated Box Note this week everyone!

Your Box note writer is spending the week playing with a grandbaby in Madison while her parents do their work! Back on it next week!

Fortunately our little end of the St Croix valley was NOT damaged by the storm much. Our neighbors were hit harder and we know folks in the cities had a bit of damage so our sympathies to everyone on the clean- up. Hope no one was too badly impacted. All we had was a power outage for a few hours.

But essentially, here is what is in your box

Beans
Beets with greens
Broccoli
Conical Cabbage
Carrots
Edamame
Onions
Italia Peppers
Summer Squash
Tomatoes
Watermelon
For medium and large
Cucumbers
For medium: Cauliflower

For beets immediately twist off your greens and store separately place in your fridge. Use your beet greens the same way you'd use Swiss Chard. So good for you, eat the stems and the broccoli is am the yuck risk. leaves!

Edamame beans need a little work but are every bit worth the effort! Boil them as little pods. Just put a few inches with well salted water, boil water, dump in your pods, wait 4 minutes, drain and serve in a little bowl. Your happy eaters will pop the buttery beans out of the pod and eat them up. They make a good snack on their own or a side dish. If you want to do the work you can pop them all out and add them to just about anything-pasta, rice, salad...

Watermelons are particularly hard this year to tell if they are ripe. We did our best but if you get an unripe white one inside let us know and we will make sure you ger a replacement next week.

#### Broccoli

Uh oh....that time of the year when the beautiful white butterfly babies are around. These are better knows as little green caterpillars. The bane of organic farmers, they can only be really effectively poisoned off and, well, we don't want to be doing that for all sorts of simple but far reaching reasons right? So cut up your broccoli florets, rinse well and keep your eyes open. The broccoli is amazing so we feel its worth the yuck risk.



#### **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:

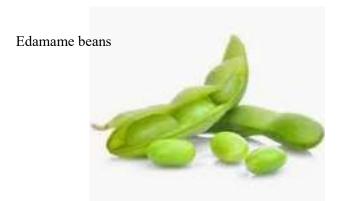
Sign in and then check your payment history or make a payment, check the route times, change your site, look up your site hosts contact into.

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.



Thats all for this week but...more ideas next week!! Happy Eating!