

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

## September 4, 2024

### CSA Box 14

Harvest morning

#### Farm News:

#### Happy Labor Day Folks!

We celebrated here although we are on a different schedule from the usual. We were explaining what Labor Day is to your new young Germans, banks closed, shops closed, last day of tourist summer and then said, but people still eat and the garden does not close so, here on our planet it is busy like Monday then pizza in the pizza oven, grapes to press and drink, at 5pm and bring your competitive spirit for the Labor Day Games! This last involves wheelbarrows, blindfolds and a lot of yelling. I hope you had as much fun as we did! And fortunately, summer does not really end when the kids go back to school and we can enjoy the glorious summer growing season for some more weeks.

This gives time for the peppers to catch up. Those big glossy creatures finally got a break and they are in the 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](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

#### Winner of the Lucky Tea Tin

(Random drawing for online orders)

Bunch of flowwers this week

goes to Holly Harmon at Shoreview Site!!



## What is in the Box?

**Everyone:** Beans -dragon tongue and gold  
Eggplant  
Garlic  
Onions  
Corn  
Kale or collards  
Italia and Bell Peppers  
Potatoes-Bakers tomatoes

**Large and medium-**Celery summer squash

**Just large-**edamame. Poblano peppers, both broccoli and cauliflower, cucumber.

**For Medium:** cauliflower  
Maybe parsley

We have moved into the **Baker Potatoes.** These guys have a different texture from the “new” potatoes like Yukon Gold or Red and have more of a skin. If you like potato skins, enjoy, if not, peel them! Particularly good for mashing, for French fries, or baking in their skin.

Happy little combination of **garlic** and **eggplant** this week gives us **Baba Gannoush** the wonderful dip!

About 4 cups of cooked eggplant (3-4 eggplants)  
4 tablespoons olive oil  
4 tablespoons tahini  
4 tablespoons lemon juice  
2 minced garlic  
1/2 teaspoon ground cumin  
Salt and cayenne pepper to taste  
1 tablespoon chopped parsley

Preheat your oven to 400F  
Roast your eggplant by making tiny holes in the skin with a sharp knife or a fork and then cutting it in half the stem to the top. With half

the oil, grease a glass baking dish and put the eggplant flat side down in the dish. Bake for about 45-50 minutes.

Flip over the eggplant and cool. Then scrape out the insides and discard the skin. Mash it up really well in a bowl together with the garlic, tahini and cumin. Add the lemon juice, salt and pepper, parsley and the rest of the oil and stir.

Serve with carrot or celery sticks, or bread.

## Peppers

So many varieties of wonderful peppers!

The **sweet** ones are **Italia, Bell and Lunch box.**

**Lunch box** are those little square cuties some of you will get this week and we often put those in a little pint box. Wonderful for snacking on. Yum up that vitamin C.

**Italians** are the long pointy mainly red ones and the bells are the big square green orange and red ones. Both of those are great raw or sautéed or grilled or...whatever you love. You can freeze your peppers by simple chopping them small and putting them in a freezer bag. They lose all texture but are tasty in soup in the winter!

The **HOT** ones are the **Poblano chili** peppers. According to your sensitivities these are “pretty mild” “not really hot” “quite spicy” or “oh my gosh that is HOT”. To complicate things they can vary in heat from pepper to pepper. If you are some-

one with thousands of heat sensors on your tongue, go easy. If you are a heat lover, stuff them, roast them, toss them in your salad. We debate the heat for hours here but we all agree, they are not sweet.



Italia left, Poblano right below: lunch box



Bell peppers below



summer squash



## Edible Corn Smut.

This is what is sometimes growing on your corn after heavy rain (thankyou recent rain storms)

We try to take it off and discard a cob wherever we find it but it is often way down in the ear and we can't see it until its being prepared for dinner It is a fungus, like mushroom,s and is both ugly and **EDIBLE**, actually like a lot of mushrooms.. Moreover, aswell as being a “what the heck” ugly glob revulsion, it is a delicacy!! What a fascinating beastie.

Also called **Huitlacoche**, this is a great source of protein, fiber, fatty acids, minerals, and vitamins as well as having bioactive compounds like mushrooms. So, depending on your gourmet experience, your adventuresome spirit, and your sensitivities, eat it or pull it off. And, by the way, you will never find it on non organic corn as they spray it with fungicide.

Big in Mexican dishes, **Huitlacoche** or corn smut is just sauteed lightly and added to beans or rice or...anything. Give it a whirl? I am no expert as you may have guessed but here is a website of one who is! <https://www.mexicoinmykitchen.com/huitlacoche-tacos/>