

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 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 18, 2024

CSA Box 16 (of 20)

Farm News:

We and the eggplants are basking in the glory days of July still, in September! Quite the surprise for our recently arrived volunteers including 17 year old Luddy from Germany who has rocked his way up 25 degrees, slammed himself with culture shock, and still says to me after a 6.30 start on his first day, "The orchard is so beautiful...like a paradise!" What a refreshing perspective. I guess that was hard work though too for Adam and Eve if you think about it.

And we decided we could not pass this summer by without one more lovely deep breath of farm fun!

Meat:

In addition to those lovely veggies we also raise beef, chicken and pork. This provides a place for people to take care of animals, to stride the fields to do fencing, to pet the calves, feed the chickens and have life conversations with the pigs. The animals increase the fertility of the fields and the compost which is the lifeblood of the soil and therefore the plants. And the sale of meat sustains our whole non profit and helps us do it all again.

Our animals graze on organic pastures, and are fed organic grain and garden goodies. Watch a chicken with a corn cob or a pig with a melon rind and you'll appreciate the joy of that. We can't certify as organic because our butcher is not certified but...our land itself is certified.

So if you eat meat, please consider purchasing from us. Meat is online in the farmstore and can also be bought as shares (winter-6 deliveries) where we discount the price in return for the peace of mind that comes from organizing meat into groups! If you want a depth discussion on our meat with a farmer, email and I can set you up!



SeptemberFest

Saturday Sept 21, 4-7pm

(Rain or Shine)

Wood fired pizza, hard cider and red wine from our orchard, yard games, apple and grape pressing and a sunset wagon ride.

Reserve your CSA discount priced tickets from the farmstore through Friday. (Events: SeptemberFest) All welcome. Reserving tickets ensures your spot. We don't know how popular this might be and we have finite supplies!



Entering squash time. Squash come in all shapes and sizes and you can go ahead and treat them all the same way—chop, scoop, bake. But then you'll be missing out a bit. Like people, each has its own characteristic and talent and it is good to know how to allow each one to shine.

Apart from **Delicata**, which has a short shelf life, all squash can patiently wait for you to figure out what to do with it. The best place for them to wait is where it is cool and dark and dry. However, they can decorate your counter without issue for a few weeks. Just keep an eye out for soft spots.

At the point of writing, I don't know who gets what squash. So this is for the folks that get **Acorn**. And if you don't get one this week, then you probably will another week! So called because it looks like an acorn. Well, kinda.

Like all squash it is high in fiber, potassium, C, B, magnesium and manganese. And like all squash, it comes originally from the Americas where it was usually baked whole in a clay oven. It is also sometimes known as Danish Squash or De Moines Squash or Iowa squash after a claim that 19th century Danes cultivated it into its present form and sold it through a seed company in Iowa. Feels uncomfortably like a claim of origin and discovery rather than a claim of horticultural tweak but, just so you know, Acorn, Danish, Iowa or DeMoines, it's

one and the same. Let's be clear—true appreciation goes to the Arikara women of the great plains who cultivated the acorn squash into the deliciousness of today!

Acorn squash is not as starchy, therefore not as creamy in texture as say, the butternut. It is best baked or roasted and that is good news because it is so simple and easy. The hardest part of this is cutting the thing in half without catapulting it across a kitchen.

Cutting squash. Get a good towel. Put it underneath the squash in a bunch. Cut the squash from the stem to the end on a valley between ridges. The towel will help stabilize the squash while the knife goes in. Then, knife half in, transfer the whole thing to a chopping board and finish the cut. When you get to the stem you can just lever the squash into two halves. Scoop out the seeds and either discard or roast.

To roast: place flat side up in a greased glass roasting dish. Drizzle in a little butter or olive oil, salt and pepper to your own taste (and some maple syrup if you love sweet rich things). Cover with foil and bake in the oven at 400F for about 45mins to 1 hour depending on the size squash. It is done when a sharp knife goes in fairly easily.

You can definitely eat the tasty skin of the acorn squash when it is baked but it's a question of taste/texture and preference.

Stuffed Acorn Squash.

If you want to make a meal and not a side dish, here is a great do it ahead one.

- 1 acorn squash
- 1 cup rice (wild rice is excellent but any will do)
- ½ cup of finely chopped pepper
- ½ cup of finely chopped onion
- 1 clove of garlic
- 1 teaspoon finely chopped rosemary
- 1 tablespoon of butter at room temperature
- ¼ cup of shredded parmesan cheese
- Salt and pepper to your own taste (if you put it in the roasting squash, leave it out now)

Roast your squash as above. While it roasts boil 1 cup of cooked rice until its almost done. Put it in a large bowl. Saute the onion, and peppers for a five minutes and then add the minced garlic for another 2 mins. Add to the bowl. When the squash cooked, scoop out the inside flesh carefully leaving the "cup" intact, still in the glass dish.

Put the squash in a little bowl and mash well with the rosemary and butter. Add it to the veg/rice mix and mix it all up very well. Stuff it back in the cups. Cover with foil. You can keep it in the fridge for a day or so or bake it right away. Bake on 400F for 30 minutes. Take it out, take the foil off and sprinkle on the parmesan cheese. Bake without foil for another 10 minutes.



Delicata Squash



Acorn Squash



radish

What is in the Box?

- Beans
- Cauliflower
- Celery
- Eggplant
- Garlic
- Lettuce—summer crisp
- Peppers- Italia and bell with hot peppers outside the bag
- Potatoes
- Radish
- Squash—Delicata, and/or Acorn
- Tomatoes
- Romanesco
- only for medium and large: Beets, Carrots, Corn,
- only for Large: Swiss Chard
- only for medium: Celery
- only for small: cucumber

Winner of the Lucky Tea Tin

Jonathan Sage Martinson at St Paul Site wins a bag of cookies !