

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 it is 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](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 25, 2024

### CSA Box 17 (of 20)

#### Farm News:

Thanks to everyone who came for SeptemberFest! We had a great time pressing juice, drinking cider, and herb tea blends from the orchard and, of course, eating our fill of wood fired pizza! And \$1000 more goes into the solar array fund which is very helpful!

Meanwhile, we gallop along trying to keep up with apple season and raspberries which are producing strongly into late summer on their little baby branches-good for them. Grapes are coming along and the garden is revealing its autumn hues; pumpkins blushing orange, peppers hanging shiny and red, yellow butternut squash resting on the brown earth. It is all very bucolic but it also means an emotional adjustment into the deeper season, when the energy seems to be melting into the ground and we have to fight a little emotional draining ourselves. It helps to remind ourselves that this is not a dying of life but a pulling back to regenerate!

#### 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 cows graze on organic pastures, our chickens arrive as chicks and our pigs arrive at 6 weeks. From then on they live with fresh air, garden goodies and a lot of love and care.. 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 Meat Share** follows the winter delivery season so we don't overwhelm your freezer **BUT**, you can have the option to have it all delivered at once, on October 16 which is the last summer delivery day.

This means you need to have a space in your freezer but you now have a stash of beef, pork and chicken that you can eat whenever you like and you can also gift. A roast, for example, is as much a wonderful gift for people who have most material things as it is for people who are living more basically.

**To sign up for a meat share:** go to our home page [www.community-homestead.org](http://www.community-homestead.org) and then click "sign up" Let me know if you want your meat in one bulk delivery.

**What you get:** 6 deliveries of meat, 2 of beef, 2 of pork and 2 of chicken. Total of aprox 15 pounds of chicken, 10 pounds beef, 10 pounds pork. (shares are 10% discounted)

#### Winner of the Lucky Tea Tin

(Random drawing for online orders)

Bunch of flowers this week goes to Dawn Doering at Farm Site!



**Radish.** So kids are back in school, fall is coming and so is strep, flu, colds and all the rest, Time to boost up the immune system with a little C! Enter, the heroic radish.

High in C as well and folate, potassium, B6, magnesium, manganese and calcium these little red crunchies promote good health!

Trim off the ends, slice thinly or quarter, eat in a salad, or put in your lunchbox whole, with a little salt to sprinkle maybe? If you are a confirmed radish hater, chop them and roast them with carrots etc and you'll never notice you ate one!

### Quick Pickled Radish

Bunch of radishes  
 ¼ cup of finely chopped onion  
 1 teaspoon of mustard seed  
 1 teaspoon pickling salt  
 2/3 cup of apple cider vinegar  
 1 teaspoon of sugar (optional)  
 ¼ teaspoon of dried ginger (optional) this adds a little kick to the spice of the radish. Tell me what you think!

Trim off the ends of the radish and slice thinly. Place in a clean jar or a ceramic bowl.

Add the onion to the bowl.

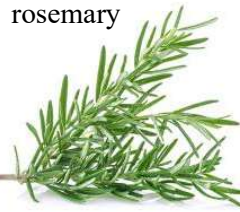
Mix all your other ingredients together in a small pot and bring to the boil for 2 minutes while stirring.

Pour over the radish. Cover and let cool. Refrigerate for 2 days.. Keeps for 3 weeks if covered and in the fridge.

radish



Red Russian Kale



rosemary

### What is in the box?

- Beans
- Broccoli
- Carrots
- Garlic
- Onions
- Peppers-Italia and Bell
- Potatoes
- Salad greens
- Spinach
- Butternut squash
- Basil
- Rosemary
- For large: Red Russian Kale and cabbage
- For medium and large: Radish

side down on a chopping board and cut it straight down in half again. Scoop out the seeds on the fat quarters. Now you can do a number of things. If you want to peel it, here is your moment. Just go at it with the veg peeler.

**To roast,** Either cut into half inch crescents and place on a well oiled glass dish with a little salt, as you prefer. Cover with foil and bake for about 45 minutes on 400F. or peel and cut into cubes. This will take more like 30 mins to roast.



Butternut squash

### Butternut squash

This is my favorite squash. It has a beautiful creamy texture and a nutty taste but, best of all, it is so easy to prepare without risking a limb when you cut it.

You can eat the skin which tastes, when roasted, a lot like a baked apple skin (sweet, caramelly) but you can easily peel it off, like an apple and this is best to do when you want it for soups or a creamy mash.

It is high in A, potassium, and fiber (especially if you eat the skin!) so it is good for maintaining blood pressure and good for your skin and hair.

**To prepare,** Lay it on its side and cut it in half around the middle. One of these halves will have the seeds to scoop and one wont/ Set each half flat

**Cube and steam.** Take your peeled cubes and drop into a pot with a good lid and about one inch of boiling water. Make sure the lid is on tightly. This will take about 10-12 minutes to cook. Drain and mash or add to other steamed vegetables like carrots and potatoes.



spinach



Basil

### Wild Rice Stuffed Butternut

- 2 butternut squash
- 1 cup wild rice
- 1 cup of onion thinly cut
- 1 cup of pepper chopped small
- 1 clove of garlic minced
- 2 cups of loosely packed spinach then chop finely.
- 3 tablespoons chopped basil
- 1 teaspoon salt
- 1 tablespoon balsamic vinegar
- Olive oil to saute and grease your pan
- 1 cup ricotta cheese

Cut your butternut lengthwise and scoop the seeds out. Place flat side up in a glass dish, cover and bake for 40-50 mins until soft. So much depends on the size of your squash. Slide a sharp knife in to see if it is a little bit soft.

While baking saute the onions and peppers, add the garlic. After 5 mins of cooking, add 2 cups of water, plus the salt and place a lid on the pot. When boiling, add the wild rice and cover. Keep an eye on the pot to make sure it does not dry out. Add water as needed and stir often. Cook on a simmer for 20 minutes.

Add spinach and vinegar, place the lid back on until the spinach is wilted,

When the butternut is cooked, scrape out the soft middles leaving a thick skin. Add the butternut flesh to a separate bowl and mash well.

Add the mashed butternut plus the ricotta and the basil to your rice mix. Scoop and pile the mix back into your squash.

(Put the left overs into a small casserole to serve alongside)

Cover stuffed butternut with foil and bake for another 20 minutes on 400F. Take off the foil and bake for 5 more mins. Serve!