

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

## October 2, 2024

### CSA Box 18 (of 20)

*Photo:  
Nastia with  
the orchard  
harvest*

#### Farm News:

After basking about in an illusory late July for two months, we now have the first day of October-and a gem of a day it is. Once we get over the lack of September, and the feeling of being catapulted through time, we shall be fine.

The fields are nicely dried and are being harvested which makes everything look very naked and gives us a suddenly more interesting horizon line as we peer from new vantage points, who is that all the way over in the orchard?

We had our first big craft fair at Hudson at the Spirit of St Croix which means next weekend is the Sogn Valley Fair in Cannon Falls. These fairs are good opportunities to tell people about Community Homestead, to show off a bit what people with "disabilities" can do when included in an integrated team, and to meet really interesting folks. Oh yes, and to sell jam and pickles, and woodcraft etc. That last bit is also important as it helps keeps our lights on! So, anyone looking for a little funsie outing -come say hello to Alex and Brendan at the

**Sogn Valley Art Fair. Saturday and Sunday, October 5/6**  
Cannon Falls, MN, 55009

#### Winner of the Lucky Tea Tin

(Random drawing for on-line orders)

Jessica Spanswick-Shoreview. A beautiful Challah coming to you!



**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. OR email me...I will do it for you!

**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)

#### What is in the box?

Broccoli	and Bell
Carrots	Potatoes
Eggplant	Radish-watermelon type
Lettuce -either Romaine, Summer Crisp or Butterhead	Buttercup Squash
Onions	Sweet potatoes
Peppers-Italia	Tomatoes
	Beets and Spinach for large and medium



spinach



radish



Sweet Potatoes



buttercup squash



Italia Peppers



## Sweet Potatoes

are full of antioxidants, beta carotene, calcium, potassium, vitamins A B and C and have a lot of fiber. They are often referred to as a superfood for all of these reasons. So yes, they are good for you, and yes, eat the skin because that is where the vitamins and other goodies are in their greatest concentration and, its also high in fiber which your colon politely thanks you for!

**Originating** in Central and South American thousands of years ago, and most likely in what is now Ecuador, they travelled by the usual theft and war route into Europe with Columbus and the Spanish colonizers. Before this though they managed to get themselves to New Zealand and everywhere in between Central America and New Zealand via the Polynesian sea folks. Well traveled little cuttings.

Imagine those folks surprise when any tubers they were carrying on those long voyages tasted way better after 6 weeks at sea. Whoa, curing works. Read on...

“The longer they cure, the sweeter they are”. **Curing** happens in two steps. We have done the first stage which is having them sit in some humidity for a week or so. This gets the sugars starting.

The second step is to keep them for six weeks. Yep, you heard that right! Let’s think Thanksgiving dinner and the sweetest sweet potatoes you will ever have.

**To cure**, wrap a single sweet potato in its own little newspaper gift wrap. Place in a cardboard box and put in a cool dry spot which is around 55-60F Check every couple of weeks for a soft spot. If you find one, eat that potato now. This process hardens up the skin and increases the sugars. You can keep them through the winter so long as they do not soften in any spot which is why our non-fridge, non freezer, ancestors loved them.

## Buttercup Squash

This one is a bit messier than butternut but worth the effort for its sweet creaminess. For soup, the easiest way to prepare it is to stab it lightly with a knife a few times, put it in a glass dish and bake it whole for about an hour and half on 375F. Let cool and then pry off the shell like skin with a knife and spoon. Cut the rest of it in half and scoop out the many seeds. Puree the flesh. Keep the seeds!

## Roasted Squash Seeds

Wash the seeds in a bowl of water. Toss them in a clean towel until clean and dry.

Empty them into a bowl and stir in 2 tablespoons of olive oil and a generous sprinkle of salt (you can also use a ready mix dried herb pot of your own choice to add spice or other preferred flavor.

Line a baking tray with parchment paper or foil. Spread out the prepared seeds on the tray and bake for 15-20 minutes. Cool and eat as a snack!

If you only think of **Radishes** as the crunchy element in your salad you might be stockpiling.. So let’s use them in a very appealing way!

## Roasted Radish with Garlic.

Bunch of radishes  
About 2 tablespoons of olive oil  
2 tablespoons of butter  
3 large cloves of garlic minced  
2 tablespoons of chopped parsley and/or rosemary.  
1 tablespoon of lemon  
Salt and black pepper to your own taste

Heat your oven to 425F  
Trim off the leaves and ends of the radishes and cut into half or third depending on size. Put into a small mixing bowl.

Melt the butter in a small pot on low together with the olive oil. Add the garlic and warm on low for a minute.

Turn off the heat and add the chopped herbs, salt and pepper and lemon. Stir well for another minute.

Add to the bowl and make sure all the radishes are coated.

Dump the lot into a glass dish and roast in the oven for about 40 minutes. Test them to make sure a knife goes in.

**Note:** we put the leaves of the radishes in if they are in great shape and if we have room in the box. IF you get leaves, eat them! They are tasty and slightly spicy. For this recipe, chop them small and add them to the bowl of radish bulbs. Sorta crispy, gooey, tasty!