

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: 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 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 9, 2024

CSA Box 19 (of 20)

Farm News:

Magical nights and magical mornings. We have Northern Lights dancing across our dreams at night and then we wake up to a Honeycrisp Apple morning, with dazzling sun and mellow mists. I don't know how we got this lucky but we certainly appreciate it.

This is also the time of many layers that we peel off as the sun warms the day. Fields, pathways, fences, are draped with the forgotten sweatshirts, hats and gloves that were vital in the morning harvest and cast off without a thought later on. We know this magical season will end soon. This is the flower's last bloom, the raspberry's last ripening. Soon it will be time to scurry back to our den, light the fire and ponder soup recipes. Winter is coming....so **STOCK UP** people!

What is in the box?

Beets
Brussels Sprouts
Carrots
Fennel
Kale-Dino and Curly
Kohlrabi
Leeks
Lettuce-iceberg
Parsnips
Peppers
Squash-Delicata
Sweet Potatoes
Sage, Rosemary and Thyme
For large only: Broccoli and Radish
For Medium only: Cucumbers

Winner of the Lucky Tea Tin

(Random drawing for on-line orders)
Kelly Deines from Powderhorn site,. A jar of pickles is coming to you!



Elke and Hannah at harvest



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 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 approx 15 pounds of chicken, 10 pounds beef, 10 pounds pork. (shares are 10% discounted)

Brussels Sprouts



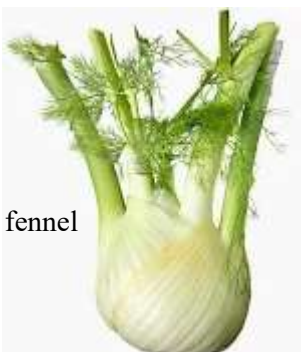
Brussels Sprouts

They came out of the mediterranean and via the Romans, made a bit of a plod across Europe before being heavily cultivated by the Belgians in the 16th century. And Brussels, as we all know of course, is the capital of Belgium. So thank you Belgium for baby cabbages. The USA was late to this game, only cultivating at the beginning of the last century after French settlers brought them into Louisiana. This is why Brussels Sprouts are a familiar winter vegetable in Europe and still a bit of a surprise in the northern US. The only thing you really, REALLY, need to know if do not over cook this sweetie because it transforms into a disgusting, sulphurous blob that you don't want to share a room with.

To prepare

Take your Sprout and trim any tiny bit of stem off along with any holey or yellowy outer wrapper of leaves. Cut the big ones in half from stem to top so the sprout does not fall apart. Try to make them all roughly the same size for even cooking.

Cooking: Steam them for about 5 minutes. Roast them for about 30 minutes. Cook in a little butter in a pan for 5 minutes on low. Serve with butter and/or lemon, or by themselves.



fennel



Leeks

Leeks. This is the national emblem of Wales (as in part of the UK) and dates back to ancient battles and hats. I've told this story before. It is of course an onion, kinda. But better! Full of vitamin K, C, B6 manganese, copper, folate, and fiber, it has a mild onion flavor with a sweetness that comes out when you cook it. The Greeks and Romans all loved it and it was thought to be good for the voice among other things.

To prepare: the only bad habit leeks have is to trap dirt in their close lying leaves. We have chilled and rinsed your leeks already but, you need to wash them again more thoroughly right before you cook them.

To do this, get your surgeon's face on and a sharp knife. Lay your leek down on a board. Cut off the last tiny bit of stem end and discard. Make an incision from the stem to the top of the green leaves that goes half way in.

Pick up your leek and take it to the sink. Pull the incision apart a bit and run cold water through the leaves, rubbing off any previously hidden dirt.

Return to the board and chop it up now into 1/4 inch pieces. Put the really dark green ends to one side.

Whatever **cooking** method you use, put these in first, wait 5 minutes then add the rest. (Saute, steam, roast) You can also eat leeks raw, thinly sliced in salads for example. People who love thinly sliced fennel need to try it. You'd love it. The rest of us...cook it!



Parsnips

CSA Autumn Medley!

- 1 1/2 cups of peeled chopped parsnips
- 1 1/2 cups of prepared, halved Brussels sprouts
- 1 1/2 cups of chopped carrots
- 1 1/2 cups peeled cubed sweet potato
- 2 cups of cubed potato
- 1 cup peeled cubed kohlrabi
- 1 cup of washed, chopped leeks
- 1 cup of thinly sliced fennel
- 1/3 cup of olive oil
- 1 teaspoon Sage
- 1 teaspoon Rosemary
- 1 teaspoon Thyme
- 1 tablespoon balsamic vinegar
- 1 tablespoon maple syrup
- Salt and pepper to your own taste

Preheat your oven to 400F
Prepare all your vegetables and put them together in a large bowl

In a jar, put your herbs, maple syrup, vinegar, oil salt and pepper. Shake it well. Pour over the vegetables and take a minute to stir and make sure it is all coated.

Spread it all out on a large baking sheet and bake. After 20 minutes, take a spatula and move it all around and flip it over so everything is evenly cooked. Bake for another 20 minutes.



kohlrabi

Parsnips

These unassuming beasts, the hairy, pale cousin of the carrot, are delicious. They are worth just a tiny bit of effort and are really Nature's Candy which every generation before us without corn syrup and chocolate deeply appreciated. High in vitamin C, vitamin K, and folate as well as fiber (your colon is smiling) parsnips are very healthy for you. Before potatoes took over everything, parsnips were the staple, especially in winter and were often steamed, mashed and found in a hefty pile on the rural dinner plate.

To prepare: you can eat the skin and as it is a great source of fibre and many of the nutrients are denser right under the skin, you should acquire a taste for it. That said, most people don't. Grab yourself a peeler if you are going to chop them up. You can steam them or roast them whole and then eat or don't eat the skin when it sits on your plate. That's the best nutrition option but not the best aesthetic option.

To store: wrap in a paper towel or clean newspaper and put in your fridge crisper drawer. Alternatively, if you live in an old house with an unheated basement, wrap the newspapered parsnips and put the package in a paper bag down there in a cool dark place.

You can **freeze** them if you know you won't eat them for a while. Peel chop and drop into boiling water for a minute and then drain and drop into very cold water. Drain and put into a zip lock and freeze. If you want to use these parsnips, a few at a time, for soup for example, add a step. After you drain them from the cold water, pat dry on a clean cloth and spread them out on a baking tray and put that in the freezer. Then shake off all the little coins of parsnips into a freezer bag.