



Community Homestead Winter Box Note Number 1 11/02/16



Winter Instructions

Look for your label and please take the box with your name on it to avoid confusion for everyone else.

Please pick up promptly and, if you are suddenly delayed or sick, call your site hosts to tell them when you are coming. To have our site hosts continue to loan us their porch, their time, their friendly smiles, we need to make life easy for them!

Great Eating Winter Box Folks: you will be picking up two boxes, one with vegetables and one with your other goodies.

Additional orders. If you ordered online, look for a pink/red bag with your name on the tag. If you are a Great Eating box member, we will tuck your online order into your goodie box.

Any questions? Call your site host (all details accessible online) or 715 294 3038 (Christine) or 715 338 2853 (delivery driver but remember, this may entail a call-back, if he is on the road) By far the easiest way to contact us is by email garden@communityhomestead.org

What is in the box?

Here is the list. Packing this lot in is going to be an interesting spatial exercise but unless Nadine is in possession of Hermione's handbag.

- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Daikon
- Garlic
- Kale
- Kohlrabi

- Leeks
- Lettuce
- Onion
- Pac choi
- Peppers
- Potatoes
- Radish
- Salad greens
- Spinach
- Squash (acorn and delicata)
- Sweet potatoes
- Romansco

Winter schedule

November 2, November 16, 30
December 14

Route 1
 St Paul 7am -
 Hiawatha 7.20 am-
 Powderhorn 7.45 am-
 Lake Harriet 8.15 am-
 Lowry Hill 8.45 am-
 Golden Valley 9.15 am-
 HDR 9.40 am-
 WBOB 10.15 am--
 Donhowe 10.40 am-
 Hudson 11.15 am-
 Stillwater 11.45am-
 Route 2
 Shoreview 7am-
 MWS 7.45am-
 City Hall 8am-

News From the Farm

What a great week for our first "winter box". Feels like September and the packing shed is full of people jolly in their unexpected warmth and movable fingers. Long may that last: we prefer it over harvesting kale in the snow.

Most of our talk here is of the upcoming craft season, when most of the gardeners and farmer's trade their barn jackets and rubber boots for paintbrushes and scissors.

For a group sprinkled more than averagely with people who don't tell time by the clock or the calendar, this is heralded both by getting a flu shot and Halloween. Flu shot is not so dramatic as it used to be as we have fond memories of Mary Peters walking around every year clutching her arm for weeks (often the wrong one) proclaiming, "I've been shot." Gratifyingly startling for visitors! Now the Halloween party is over, there's a lot of excitement of the, "can I be in the candle group" variety along with a little apprehension as Americorps people new to crafting try to imagine if they will actually be any good at the crafts they are supposed to be leading! Layer on top of that some annual early anticipation of the holiday season and you probably can imagine the atmosphere of your somewhat unusual CSA garden!

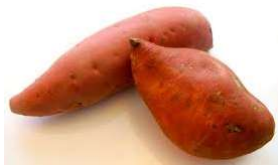
We do encourage you to come to our craft fairs! Everything you buy helps us maintain the community and gives us the freedom to flex our artistic muscles. In the next couple of weeks we will also put more crafts online so you can get them delivered to your site as well.

We have two fairs out here
Both are 10-4pm at the Community Center. One is **November 12** and one is **December 10**.



Above: Janette and Alex make their first wreath of the season

sweet potatoes



daikon above, carrot below



Storing vegetables

Couple of good rules: don't wash or chop until you are ready to cook

Don't let your vegetable mingle-potatoes and onions spoil if stored together. Fruits and veg? NEVER store together.

Some things last longer than others. Things to eat in the first week: Broccoli, Brussels sprouts Kohlrabi, leeks, lettuce, pac choi, radish, daikon, Romansco, spinach. The rest will store pretty well for the second week so you can eat it whenever you fancy.

Store all produce in its own plastic bag or container in the fridge with the exception of onions that like to be dry (and preferably dark if you want them stored for a long time) so perhaps kitchen cupboard or counter. Roots like potatoes, sweet potatoes, beets and squash also do well in dark dry places like a cellar.

Great eating winter boxes- the bread freezes really well and because it is sliced, you can pull out half a loaf or even slice by slice for the toaster. Cookies also freeze but, honestly, why bother!

Vegetable soup. This is a good one for the "how do I eat all these vegetable" folks! Preparing a big pot of soup and keeping it in the fridge is a great way to have instant nutrition at hand. You can scoop out some and reheat it at work or school for lunch, push it on to your teenagers when they are roaming for snacks, give in to its lure when you are wanting to eat and probably shouldn't.

Easy vegetable soup

2 cloves of garlic, peeled and minced

1 large onion, peeled and cut

2 leeks washed and cut into rings

3 tablespoons of olive oil

1/2 cup of daikon chopped into little cubes

1/2 cup carrots chopped into little cubes

1 cup of potatoes chopped into little cubes

1/2 cup red pepper cut into tiny pieces

1 cup of kale leaves torn from the stem and into little bits

1 cup of broccoli or Romanesco in little florets

1 cup of spaghetti sauce or 1/2 cup of tomato paste

1 can of cannellini beans rinsed

Salt and pepper to taste

Fry the onions and leeks on medium in the oil. Add the garlic and brown while stirring. Add 2 cups of water or vegetable broth. Add the carrots, daikon, and potatoes. Cover and cook for ten minutes or until soft. Add the broccoli/romanesco, peppers, kale tomato sauce, salt and pepper and the beans. Add enough water for your preferred soup consistency

Cover and simmer for another 15 minutes,



spinach and leeks

What to do with a Romanesco? I am getting the impression that not so many people read the summer box notes so here is the PR about this Escher of a vegetable. Combining all the best nutrition of it's ancestors, the Broccoli and the cauliflower, it can be prepared much the same way. Steamed is ideal because it preserves more of the nutrients, keeps the slightly crunchy texture (rather than mush) and is dead easy to prepare.



Squash and what to do with it.

Time no option and effort limited? Prick the whole thing with a knife and put it in the oven for an hour and a half on 350. Take it out, grab a towel and cut it in half. Scoop the seeds out and discard (or roast with salt if you are inclined) and then scoop out the flesh.

Speedy squash? Cut it in half, scoop out the seeds, cut it into thin little wedges and boil it in a pot for 15 minutes. You can also roast it this way.it

Medley of roasted vegetables: cut your squash in half and then into segments. Discard the seeds. Cut off the rind. Cut the flesh into little chunks and add it to similar size chunks of peeled beets, larger sizes chunks of potato, half inch cubes of daikon and carrots. Toss the whole lot in a bowl drizzled with 2 cloves of minced garlic, salt, pepper, and 2-3 tablespoons of olive oil. Tip the mix onto a roasting pan and bake on 350 for 40 mins or until a fork goes into the beets. Stir it at least twice during this time so nothing burns to your pan!

Squash pie- make/ buy a pie crust depending on your lifestyle! Bake your squash one day and let cool in the fridge until the next (so much easier to deal with cool!) Get rid of the seeds. Scoop out the flesh and measure out 2 cups of goop.

In a blender add it to

2 eggs,

1 cup milk or cream,

1/4 teaspoon ginger,

1 tablespoon cinnamon,

1/4 teaspoon nutmeg,

1 cup sugar,

4 teaspoons of cornstarch blend until smooth, add it to the crust.

Make a little foil roof out of a strip of foil and put it loosely around the edge of the crust (not covering the whole pie) Bake for 15 mins on 350. Take off the "roof" and then bake for a further 40 mins until a knife inserted into the middle



acorn squash