



# Community Homestead Winter Box Note Number 4 12/14/16



**Box Freeze Alert** Because of the weather it will be important for you to pick up on time on Wednesday.

*Merry Christmas-Happy Channukah-And a Beautiful Winter to All!*

## 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-

*Box returns-please remember them!!*

## Garden News

Baby, It's Cooo-ld outside! We are thankful for the space heater which is taking more than the edge off the temperatures in the packing shed this morning, and for the greenhouse which has turned into an extra sorting space for the duration. We are tough Wisconsinites however, and are wrapped up over the nose and down to the eyebrows, with our grit high and our minds on the later warmth of the woodstove! We still have lovely goodies for you and hope you have the time to cook them into wonderful , hearty, dishes.

The last couple of trees and wreaths are coming your way along with the extras you ordered. Please collect ALL your boxes and look in the cooler for any meat you ordered.

## What is in the box?

We shall try hard to puzzle out the space for the following

- Potatoes
- Carrot
- Squash
- Kale
- Celeriac
- Beets
- Kohlrabi
- Fennel
- Cabbage-napa, green or both
- Onions
- Garlic
- Collards

## 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@community-homestead.org](mailto:garden@community-homestead.org)



*photo Makinzie, Oscar and Betsy preparing the garlic for packing. Oscar said, "It's cold outside but it's Puerto Rico in here!"*

collards



kohlrabi



fennel



### Why eat Fennel?

The world is divided into two, (nah, not Trump V Clinton) the real polarity being fennel haters and fennel lovers. So if your

tongue rolls up and hides in your throat when you see fennel, maybe it is time for your head to take over?

First off, think of it as a spice not a vegetable. This gives that aromatic flavor permission to be there. It is a big antioxidant and has this really interesting oil whose main component is called anethole. It reduces inflammation (so think arthritis and a number of other anti immune issues along with cancer.. It also helps the liver to filter out toxic substances. Very cool. Hope your mind is on board. If not, think of the massive amount of C, folate and potassium. Do you want fennel or a cold? Hmmm, perhaps it is time to

### Roasted Fennel

- 2 large fennel bulbs
- 1/4 cup olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- Grated Parmesan

Preheat the oven to 400 degrees F.

Cut your bulb in half from top to root. Then continue slicing, making each slice about 1/2 inch thick. Rinse everything in a colander of cold water and then dry with a towel. Put the lot into a bowl and add the olive oil, salt and pepper and toss well. Turn it out onto a baking sheet and roast for about 45min-hour. Move them around every fifteen minutes. When slightly brown and tender, remove from the oven and sprinkle with parmesan



napa cabbage

**Sauerkraut** Added bonus-great kid activity with those suddenly underfoot children! Great probiotic)

- 1 head green cabbage in your box
- 1 Tablespoon sea salt
- Water

Slice the cabbage really finely. Put it in a big bowl and add the salt. Toss it around and then start squeezing the cabbage together in handfuls. It starts to wilt and look limp-that's good. After about ten mins there will be a good amount of salty liquid and limp looking leaves. Pack it into a big jar (ball style but you can re use anything so long as it is clean. Push the cabbage down so it is totally covered by the salty water. If it can't be covered, add a touch more salty water so it is submerged. Take a little jar, or a cup and push it down on top of this jar and then put a cloth over the top of both and rest it on a shady counter or in a cupboard. This will sit for a week. Visit it every day, take off the jar and check to see there is no mould. A bit of white froth is normal. After a week to ten days your kraut will be ready. When it to your taste, put a lid on and put it in the fridge. Enjoy!



cabbage



celariac

### collard Greens with Bacon

- 1 bunch of fresh collard greens, stems discarded and cut into little shreds
- 1 tablespoon olive oil
- 3 slices bacon
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/1/2 cups chicken broth
- 1/4 cup cider vinegar

Fry the bacon in the oil until crispy. Crumble it up into little bits. Add the onion and garlic and cook for a few mins more Add the greens and simmer until wilted. Then add the broth, vinegar, salt and pepper, put a lid on and cook for about half an hour until it is all tender.



Beets: you will get a variety in your box from the ruby red to the amber. Cook them the same way