

## Online Ordering

You can continue to order bread, cookies, meat etc and, in November holiday wreathes, online. I will still send you an email reminder when the store is open so you have the chance to do this.

Meat comes frozen in a package with your name on the label at your site.

## Meat Shares

Come on every Winter delivery.

If you can't pick up one week then let me know and I will hold it for you until the following week.

## Site Host Etiquette

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!

## 2025 Season

We will be sorting this out in December so we can be ready for January registration. We will let everyone know when sign up is open so existing customers get a bit of a head start on the process and don't miss out!

**QUESTIONS? PROBLEMS? CONFUSION?** email [garden@communityhomestead.org](mailto:garden@communityhomestead.org) or call me, Christine, 715 220 5925



## Wash your Vegetables!

All our produce is certified organic. This means FREE from chemicals.

However, that doesn't mean clean from soil, bugs, and other nonsense Mother Earth dishes up that you don't want to put in your mouth. WASH all vegetables right before use!

# Community Homestead

## Winter Box 1 (of 6)

# October 30, 2024

## Winter Delivery Schedule

**Oct 30**

**Nov 6, 13, 20 \*\*no delivery Wed 27**

**as it is right before Thanksgiving**

**Dec 4, 11**

## WINTER ARRIVAL TIMES

These have changed a bit as we consolidated into one route instead of three, but still all on Wednesday morning.

This first week might be a little off as we will be doing some extra pick ups at all the sites for boxes and bags. From then on it will be...

Stillwater 6.30am  
North St Paul 7am  
Vadnais Heights 7.30am  
MWS 7.45am  
St Paul 8.15am  
Cooper 8.45am  
Powderhorn 9.15am  
Lowry Hill 9.30am  
Lake Harriet 9.45am  
Golden Valley 10am  
Arden Hills 10.30

## What is in the box?

If it all fits, you can expect

Beets  
Broccoli  
Carrots  
Cauliflower  
Fennel  
Garlic  
Lettuce  
Onion  
Pac choi  
Peppers  
Potatoes-baker  
Spinach  
Squash-delicata  
Tomatoes

## Farm News:

Our lead gardeners just took a road trip to a wedding, and a little breath, and now we are all geared up for this mini season! Hard to remember it is the end of October but we are enjoying the balmy, golden air and warmth in the garden at least.

Soon we are entering the Advent and Holiday fairs (for real?) and we encourage you to come see what else we do aside from gardening! We have lots of jam, pickles, herbs pies etc but also beautiful hand dipped beeswax candles, wooden chopping boards, pottery mugs, hand painted potholders, baby quilts, felted dryer balls, little wool gnomes (yes really...it's our speciality!) and much more. Here are a few craft fairs in the cities where you can drop by. And a couple here to remember!

**Sat November 16th 10-4pm-** Community Homestead Holiday Fair  
519 280th St, Osceola, WI.

**November 22 6.30-8.30pm Nov 23 10-4pm-** Minnesota Waldorf School Holiday Fair 70 County Rd B E, St. Paul, MN

**November 24-25 & 29-31, 9am to 4pm, December 7-8, 9am to 4pm** St Croix Valley Christmas Tree Farm (to buy your tree and drop in the gift shop we run! 458 Rice Lake Rd, Somerset, WI,

**Dec 14 10-4pm** Community Homestead Holiday Fair  
519 280th St, Osceola, WI.



Pak Choi

**Pak choy, bok choy, bok choy...** it is all one and the same. Also known as Chinese Cabbage it is a versatile leafy green that lasts for a week in the crisper drawer but honestly, I think it often gets wilted after a few days so eat it first!

It is crazy high in vitamin C, good in A, and K and even has some calcium. Lots of iron magnesium, potassium and the like, So yum it up!

Like celery, it tends to trap grime in its little armpits so separate it to rinse it properly. Then slice the stem up small, shred the leaves and add it to salad. Or stir fry. Or try steaming it as below:

### Seasoned Bok Choy side dish

- 4 small bok choy or equivalent
- for the seasoning sauce for bok choy
- ¼ cup soy sauce
- ¼ cup veg stock
- 1 tablespoon lemon
- 1 tablespoon apple cider



Fennel

- vinegar
- 1 clove of garlic crushed
- 1 teaspoon ground ginger
- 2 tablespoons maple syrup or honey
- 1 tablespoon cornstarch

Make your sauce first as follows.

Mix all the ingredients except the veg stock and the cornstarch together in a bowl.

Transfer to a pot and bring to the boil.

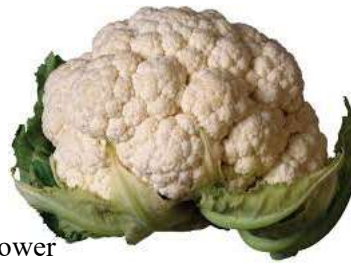
Meanwhile mix your veg stock with your corn starch until creamy.

When the pot is boiling, add the cornstarch mix and stir well until thick.

Now slice the bok choy in half lengthwise.

Wash each half carefully separating the leaves a bit but not pulling them off the main stem,

Roll each bok choy in the seasoning sauce and put to one side. Have a steamer? Then steam the bok choy for 5 mins. No steamer? Then put a small wire rack in a big pot with a lid and



cauliflower

about an inch of water in the bottom.

Place a bowl on the rack and put the bok choy in the bowl.

Put a tight lid on top of the shole pot and steam for 5 mins, Watch out with this method that you don't boil it dry!

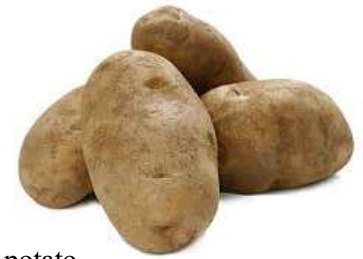
Serve immediately as a side dish.

### Parsley sauce

with potatoes, meat, chicken...

- 4 tablespoons butter
- 2 tablespoons flour
- 1 teaspoon mustard
- 1 ¼ cup milk
- ½ cup of roughly chopped parsley leaves.
- Salt and pepper to your own taste

Melt the butter on a low heat in the pot. When it has all melted add the flour and beat until smooth. Add the milk little by little, mixing all the time so lumps so not appear. Continue until all the milk is added and everything is creamy. Add the mustard and the parsley leaves. Simmer for 5 minutes, stirring as you go.



potato

parsely



spinach



Delicata Squash



italia Peppers

