

Sustaining the land and the people



What is Community Homestead?

We are a non-profit organization, incorporated in 1995, living and working with people with developmental and other challenges. Forty of us live in six extended family households within walking distance of each other and a 220 acre farm.

Where is Community Homestead?

Tucked into the bluffs of the St. Croix River we are just ten minutes south of Osceola and about 50 minutes from Minneapolis/St. Paul.

What does Community Homestead do?

Our activities arise from the practical and human needs of our community life. Life, work and fun here are all therapeutic!

Together we:

- Manage a *certified organic* dairy farm.
- Grow *certified organic* vegetables, fruit, herbs and flowers.
- Raise beef cows, and pigs.
- Create custom and school furniture in our woodshop.
- Design and make wood products, beeswax candles, rugs, cards and paper.
- Bake bread, cookies and wheat-free products using organic ingredients.
- Make pickles, jam, and relish for our CSA and local markets
- Vacation, swim, hike, canoe, dance and celebrate life together!

week one 2016



week two 2016



winter box 2015



Our products

Our garden, orchard and dairy, is certified by (MOSA) The health of the plants depends on the natural checks and balances that are created through a diversely integrated ecosystem.

Diversity of our products; bakery, fruit, crafts, preserves also helps us sustain the farm and community economy. Our baked goods and preserves are made with organic ingredients (as labeled).

Our meat is raised naturally, with plenty of grazing, and organic feed-NO antibiotics or hormones! (The small scale of our meat operation makes it economically prohibitive to pay for an organically certified butcher.) Our products are all grown, baked, and made, right here by our team with diverse abilities..

Why buy from us?

We provide both certified organic, healthy food for your family and a connection with farm-life, and also support a healthy lifestyle for the developmentally challenged people who live here. Therapeutic for body and soul: a good deal for all!



What is a CSA?

Community Supported Agriculture (CSA) is a locally based food distribution approach that creates a relationship between local growers growing healthy fresh food and local people wanting to eat it. If the weather does not favor a particular crop one season then it will favor another-we can all adapt. You always get the best! The simplicity of box orders enables our people with special needs to be fully involved with the planning, production and packing.

Visitors and Volunteers

You are not obliged to come but you are very welcome! Whether you want to visit the cows, picnic by the garden, visit the chickens or do a little weeding, feel warmly welcome! There are several organized



Facepainting at the PigRoast

events each year. We host school, preschool, church, youth and other groups regularly for a hands on agricultural experience on a “real farm”, or for community service.

We also offer summer internships and one year Americorps positions.

Billing: phone Richard 715 294 3038
Anything else: phone Christine 715 294 3038
email garden@communityhomestead.org
www.communityhomestead.org



...a non profit community living and working with people with special needs.

Community Homestead



2017

*Certified Organic Vegetables and Herbs.
Naturally raised Beef and Pork,
Pickles, Jam, Fresh Bakery goodies
from organic ingredients.*

Community Homestead, 501 280th Street
Osceola, WI 54020
Phone: 715-294-3038 Fax: 715-294-4805
www.communityhomestead.org

Options for Buying Community Homestead Products

You can buy one, several or all of the options below. Combine them to get all your grocery needs from our local, fresh, farm! Our season is 20 weeks: June-September.

Homesteader Season

Singles \$420 Couples \$575 Family \$840

A larder full of wholesome food ready at hand. The Homesteader Season includes a vegetable box plus farm grown and home-made goodies with organic ingredients. at between 10% -15% cost saving

Singles-10 loaves-3 pickles, 4 jam, 3 cookies

Couples-10 loaves, 5 pickles, 4 jam, 9 cookies,

Family-20 loaves, 5 pickles, 5 jam, 10 cookies, 3 pies, 6 deliveries of fruit.

Vegetable Box -Single-\$330 Couples-\$425, Family-\$590

Vegetables & Herbs for a Season . A delicious mix of certified organic seasonal vegetables and herbs delivered, in a box, weekly, to a site near you.

FAMILY -4-6 hungry appetites or share with a partner 1 1/9 bushel

COUPLE- 2-3 hungry appetites (5/9 bushel)

SINGLES 1 hungry appetite -less variety but no less value!.

Picking Up Your Produce

We deliver on Wednesdays to our sites. You choose which one is yours and pick up through the day. All routes and times are listed online <http://www.farmigo.com/join/communityhomestead/summer2015>

Chose from Minnesota Waldorf School in Maplewood, Maplewood Community Center employees). HDR office employees, Vadnais Heights, Shoreview, St Paul, Lake Harriet, Golden Valley, Hiawatha, Lowry Hill, Powderhorn, WBOB (employees), Stillwater or right here at the farm.

Your produce arrives in a large waxed box with your name on the side. All meat arrives frozen in a cooler.

For more information look online or, if you are give me a call, Christine 715 294 3038

Payment

Please register online. There are options for credit card or check payment. We also have several payment plans available. If you are computer-shy please contact Christine directly 715 294 3038 and I will sign you up. You can pay online by credit card or send a check if you prefer. All registrations are first come, first served, so please register promptly.

JOIN-<https://csa.farmigo.com/join/communityhomestead/2017>

Bakery Box \$200 (saving 11%)

Fresh from our in home bakery, hand kneaded bread, pies from our own fruit, cookies made from organic ingredients. Delivered weekly, you get a total of 20 loaves, 16 cookies 4 pies

Cookies weekly \$108 (saving 10%)

Baked fresh in our bakery from organic ingredients. You choose your favorites. 1 bag of a dozen delivered weekly. Two bags free this way!

Meat Season-Couple-\$100, Family-\$200

Family Season is a total of about 30lbs of meat. The Couple's Season is half the amount.

All of the animals grow up on our farm. Our cows enjoy rotational pasture grazing, grain to finish and no antibiotics. Pigs have their own barn, straw and outdoor pen and eat garden vegetables, milled soy and corn mixed with mineral supplements.

Winter Vegetable Box \$160

a family box of roots and greens (about 24lbs) delivered every other week to a site near you from Mid October to Mid December (4 deliveries in all)

Great Eating Winter Box \$260

A family box of certified organic roots, greens and herbs, plus 2 loaves of bread, a bag of cookies, a jar of our best pickles and relishes and a jar of jam weekly At Thanksgiving, instead of a cookie, you get a pie! Delivered every other week to a site near you from Mid October to Mid December (4 deliveries in all) Again saving 10% on the grocery items

In addition to any, or all, of these options, you get access to our on-line ordering system. You can order extra items (jam, bread, cookies, pickles, beef, pork, fruit as we have it) and pay for them separately at the end of the month.

Agricultural practices

Our Organic farm and garden is certified by the Midwest Organic Services Association inc. (MOSA), which is a USDA accredited third party certification agency. These organic standards lay the foundation for our farming and vegetable production techniques. These techniques include compost production, crop rotation, cover cropping, raised beds, plant variety diversity and hand and mechanical cultivation.

Due to our integrated farming system with our dairy herd and vegetable production, we are able to build the fertility of our soils without the use of synthetic fertilizers. Compost production requires the right balance between nitrogen and carbon in order for the micro organisms to break raw materials such as manure and straw into rich earthy dirt that can directly feed the plants. Having direct access to organic manure and straw from our dairy farm allows us to produce high quality compost.

With seventeen acres prepared for vegetable production, we are able to move our crops from plot to plot. This system of crop rotation allows us to control our pest population without spraying pesticides. Since many bacteria and diseases are carried through soils, it is important to rotate crops to clean soil in order to protect them from disease. This rotation also allows us to build up depleted soil through the use of cover cropping. We use a combination of oats and peas, barley, rye, alfalfa and clover for cover crops.

Rather than catering to a wholesale market that requires farmers to grow large quantities of one type of vegetable, the CSA market allows us to grow a diversity of crop varieties. This diversity is instrumental in growing high quality produce ecologically and sustainably.



And what's in the vegetable box?

You know, only capricious Mother Earth can guarantee what's in the box but here is our best guess:



June

bunching onions-cucumber- lettuce-salad mix- spinach- radish- broccoli-cabbage-asian cabbage-diakon- fennel- kohlrabi- pac choi shallots- peas- parsley

July

bunching onions- cucumbers- kohlrabi- lettuce-beans- broccoli- carrots-

beets- cauliflower- mini onions- new potatoes-summer squash- zucchini,- parsley- swiss chard -cilantro- dill,- basil- turnips- fingerling potatoes- fennel- shallots- garlic scapes

August

beans- beets- carrots- corn- cucumber -eggplant -lettuce -melons -onions -peppers -potatoes- summer



squash- celery- garlic- tomatoes- zucchini -swiss chard- basil- cilantro-dill -oregano- parsley

September/October

beets- broccoli- cabbage- carrots- cauliflower- corn- edamame soy beans- fennel -kale- leeks- lettuce -onions -baker and yukon potatoes- winter squash -sweet potatoes -tomatoes -turnips -rutebega -parsnips -leeks -kohlrabi -garlic -diakon -brussels sprouts -parsley -rosemary -thyme -oregano.

Winter Vegetables

Potatoes- Carrots- Kale,-Parsnips, Celeriac- Broccoli- Brussels Sprouts- Squash- Garlic, and Onions depending, as always, on Mother Nature!

***News and recipe ideas included in every vegetable delivery.**

Photo: July family box