



Community Homestead

November 1, 2023

Winter Box 1 (of 6)

Winter Boxes:

Deliveries are as follows:

NOVEMBER 1, 8, 15, 29

DECEMBER 6, 13

NO delivery on Nov 22 because of so many customers; travel plans

Site Hosts: huge appreciation for these guys. We can only deliver in your neighborhood with their generous use of their porch/garage and their kindly wing.

PICK UP ETIQUETTE

Please flatten boxes and leave neatly. You can also bring back your current box/red bag the next week. We will pick up the bags, boxes, jars etc the following week

Please call or text the host if you are delayed or can't pick up.

Remember ALL your items! If you order meat, it is in the cooler with your name on. All other items are in a box or bag with your name on.



Things you can do online:

Sign in and then check your payment history or make a payment, check the route times, change your site, look up your site hosts contact info.

Check previous box notes by going to www.communityhomestead.org CSA and then box notes.

Vacation: if you are out of town you can do one of two things

1. Email to donate your box

2. Gift the box to family/friend to pick up but be sure they know how to do this. You can also change the site for the week for their convenience.

FARM NEWS

First Winter Box : and it comes with a blast of snow to remind us of the realities of the season!

So what goes into winter gardening? We have been harvesting squash, potatoes, carrots etc for the past couple of weeks. All of them need to be inspected and sorted for blemishes that can quickly rot and then rot their otherwise perfect neighbors, cleaned, dried and then stored at the right temperatures in a cool, dry sack. For this purpose, we have a hobbit hole dug out into a little hill with a wooden door, a cooler and some cool greenhouse areas. Every week, the squash gets resorted and inspected again. Really important this year as the squash is really delicate and prone to rot (drought, insects and then lots of rain)

Meanwhile, action in the green houses! This is where we still grow those fresh greens, tomatoes, and eggplants but now with a lot of heat provided. This means a lot of monitoring and babying of vegetables!

Then there are some hardy greens out in the field under row covers, think "light jackets" for hardy beings. As the snow comes, this sits on top of the covers and provides a level of insulation so we are not unhappy about snow, except we have to trudge through it and excavate under the "blankets" of course!

We have reduced our garden crew a lot. Half our crew, delighted to be in the garden in summer weather, is equally delighted to be in the warmth of the community center, mixing herbs, felting and making wreaths for our local Christmas tree farm by November! A few die hards are devoted to the greenhouse, to seed saving, clean up, and to the absolute beauty of a little green shoots growing!

It seems these next months are a journey through the stations of winter celebration: Halloween, Thanksgiving, Advent, Chanukah, Christmas, Solstice. We pack in St

Nicholas Day and St Lucia for good measure. And along the way, wreath making, craft fairs, play rehearsals, family visits, travel plans.... If anyone has paused to think, what do you guys do in the winter, the answer is, almost everything.

Post Christmas, we are planning for our next season of growing. That has an extra push now as we transitioned out of our commercial dairy. That is a huge change here, one that so many dairy farmers have made before us for very similar reasons. We still have cows, both beef and dairy but only enough dairy for our own consumption. Like all change and adaptation it comes with grief and excitement in equal measure. The rocking, gallivanting, busy, hardworking and joyous, community journey continues!

Online Farmstore Orders

Anyone can order from the farm store over those 6 weeks and have it delivered to their site.. Summer folks, this means you too. You do not have to have a winter box to order online. And our web glitch from last week is now solved (I think) so PLEASE go ahead and order-Thursday through Sunday

We just got more meat in the freezer and will sort out and stock up the store along with our crafts. We make some lovely stuff so we hope you'll find something you like in the next few weeks!

Heads up: one of our craft "stars" is a green wreath we make from fresh fir and pine from our local Christmas Tree Farm. These will be on order by mid November. I'll give you a reminder but don't buy one from Walmart in the meantime: ours are fresher, lovelier and untreated!

CSA 2024 Registration starts in January. I send out an email to remind current customers that we are open. Sign up for all the shares you want and either pay up front or select a payment plan .

What is in the box?

broccoli
 romanesco
 carrots
 eggplant
 garlic
 iceberg lettuce
 onions
 pac choi
 peppers
 lettuce mix
 spinach
 squash and or sweet potatoes
 swiss chard
 tomatoes
 parsley
 thyme
 rosemary
 sage



Romanesco



broccoli

eggplant



pac choi



spinach



sage



thyme



rosemary

What to do with the herbs?

Dry them!

If you don't have an immediate use for them, grab a little paper bag (the lunch bag style is easiest) a rubber band and a paper clip.

Write the name of the herb on the outside of the bag. Put your herb bunch in the bag "head first" with the stem sticking out. Scrunch the end of the bag around the stem, put the rubber band around the bag and stem.

Unwrap your paperclip once so you have a hook shape on each end. Put one hook in the band and then you can use the other hook to hang from a pin, a mini clothes line type affair, or a wire veg basket.

Your herbs will be ready in about 10 days. You can just keep them in the bag until you are ready to crunch them into a jar.

Note, as soon as you crunch them, you lose some of the potency so best to keep them as intact as you can for as long as possible.

Sage: Traditional uses memory and thinking skills, high cholesterol, and symptoms of menopause. It is also used for pain. High in Vitamin K, antioxidants.

Rosemary Traditional uses: help reduce muscle pain, boost the immune system, and improve memory. High in iron, calcium, and vitamin B-6.

Thyme: Traditional Uses: anti-inflammatory, antimicrobial, and antiseptic to heal cuts, bruises, and scrapes and to treat sore throats and coughs high in vitamin A and vitamin C so good for skin, eyes and immune system

By the way, add a bit of parsley to your box herbs and you have yourself a pagan love potion. Just in case anyone is looking for that opportunity! More practically you have a good stash of Thanksgiving herbs and perhaps the love charm will work on your brother in law who tends to bring his grudge to the family table?! Worth a try.

All these herbs like to be taken of the stem for best use, The stems are all a bit woody and there are various tricks like pulling the stem backwards through a colander hole, to achieve this.

However, if this feels a bit tedious you can use your herb as a whole stem in a soup or on meat or roasted veg and then fish it out whole afterwards.

Pac Choi, Bok Choi, Bok Choy...it is all the same thing

Pac Choi with Garlic and Thyme

- 1 Pac choi
- 2 tablespoons of butter
- 1 large clove of garlic minced
- Salt to your taste
- 1 tablespoon of fresh thyme leaves
- 1 tablespoon of lemon fresh or bottled
- Pan with a tight lid

This is fast, simple and tasty!

Separate your Pac Choi and clean it well. This vegetable, like leeks, traps the grit and mud a lot. Pat it dry with a clean cloth. Slice it into little 1/2 inch sections. Put the lot into a bowl.

Gently melt your butter in a pan.

Add the garlic and stir about for two minutes. Add the pac Choi and stir well so it is covered with butter. Cook for 2 minutes. Add the thyme and stir for a further minute. Add the lemon and put the lid on immediately. Cook for another minute. Salt to your own taste and serve