

Winter Boxes:

Deliveries are as follows:

NOVEMBER 29

DECEMBER 6, 13



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 it 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.

Community Homestead

November 29, 2023

Winter Box 4 (of 6)

Farm News

We are adjusting to a few things here in November!

One is the sudden onset of winter which, it seemed, was never going to arrive. How can we be caught out without a scarf in late November? The other, rather larger adjustment is to our little community size herd of dairy cows.

There are still beef cows roaming the pasture and fresh air but the dairy herd is like a little extended family, Mom sisters, aunts and a gentle patriarch. The upside of this is a renewed and personal interest in the animals as individuals, less stress especially between the pace of people and the pace required for a commercial dairy and lots more milking experience at times people are here! Very cozy.

There is also a big bubble of creativity for milk products the community is enjoying. Every change is hard but also really beautiful in its possibilities! The bakery has slowed down just a little but finds itself in energetic bouts

What is in the box?

Broccoli
Brussels sprouts
Napa cabbage
Carrots
Cauliflower
Celeriac
Lettuce
Leeks
Onions
Potatoes
Peppers
Radish
Spinach

of baking for craft fairs. That's exciting in itself.

And the garden is pared down but working a lot still to harvest spinach in the frosty morning, check and wipe roots, inspect carrots and sort peppers for your winter shares. The gardeners are also busy preparing to close down some of the greenhouse buildings for the winter. All needs to be cleaned up and tucked away for a couple of months of freeze. This kills off some bugs and renews everything for the Spring.

We are also picking up our crafts, felting little gnomes and ornaments, finishing cards and keeping up with the Christmas Tree Farm Gift Shop.

We have very much enjoyed a 3 week visit from previous Freunde volunteer Maresa who has seamlessly jumped into life here with the sunny smile we have always appreciated! Soon, she is back off to her "extended vacation" in Central and South America as she explores and travels around for the rest of her year.

Alex and Jess making pies!



broccoli



celeriac



The only vegetable in here which I can imagine might cause a raised eyebrow is **celeriac**.

If you are new to the CSA game, you might have found what looks to be a tennis ball in extremely rough shape. This is actually a hidden gem of flavor: the celeriac.

It is high in B6, C and K, packs a lot of fiber and has less water content than its cousin the celery stem. This means it is rich in antioxidants and is good for digestion, bones, heart and the immune system. And who does not need an immune system boost this time of year? Yahoo for celeriac.

To prepare, get yourself a sharp little knife and “peel” it by cutting off that outer layer. You’ll be left with a pale, aromatic ball which is nature’s answer to Campbell’s soup.

I promise you, any base

Brussels Sprouts



of any soup benefits from chopped celeriac which can then be blended into a creamy looking puree.

You can chop it into 1 inch pieces and roast it with some olive oil (rosemary, garlic, salt?) by itself or mixed with a blend of carrots, potatoes etc.

You can steam it and add it to a side dish. You can saute it and then steam it and add it to pasta for a subtle yum and nutritional boost. So many things!

Store it in a cool dry place (mimicking the earth it grows in) and its nutrition holds for a month. After that, it looks good for another month but its nutrition does fade so eat it in the first couple of weeks to maximize all the goodies. No cool dry spot in your sunny apartment? Wrap it in newspaper and stick it in the bottom of your fridge.



leeks

Napa Cabbage



Napa cabbage:

higher than its cousin cabbages in vitamins A, B3, iron and copper but less potassium, calcium and zinc. Napa is also high in C (which we like!) and folic acid which is great of course for embryonic development. Just saying for those considering it! Then only folks that need to watch their intake are those with an underactive thyroid. Nape might not be your best friend.

To prepare the Napa

Pull the outer leaves off and wash them carefully. Napa tends to trap dirt so expect it, even though it has been rinsed here twice. Bunch the leaves together and slice them thinly. You can eat all of the napa but you might want to trim off a tiny bit of the stem where it meets the root. Only wash when you are ready to use so it stores better.

spinach



Spicy Garlic Napa

Aprox 8 cups of napa washed and sliced thinly.

- 1 cup of onions sliced thinly,
- ½ cup of pepper sliced thinly,
- 2 tablespoons maple syrup
- 5 cloves of garlic minced.
- 1 teaspoon chili flakes.
- 1 teaspoon sesame oil.
- 1 tablespoon olive oil
- 1 tablespoon soy sauce
- 1 tablespoon balsamic vinegar
- ¼ cup of water,
- salt and pepper to your own taste

Use a large pan with a good lid.

Saute the onions and peppers in the olive oil for a few minutes until soft. Add the garlic and continue to saute for another 2 mins, stirring constantly.

Add the sesame oil and the napa. Add all the other ingredients except the water and stir around.

Bring up the heat, add the water and put the lid on immediately to catch the steam.

Turn the heat to medium and cook for 4 minutes. Serve.