

## Winter Boxes:

Further Deliveries are as follows:  
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](http://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

## December 6, 2023

## Winter Box 5 (of 6)

### Farm News

What a lovely surprise this morning to see our dear and old friend snow had come by last night! We miss it, the shoveling, the clean air, the eye bath, the free barnyard clean up, the peace.... all of it. And if we are going to have grey days, let the ground and the trees be white at least.

We celebrated our first Advent here last Sunday. Thirty of us chaotically tried to follow directions to make giant paper snowflakes and made some that looked like the "recipe" and some that were more individual, and some that were snowballs. All beautiful in their own way! Then we walked the Advent Spiral which marks the beginning of the winter season for us all. Anyone connected to the Waldorf School is familiar with this one too and we were happy to once again bring in a truck load of greens at 6am on Sunday to be used for all the children there.

In between these signposts of the year is the active life of community rolls on. We have one more weekend of running

### What is in the box?

Beets  
broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Romanesco  
Lettuce  
Onion  
Parsnips  
Spinach  
Squash – green or carnival Acorn  
Sweet potato



the gift shop at St Croix Valley Trees where two of our people also run the ice fishing (in the barn, very cool!). A couple of people are off hiking in Utah, The rest of us are baking, gardening, sorting vegetables, and making wreaths still. In the farm, we have made a wall inside our barn to cozy the cows into one end where they are able to heat the space with their body heat and are reorganizing the outbuildings to serve their new home farm purpose.

Goodbye and thank you to Maresa (former Freunde volunteer) whose enthusiasm, smile and ability to just jump into life for three weeks was just fantastic. Off she goes now to continue her adventures in Guatemala.

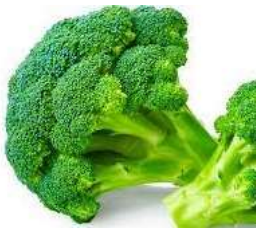
**Craft Fair and Bake Sale**  
**Saturday December 9, 10-4pm**  
**here at**  
**519 280th St Osceola WI 54020**

Come support the life and work of the community while picking up some beautiful gifts for folks!

Jam, pickle, maple syrup, woodwork, felted gnomes, baby quilts, herb salts, tea, cards, painting, pies, cookies... we have something for everyone and all of it is made right here. Oh yes, wreaths too!



broccoli



Brussels Sprouts



spinach



Romanesco



Parsnips



## Carrots and Parsnips

These seem to be at their sweetest when either roasted or baked in a covered casserole dish with about ½ inch of water in the bottom. When you boil them, you lose some of the taste and the nutrients in the water that goes down the drain. So, to catch all the goodies, slice lengthwise into quarters/matchsticks so the pieces are more even and roast with a little oil and a foil covering on 350 for an hour or 425 for 30 mins or put them in a dish with a lid and ½ inch of water for an hour at 350F

Peel or no peel? A significant amount of vitamins are stored right under the skin of these cousins. Ideally, don't peel them. However, if no one will eat unpeeled carrots and parsnips, you are better off peeling them! Just reality folks. Try to peel a thin layer. No cheating with a sharp knife-get yourself a vegetable peeler that you can fall in love with. Just reality folks. Chop and discard both the tip and the root of parsnips as they are a bit grisly.

The parsnip has a long history and of course, owed its spread across Europe to the Romans. Hardy to moderate soils, and nasty winters, it was an easy adapter to medieval life just about anywhere grey and north. In a time period devoid of Cadbury, it was also highly valued as a sweetener before the sugar beet took the crown on this one. Give it a bit, we might get there

again and parsnip sweetener will have an encore perhaps. It came to the USA with the colonizers. It stores well and they knew it to be adaptable so...off it went with all the other invasive species. If you have ever suffered from wild parsnip blisters, you can thank the pilgrims. Then again, roasted parsnips.

## Acorn Squash.

They are green or "carnival" or green and orange which are all versions of the same rhing. Stores well, which is why you have it in your box! You can continue to store in a dark, cool place. Just check it weekly for any soft spots.

## To prepare

The hardest part of this is cutting the darn thing in half. Plop it on a folded towel on the counter. Grab yourself a big knife to lean on and go for it, slowly and firmly, and braced on the towel!

Scoop out and discard the seeds. The true homesteaders here will clean and roast them with salt and spices but, life is short and compost is needed too.

You can stuff the two halves, you can place it flat side down in a covered dish with ½ inch of water, you can roast it. You can place it flat side down on a board and cut off the skin and then chop it into cubes, steam or boil it and then puree it if you love smooth creamy things or fancy a soup.

## Stuffed squash

- 1 acorn squash
- ½ cup of sliced onion
- 2 cloves of garlic
- 1 teaspoon turmeric
- 2 tablespoons of lemon
- 1 tablespoon of maple syrup

Salt and pepper to your own taste

1 cup of cooked wild rice  
1 cup romanesco pulled into tiny florets

1 cup of spinach torn into pieces

1/cup of carrots in very thin slices

1/2 cup of feta (or ricotta if you prefer)

½ cup of grated cheese-parmesan ideally but cheddar types work too

3 tablespoons olive oil

Cut your squash in half and put it flat side down on a glass dish. Prick the skin with a knife and tub it with 1 tablespoon of olive oil. Bake in the oven for 40 mins on 400F

Saute your onion in the rest of the oil for 4 -6 mins until soft and then add the garlic. Saute for a further 3 mins. Add the turmeric and stir well.

Add the romanesco, the cooked rice, the carrots, 1 cup of water and put a lid on the pan to catch the steam. Cook for a further 5 mins. Add the lemon juice, the maple syrup, turmeric, salt and pepper to your taste, and the spinach. Put the lid back on and cook for 3 more minutes. If there is excess liquid, take the lid off and boil it off. Put it in a bowl and add the feta/ricotta and fold in carefully.

Take out the cooked squash when a sharp knife goes in smoothly. Turn them over like bowls and stuff in the mix from the bowl. Put any excess around them in the glass dish. Sprinkle on the grated cheese. Cook in the oven on 350 for another 30 mins.