



# Community Homestead

## December 13, 2023

# Winter Box 6 (of 6)



### THANK YOU! This is the last box of 2023!

#### What is in the box?

- |  |                   |
|--|-------------------|
| Cauliflower                            | Leeks             |
| Brussels sprouts                       | Onions            |
| Carrots                                | Potatoes          |
| Celeriac                               | Rutabaga          |
| Kale both dinosaur and curly varieties | Spinach           |
|  | Squash -butternut |

#### What to do with

#### your boxes, jars etc.

Hang on to them. In 2024 we will do farmstore deliveries 1 x month. We will give you a heads up and then you can drop them with your site host the day before.

#### 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.



So many thanks to all of you who have supported our lives and efforts this year! We really appreciate being able to bring good nutritious food to people and see everyone thrive as a result. Having people sign up year after year also gives us all the chance to connect, and even sometimes watch children be born and grow up eating the very goodies we bring our of the ground!

By choosing to eat organically and from us, you not only ensure the health of the earth here but the health of the people who grow it. And there are a lot of us, of all abilities and ages, all learning how to garden and live life in a team. And all of us appreciate the many opportunities here, especially when there are so few opportunities elsewhere!

Next year we plan on much the same. We are increasing our fruit but there will be a couple of years yet before that really shows, and we are looking at diversifying our meat more. Hopefully, we will have a better shop system in 2024 so non-members can buy our craft items in particular! All things to look forward to!

We will get the CSA up in mid January I think and will notify all our current customers so you can get first chance at signing up! Its best if you sign up for all the things you want at once. Remember you can pay for it in one go or spread it over time. Its just important that you secure your box/es so we don't run out before you get around to that!



rutabega



Brussels Sprouts

dinosaur kale ...



and curly kale



Brussels sprouts



spinach



celeriatic



butternut squash



### Who has a zoodler?

Aka spiralizer?

If you love pasta but maybe are looking for more veg a little more nutrition, you can have a little fun with your butter nut squash.

### Butternut noodles

- 1 butternut squash
- 2 tablespoons of olive oil
- ½ cup of onion finely chopped
- 1 clove of garlic minced
- 1 tablespoon dried basil

Saute your onion and garlic in a pan with the oil until soft. Set to one side to cool and then add the basil. Mix well.

Preheat your oven to 400f

Peel your butternut squash, Cut is around the middle so it has a fat half and a thin half. Cut the stem end off the thin half and put it on the biggest size noodle blade and start zoodling.

You can pull the seeds out of the fat half and make noodles of this too but it is a clunkier job because of the seed cavity. You sort of

zoodle off center. Just be ready, or save the fat part for another recipe!

Put all your noodles on a cookie sheet, add your oil mix and toss around a bit. Bake in the oven. The time can be tricky. Depending on the size of your noodle this can be 10 mins or 15 mins. You will need to go in a couple of times and stir it around with a fork so check then that its still firm and not soft and mushy!

Goes well with some parmesan cheese but you can serve it with a sauce, like alfredo or mushroom. A tomato sauce is a bit overwhelming and you lose the nuttier flavors of the squash but, have at it and you do you!



leeks

### Pick up and admire that humble Rutabaga

It is your immune system hero in Clark Kent disguise, just one holding more than all your daily vitamin C needs. Yep, really! It is also high in vitamin E, calcium, manganese and potassium. It kept more than one of your ancestors alive through all sorts of viruses over the centuries so a big admiration and appreciation for rutabaga!

### So what to do with it?

Easy things:

Peel it, cube it and roast it alongside carrots, potatoes celeriac etc. This is particularly good if you find the taste kind of "mah". It is disguised easily.

Same thing but cube it into a vegetable soup.

Cube it, boil it and mash it. Treat it just like mashed potatoes. This one is great for people who really like rutabaga! It's creamy and flavorful!