

# NOT a meat share week!



Meat Shares will come every OTHER week starting June 14. Each pack will be in a cooler with the meat share members name on It comes frozen so please pick up promptly

## IMPORTANT PICK UP NOTES!

**Only pick up boxes/bags with your own name on them**

**Sign the sheet** at the site when you pick up your items

**Missing a box?** Email me at [garden@communityhomestead.org](mailto:garden@communityhomestead.org)

**Remember all your things** including any meat orders in the cooler but, don't take the cooler itself!

**Gently, carefully flatten boxes** and leave a the site OR return them next week.

**Call/email your site host** if you are going to be late

**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.

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

Please be sure to follow all their particular pick-up instructions!

## Online Farmstore Orders.

If you are eating bread, cookies, pickles, jam, pies, or meat, we'd love you to buy it from us! **Next week** the store will be restocked and I will remind you on Thursday that it is open for orders. Order between Thursday and Sunday and we will make and pack your items for delivery the following Wednesday.

As an added bit of fun, once again we are playing Lucky Tea Tin. This started with an actual tin that we put the name of anyone who ordered in a particular week, and randomly drew out a little prize. Now it is a virtual tin but the fun is the same. Starting next week, for every \$!0 of your online order, we put your name in, and announce the winner in the next box note!

# Community Homestead

## June 7, 2023

# Box Note 1

## How to Flatten a Box

From John Fuller, CSA customer:

"Through experimentation, I've found the following to be tremendously helpful in flattening boxes without ripping the flaps [drumroll...] And **the secret is...** After removing contents from the box, push the tabs outward from inside the box. In my experience, this results in much less stress on the tabs and no damage to the box"



*Oscar and Toby prepare for planting,*

## Farm News

It is an Instant Summer year What a shock to find ourselves from fridge to sauna in just a few weeks. We are a stalwart crew however, and we are delighted to be out in all things growing and green.

Our old hands have been joined once more by new international and American volunteers, discovering, to their surprise, a love for chickens and transplanting or, alternatively, relieved to be heading to the bakery with a team to do the bread and the cookies instead.

We take pride in the production of delicious goodies but this community is very much a place to learn, and a place to belong as part of a whole team of friends. As Hannah says, "If you make a mistake no one gets mad at you! Just try again and be nice about it!" Everyone helps and all 18 acres of garden and orchard need attention so all help, of any kind, is valued!

So of we go...into the green and the growing!

## 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 into.

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 to Osceola Open Cupboard

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.

## What is in the box?

Beets with leaves

Carrots

Cucumber

Kale bunches (Red Russian, Dino and green)

Leeks and leek scapes (this is the tender aromatic center shoot and it is a delicacy!)

Radish bunches

Lettuce mix

Spinach

Basil, Mint and rhubarb!

And, if it fits (depends on the size box you get) big, beautiful, frilly, heads of lettuce.



leeks and leek scapes

## Rinse Rinse Rinse!

Organic means no chemicals to wash off but no one like to eat off the floor! Give your veg a good wash right before preparing to get rid of any final bits of dirt or an occasional, bedraggled hitchhiker.



ideas chop, saute, add to pasta dishes mince and make pesto

## Rhubarb

The vegetable we treat like a fruit. Originally cultivated in China it was treated as a medicine. What does that say about modern culture... Full of vitamin K, and C (K for blood "Klotting", C for immune system) Calcium for bones and teeth! Also, along with many springy veg, full of fiber and antioxidants for cell health (so cancer fighters) And it is soooo good! Ohm and never eat the leaves: they are toxic!



lettuce mix



rhubarb

Easy sauce for waffles, pancakes, icecream! Put it in a jar in the fridge and it keeps for a week...

6 cups of chopped rhubarb  
3/4 cup sugar (according to taste)  
1/2 cup water.

Boil the water and rhubarb together in a small pot until tender and a little mushy (10 mins?)

Add the sugar, turn to low and stir in well.

Done! Unless you feel creative and then you can finely chop and add 1 tablespoons of mint to the sugar step. Personally, I like my tastes not so mixed but, as Kelly says here, "Whatever floats your boat!"

radish



spinach

mint



basil



## Basil

Add to salad, sandwiches, finely chop and add a couple of tablespoons of olive oil, ground garlic and salt for pasta or eggs.

## Basil Vinaigrette Dressing

All the leaves from your bunch of basil  
2 tablespoons finely chopped onion  
1 finely chopped clove of garlic  
2 tablespoons white vinegar  
2 tablespoons of lime (or lemon)  
1/4 cup of extra virgin olive oil  
1/2 teaspoon red pepper flakes  
Salt to your own taste (or not at all!)

Pick the leaves off your basil (small children, little busy fingers. perfect job) Finely chop the leaves (not so perfect for small children!) Add to a jar with a lid  
Add all the other ingredients, fasten the lid and shake.  
Let sit at room temperature for an hour if possible.

Alternatively, use a processor and pulse each ingredient starting with the onion and garlic and working your way through the leaves, salt, then the liquid and ending with the oil.

beet bunches



## Yogurt Mint salad dressing

1/2 cup yoghurt  
1/4 cup of mayo  
1 clove garlic finely chopped  
1 tablespoon mint leaves finely chopped  
Salt to your own taste  
Mix well altogether, cover and store in fridge for a couple of hours before serving.