

YES, it is a meat share

Meat Shares will come every OTHER week starting TODAY 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

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!

This weeks winner: Holly Harmon!

Community Homestead

June 14, 2023

Box Note 2

Farm News

Coming off a crazy busy week, we feel pretty happy that last week's harvest went well and there were no problems with delivery (well, apart from a couple of newbie directions!) Let's keep that one going! We are, like last year, longing for a little rain. We know that St Paul got some and other suburbs got flash flooding but here? Not a drop. Nadine has been dragging around irrigation pipes four times as big as herself and all the gardeners are on garden gym exercises hauling the huge hoses around. We have two irrigation ponds that use the grey water from our community center but we hope not to get too low this early in the season. We have similar problems with pastures for the cows. Eating hay this time of the year is not a promising situation.

Better news is the success of our hoop houses or high tunnels. We have had a lot of positive feedback about beets and carrots so early. The secret is of course, these hoop houses which are not heated but protect from the early frosts and warm winds. They extend our season by a month and give us an amazing jump start.

Potential New Site: if a site in the **Longfellow/Cooper** neighborhood would be more convenient for you, let us know asap. By emailing garden@communityhomestead.org

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 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.

communityhomestead.org Looking particularly at the rather large Hiawatha site!

Country Banquet Sunday, June 25

This is an amazing foodie event involving community sourced and chef-created dishes. Wine and dine under various tents in the garden .orchard and pastures here in one of the most beautiful, flower filled seasons. Fund -raiser for supported apartments here on the farm. Tickets in advance online www.communityhomestead.org.



What is in the box?

Our best guess at what fits!

Our best guess to what we can finish harvesting and fit in the box is as follows:

- Beets
- Bunching onions
- Carrots
- Cucumbers
- Garlic scapes
- Lettuce -red or green frilly or butterhead
- Radish
- Salad greens (mezuna, Arugula, tatsoi, mustard)
- Basil
- Oregano
- Rhubarb
- Strawberries for small and large
- Sage for large
- Kale for medium and large
- Leeks for some-we don't know where it fits yet!



rhubarb



basil



leeks



sage



oregano



radish



Garlic Scapes

They are the weird looking flower stems of the grand garlic. Sweeter and more aromatic than caustic, they lack the bite of the bulb and save their pleasantries for your plate!

Eat them by chopping them up into little chunks and sauteing-add to pasta, eggs, pizza etc. or make a scape pesto.

They are good for you (of course they are) and are high in manganese, vitamin B6, vitamin C so lowering cholesterol and blood pressure, boosting the immune system, and preventing heart disease and various types of cancer. What a hero of a bloom.

Scape Pesto

You can add 1/3 cup walnuts or pine nuts to this which makes it more creamy and like a spread. Or you can leave it out. Same with 1/3 cup of parmesan cheese. I am just leaving the basic recipe here.

1 cup of garlic scapes chopped small
2 tablespoons of lemon juice
1/3 cup olive oil
Salt to your taste

In a food processor, chop up the scapes until they are just crumbs

Add the lemon juice and salt, pulse.

Drizzle in the olive oil and pulse a couple more times.

If you want to add the nuts do it at the same time as the scapes and, if you want to add cheese, do it at the very end, pulsing just once or twice.

Featuring a delicious salad that long time CSA member Kris Fowler made right after the first delivery. If you have a dish made from our vegetables and/or meat that you are pumped about, let's share the inspiration!

What is **tatsoi, mezuna arugula and mustard mix**?

Well we just call it "**salad mix**" because its is easier.

Think of it as a vitamin fueled lettuce mix. Very, super high in vitamin A, C, and folate if you care going to eat one small salad a day, this is it!

It has already been rinsed in a huge cold water tank, drained and packed. You may occasionally unthread a piece of grass from it but it is pretty clean. Rinse once more, right before serving.

Sage, high in K, magnesium, zinc and copper. And how is this helpful? Used by the body for bone building and blood clotting so... yes, useful indeed! You can hang it upside down on a string-like a washing line, in a basement or shady room, to dry for alter use. Or you

can make a **sage butter** which is pretty amazing with vegetables or poultry.

8 tablespoons of butter
1 garlic scape minced
1 teaspoon lemon juice
1/4 cup of sage leaves loosely filled
Salt and pepper to your taste

Cut your sage into little strips or mince.
Melt the butter and garlic



Arguably the best combo ever, Strawberry and rhubarb is a "sweet- tart" of a taste!

Here is a fancy **Strawberry Rhubarb Lemonade!**

1 cup of rhubarb chopped small
1/4 cup of maple syrup
1/4 cup of sugar
1 cup of strawberries sliced small
1/2 cup of fresh lemon juice
3 cups of water

Put your chopped rhubarb in a pot with the water, syrup and sugar

Bring to the boil.

Take off the heat and add the strawberries. Let the whole thing sit for an hour or so.

Push it wall through a sieve Add the lemon juice, Stir well, and refrigerate.

scapes gently for about 2 minutes on a low heat Add the lemon and minced sage.

Stir together for another 2 minutes

Add seasonings if you wish. Use it on pasta or vegetables to roast/grill or pour into a small glass jar and refrigerate for later