

Nope, it is 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

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.

f 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: Barbara Stinson-bunch of flowers coming your way!!

Community Homestead

June 21, 2023

Box Note 3

Country Banquet Sunday, June 25

Tickets in advance online

www.communityhomestead.org.



This is one of just a couple of really big events in our year and it marks the beauty of the summer. The flowers are in their absolute prime and, rain or shine (if there is rain we will be celebrating a bit actually) it is an amazing celebration of food, farm and summer health. It takes place all over the garden, orchard

Farm News

Our lack of rain combined with high temperatures are getting pretty challenging. Our ponds are getting low and we are starting to see vegetables just panting out in the dust. You can detect this a little in the thicker texture of the spinach and swiss chard and the not so sweet taste of the strawberries.

What you can't see in your box, is how fast the plants are coming to flower, making their season short to ensure their fertility. When we have lots of rain, that is the season of endless lettuce and forever spinach. Thank goodness for our hoop houses which provide some protection from the drying wind and helps to keep the moisture in.

On top of this we are also dealing with the wild fire smoke and the health alerts. We do have a couple of people here who need to take it easy in these conditions but everyone else seems to be doing well, which is handy in a place where you really need to be outside a lot. We have a few new volunteers recently, just staying for a short taste of community life. All the hands are on deck early this week with harvest but, as the week goes on, increasingly with tidying up for Country Banquet.

and community center areas, wandering from tent to tent to experience all the dishes the chefs have conjured out of our organic food.

What is in the box?

Our best guess at what fits!

bunching onions
carrots
cucumber
fennel
garlic scapes
lettuce -red and green butterhead
shell peas
spinach -the last until fall
swiss chard
turnips -white and red salad
cilantro
dill
summer squash for large
beets for medium
strawberries for medium

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.



Bunching Onions:

trim and discard any root. Slice thin, discarding just the tips of the green ends that might be leathery.

Salad Turnips: you can eat the slightly spicy leaves in salads or smoothies. Packed with vitamin C. (we might take off the leaves so we can get more in your box tho!) Separate leaves from roots immediately and store separately for better freshness.



Fennel: roast or grill. Cut the bulb from top to root, into quarters. rub with olive oil and seasoning. Cover with foil and roast for about 30-40 mins on 375 in the oven or grill on a bbq until a little soft. To eat raw and crispy?: add to salads and sandwiches.

Swiss Chard: Eat the stems and leaves. Cut the stem out like a "spine" chop into tiny chinks. Then tear or slice the leaves into inch or so wide pieces, You can add to salad but better to saute or "wilt". Always cook the stems for 2 mins and then add the leaves for another 1-2 mins so all cooks evenly



red and white salad turnips

Salad Turnips

Full of vitamin C, folate and generally anti-inflammatory little beasts you do well to add these to any salad or sandwich unless you have serious thyroid issues. Unfortunately for you they are off the menu.

Saute them! Slice them thinly together with garlic scapes and some butter. Put them on a gentle heat and stir about for 10 mins before adding them to pasta or rice.

Not sure what to do with them right now? Don't dither as they wilt in your fridge! Instead, grab them immediately, trim the leaves off, wash them once more and slice them thinly. Then thurn them into a condiment for the week:

Easy Pickled Salad Turnips

- 1 cup of turnip slices
- 1 teaspoon of salt
- 1/2 cup of red wine vinegar
- 1 teaspoon of sugar
- 1 teaspoon pickling spice
- 1 teaspoon lemon (optional!)
- 1 clean glass jar with a good lid

Put the slices in a small bowl and stir in the salt until they are all well coated. Let site for 30-40 mins. Pour off the excess water.

Put the other ingredients all together in the jar, put the lid on and shake well. Add the slices, put the lid back on and store in the fridge. Best eaten after sitting for a few hours. Store for a week to two weeks in the fridge.



Cilantro; love it or hate it

Here is Nastia's cilantro suggestion, "give it to the cows". So that tells you where she sits on the matter. And this is because Nastia has a gene that enables her to detect a type of aldehyde in cilantro that tastes like soap or chemical.

This "ability" is clustered more on the female line and more with Europeans and Ashkernazii Jews. If that is your heritage then cilantro yuck is very possible. South Asian descendants at this point are bewildered. Your chance of having this gene is about 3% Good times in Mexican restaurants await you!

We can, of course, over-ride our instinctive rejections and coach our taste buds into appreciation, "well, tastes kind of soapy but, interesting and rather good!" Score one for cultural strengths. If you have a child who kicks off when cilantro appears, sympathize, the struggle is real, and encourage a nibble. Maybe they will be able to overcome! Cilantro lovers. Pair it with lime or lemon in dressings, add to sandwiches, pasta, rice. Make pesto with it and store it in an ice cube tray for later days in the season. Spread your pesto on bread/toast or just about anywhere!

Cilantro Lime Salad Dressing

- 2 cups of loosely packed cilantro
- 2 garlic scapes cut into chunks
- 1/2 cup lime juice
- 2 tablepoons maple syrup
- Salt and pepper to your own taste
- 1/4 cup olive oil
- 1/2 cup Greek yoghurt

Use a processer to pulse the garlic scapes into crumbs. Add the cilantro and pulse them into flecks. Add the syrup, lime, slat and pepper and pulse once more. Add the yoghurt and pulse until creamy. What a lovely color!

Newbie introduction to magic beet peeling

This is pretty basic but, if your parent did not show you then you have no way of knowing. Take your beets. Rip the leaves off immediately and store them in a plastic bag separately. Put your beets in a pot of cold water. Bring to the boil and cook for about 20-45 mins depending on size of the beet. If you can put a knife in the beet, it is done. Drain and dump the beets into a bowl of cold water. Leave for 5 mins and then just wriggle the skin off with your hand. The skins pop right off. Drain and store in the fridge for the week ready for slicing, grating etc.