

YES it is 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.

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: Stacia Rivers
bunhc of flowers coming your way!!

Community Homestead

June 27, 2023

Box Note 4

Farm News

Coming off a busy but beautiful weekend. Not only did it rain (halleleyah!) but we also had an amazing Country Banquet and it did NOT rain on that event! So now there is a green sheen to the grass, or at least less brown and the plants have picked up their heads and peeped about cautiously. "What's this? Maybe there is hope for us after all" they whisper.

Thank you to everyone who came out to wander and graze on the most incredibly delicious food the chefs and the crews made for us. You helped us raise another \$9,000 toward the apartments here!

Leading up to the fourth of July, we are coasting into the very busy rhythm of summer. The weeks starts out with early morning harvests , peaks on delivery days and levels out to farmers market preparation. Interweaving is the bakery and the farm, the cows wandering through the woods, enjoying the shade and the pigs exploring their big paddock. Meanwhile we have some German high school students here for 6 weeks and 2 young Koreans who arrived just yesterday for two months. Makes life larger and more interesting for sure!

Berry season is about to take off. Most of the fruit goes to jam but we also pick fresh when we can. This means we will have a limited amount of berries online so look out for that my fellow fruit bats!

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.



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 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?

Our best guess at what fits!

Bunching onions
Carrots
Cucumber
Fennel
Scapes
Kale
Lettuce
Cipollini onions
Salad greens Tatsoi, mezuana, mustard etc
Summer squash
Parsley
Basil

GARDEN PEAS



SNAP PEAS



SNOW PEAS



fennel



bunching onions



red and white salad turnips



garlic scapes



parsely



basil



In the next weeks, you will get all kinds of peas. This time it is sugar snap and (garden or)shell peas. Sugar snap, eat the entire things, raw, saute, steam for a moment. Shell peas, do not eat the pod but take the peas out and eat them separately. Snow peas, when they come are the flat ones with hardly a pea inside, eat the whole pod

What is a Cipollini Onion?

Sweet little onion which can be used like any other onion but to be truly appreciated roast, grill or caramelize it! You can also slice it thinly into salads giving your taste buds a little pause of appreciation. It is higher in sugars than other varieties. Cultivate in Italy, of course, try saying Chipi oh leeni without sounding Italian, it took 300 years to make it out and across the ocean with the Italian immigrants to North America and only became cool in the 1990's. This late blooming popularity was due to its association as poor people's food (peasant grown is now artisanal and wise!) Now anyone can enjoy them!

To peel them do not stand fiddling with tissue paper skins and a little knife. Instead, like beets, Put them into a pan of boiling water for 2 minutes.

Drain, cool slightly and trim off the top of the onion with a small knife.

Slip the skins off.

And presto! Naked cipollini!

Sweet and Sour Cipolini Onions

- 4 cipollini onionss
- 1 tablespoons butter
- 2 teaspoons olive oil
- 1 tablespoon maple syrurp
- Salt to your taste
- ¼ cup water
- 4 tablespoons balsamic vinegar
- 1 scape of garlic crushed or minced
- Optional, 1 cup of cooked beans (or a can, I am no snob in a hurry!)

Peel the onions as directed above Remove any remaining little roots. Leave the little ones whole and cut the others to the same size

Heat the butter and oil in a pan on a low heat so you don't burn the butter. Add the garlic and the onions and stir about until brown-maybe 5-8 mins

Add the maple syrup, salt, vinegar and stir. Then add the water and cover immediately. Cook for 5 mins. Take off the lid and then cook until the liquid is syrupy.

Optional step: add cooked beans and heat together before serving.



Summer squash.

Hopefully these guys have a long season. We don't have to get too creative yet! For now, just cut into chunks, steam, grill, or saute. Nothing needs to be peeled. Just rinse and go.

Fennel, Ah now, This one is like cilantro. Contentious. If you like anise, or licorice then have at it. Slice it into salads and sandwiches, cube it and saute it. However, if you don't like it much, try eating it anyway because it is really good for you! (think anti inflammatory, healthy heart, high in fiber, vitamin C, and vitamin A). Here is how to make it more edible for the folks who are looking at fennel dubiously. Roast it or grill it. And do that until it is soft and its flavor is muted.

Roasted Fennel

About 2=3 cups of fennel trimmed and cut into quarters or eighths

- 4 tablepoons olive oil
- Salt and black pepper to your own taste
- 3 garlic scapes minced
- ½ teaspoon paprika
- Any other grill type spice you love more than fennel!

In a bowl mix your oil garlic and spices. Set aside, Cut the bulb from the top to the root into quarters, or more for big bulbs. Cutting this way leaves each quarter intact, attached by a little bit of root. Rub all over with olive oil mix, place in a glass dish, cover with foil and roast on 350 for 25 minutes. Take the foil off and then roast for a further 10 mins so the edges brown.

This mutes the licorice taste hugely and you end up with a butter herby sort of flavor. Give it a whirl.