

No 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.

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: ERIN O MEARA!
bunch of flowers coming your way!!

Community Homestead

July 5, 2023

Box Note 5



Farm News

Happy Fourth of July! Like many other folks dealing with basic needs, (food, medical help and care, transportation workers) our lives don't really accommodate a four day weekend on a harvest end of the week BUT we are certainly having a good time and finding ways to mark the occasion. Ice cream treats during the day and a community chicken barbeque after packing the boxes awaits!

The pie team enjoyed making the Fourth of July pie and the Fourth always marks the beginning of the picking season up in the orchard. Berries everywhere!

Big news here is that it rained! That is twice in two weeks now and we are delighted. We know it is not enough to pull us out of a drought but it is enough to keep plants alive for now. And for that, we are grateful!

Summer really tunes us into the sky and the beautiful and often strange cloud formations. One of our young German volunteers commented, early on in his stay, that we get very excited here about rain and its possibilities but, back home in Germany, it's not a big deal. Roll on a couple of weeks of 90 degrees and his anthropological tone has changed. Now he is running out to watch for raindrops at the merest overcast light, right alongside us!

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.

What is in the box?

Our best guess at what fits!

We have entered the variety of summer!

Beets with greens

bell peppers

Cipollini onions

Napa cabbage

Celery

Collards

Cucumbers

Lettuce or lettuce mix in a bag

Summer squash

Parsley curly and flat

Peas, carrots, eggplant, for some

Fennel and Raspberries for Large

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.



Varieties of eggplant



celery



collards

fennel



Eggplant

What to do with an eggplant? Well, grill it in chunks, stir fry it, fry it gently and add it to a sandwich of cheese and peppers and onions....

Celery's ancestor, like most vegetables, was more clearly medicinal.

In Greece they used the seed for teas and even by the 16th century the varieties were still too stringy and pungent to be really thought of as tasty in anything but soup. In 18th century England other toned down varieties were cultivated and the cool weather of northern Europe were found to also mute the taste.

Roll on late 20th century USA and the realities of trucking vegetables across a huge country and taste was sacrificed to shelf life. Forget a store bought celery in your fridge and you can encounter it weeks later looking pretty much as it did when it went in. It tastes crunchy and wet and is an excellent transporter of dip. However, if you want a real celery that tastes of celery, get one from us, or any other fresh local grower!

Celery is high in fiber and rich in vitamin K and A. These are respectively good for bone and eye health and play an important part in boosting your immune system. Celery is a relation of the carrot (along with dill, parsley, fennel, coriander, parsnip)

Celery Cousins Slaw

- 4 cups of celery, sliced very thinly
- 4 cups of napa cabbage cut thinly
- 1 cup of fennel sliced thinly
- 2 cups carrot grated thickly
- 1 cup apple sliced thinly

Dressing

- Juice from 1 lemon
- 1 teaspoon mustard
- 1 tablespoon of maple syrup
- 3 tablespoons tahini
- 4 tablespoons water
- ¼ teaspoon caraway seeds
- Salt and pepper to your taste

Cut your napa in half length wise, Trim the root end off. Slice thinly.
 Split your celery apart and wash it carefully, looking for remaining dirt in the inner ribs. Slice thinly.
 Peel and core your apple and cut in quarters. Slice each quarter thinly
 Add all these ingredients plus your grated carrot into a bowl and toss well.
 Mix all the dressing ingredients together in a small bowl. Mix well. Add to slaw right before serving..



summer squash varieties

Collards

This is often the character that, if I am not careful, I find eyeing me from the fridge the day before my next boxes arrive (big house, multiple boxes, two fridges!) People, especially with Southern roots, will snatch their bunch up with enthusiasm on day one and set about cooking them according to great Granmas recipe but if, like me, collards, at first glance, are just rubbery greens, here is a bit of help.

Collard Wraps

- 6 big collard leaves
- 1 cup of cooked black beans
- 2 cup grated carrots
- 1 cup of hummus
- 1 cup of thinly sliced pepper
- 1 cup of cucumber in tiny chunks
- 1/2 cup thinly cut cipollini onion
- 1 stick of celery thinly sliced
- 1 cup cottage cheese optional
- Seasonings as you like, salt, pepper, garlic, lemon, hot sauce?
- Sour cream for dipping

First of all, get rid of that rib/stem from your collard leaves. Remove it with a sharp knife because it is just too tough to chew.
 Boil a few inches of water in pot with a lid. When the water is boiling drop in your collard leaves, slam the lid back on tightly and boil for 1 minute (and no more!)
 Remove and lay flat to cool. Note: you can skip this step and do this raw but it is very...? Vegany? Chewy? Over flavorful? Not for the fainthearted or

parsely flat and curly



cipollini onion

newbie vegetable enthusiast? It is up to you! Hardened jussive making vegan friends, ignore this and go raw!
 Prepare all your other ingredients in separate little bowls except mix your black beans with the hummus so they don't fall out of your wrap!

Take each leaf in turn and make a little heap of vegetables in the lower middle of a leaf. From the bottom stem end roll the leaf up once from the bottom, tuck the sides in and then continue to roll until you have a little package roll.
 Right before serving, cut your packages in half and display open end up to see all those lovely colors.
 Serve with a little bowl or blob of sour cream!