

# 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. 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!

**This weeks winner: DAWN DOERING**  
**Bag of cookies coming your way!!**

# Community Homestead

## July 12, 2023

## Box Note 6

### A little Yukon Gold to enrich your plate!



### 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.

### Farm News

Every day we wait for life to calm down a bit but summer needs have us running! As Joel pointed out, "we have no rain and that is bad but at least we have no hail and flooding" He is right, If we have golf ball size hail, at least one week of vegetables would be obliterated. I can hardly think about it! Meanwhile, despite the drought, the gardeners are producing amazing produce and I hope everyone is eating royally! The orchard is also providing raspberries and redcurrants for jam and pies and pickling season has arrived. Two calves were born in the field yesterday much to Nastia's delight. Always baby cow news around here!

So happy to get potatoes, It is kind of "the year for bugs" Nadine says. A combo of the snow cover, the dry heat and we have a corresponding imbalance of beetles. Adrian and Nadine go to great lengths hiding the potato plots in upper fields, far away pastures and behind woods, so that last year's hatching beetles can't get there before us. And this year it worked, at least so far!

Do you know Community Homestead hosts **Gap Years?** You can come and immerse yourself in community life and learn a huge amount about agriculture from our very experienced gardeners and farmers. And you will learn even more about yourself! We have German gap year folks but, where are the Americans? Drop me an email if you are interested!

### What is in the box?

#### Our best guess at what fits!

Beans

Beets

Broccoli

Cippolini onions

Carrots,

Cucumber

Kohlrabi

Lettuce heads green summer crisp

Pac choi

Potatoes-yukon gold

Salad greens: tatsoi, Tokyo bekana, arugala, mezuna, mustard, lettuce.

Napa, eggplant for smeone

### 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](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.



## Beet and Walnut Salad

4 cups beets  
 your bag of salad mix  
 1/2 cup of feta cheese, diced or crumbled\*\*  
 1/2 cup walnuts  
 1/2 cup raisins  
 1/4 cup extra virgin olive oil  
 3 Tablespoon balsamic vinegar  
 1 Tablespoon of mustard  
 1 tablespoon maple syrup  
 1 garlic clove, minced  
 Salt and pepper to your taste  
 Separate your beets into sizes if there is a diversity of size. A big beet take 45 mins to cook and a small on about 20 mins. Cover your big beets in boiling water and boil for 20 mins, then add your small one. Cook until you can poke a sharp knife in. Drain and toss into cold water. Leave 5 mins and then peel, The skins will slide right off. Slide your beets into little chunks.  
 Toss your salad greens, walnuts and raisins together well. Add your feta and toss once more. Add your beets and toss briefly so everything does not turn into red streaks.  
 Put your dressing in a jar with a lid and shake really well or whisk in a bowl. Dressing as you serve, not before.



napa cabbage



summer squash varieties

## Kohlrabi

The underestimated vegetable. That thing that looks like a hard green or purple ball? That is a kohlrabi.

And who thought up the kohlrabi? Here is a clue, kohl is cabbage and rabi is turnip in German so, following the creativity of the German Language it is a “cabbage turnip”. The Germans mainly but you can quickly blame it on the neighboring northern Europeans, cultivated it in the late fifteenth century. Here is a crunchy cabbage thing we can make that stores really well. Good for them. And good for us!

It is high in C, B6 and potassium. Think versatile, crunchy, very mild cabbage with out the cabbageyness. . You can peel it by chopping off the outer skin and then slice it up and eat it like an apple. Put it in a vegetable tray for a veggie dip. You can peel it, steam it and use it in anytime you'd use a potato. Or you can make a salad as follows



pac choy



cipollini onion

## Kohlrabi Salad with a Lemon Dressing

2 cup kohlrabi in s matchsticks  
 1 cup of carrots very roughly grated  
 1 cup of cucumber peeled, cored and cut into tiny chunks  
 1 cup of broccoli pulled off into little florets  
 1/4 cup cippolini onion very finely cut

## Lemon Dressing

3 tablespoons of lemon juice (you can cheat out of the bottle but just know it makes a huge difference if it is fresh!)  
 1 teaspoon of lemon zest if you are using a real lemon  
 1 tablespoon of maple syrup (you can buy that from us too, did you know?)  
 1/4 cup of olive oil  
 Either 1/2 teaspoon cilantro OR 1/2 teaspoon of basil chopped finely.  
 Salt and pepper to your taste  
 1 teaspoon of poppyseeds (optional)  
 Whisk it all up together in a bowl or put it in a jar with a lid and shake vigorously.



lettuce



kohlrabi

## Cucumbers

We are moving from English cucumbers which grow on a vine trellis in the hoop house, to American Field Cucumbers which grow, no surprise, in the field.

The Americans are shorter, stumpier and have a thicker skin. They have more defined seeds They are more edgy in taste, more cucumber.

You don't have to peel them but you might want to if you don't appreciate chewing your salad so much. Same thing with the inside seeds which can be a bit watery and can make your sandwich a bit wet. Simply cut your cucumber lengthwise, and then into quarters lengthwise. Put the cucumber on its side and cut the seeds out diagonally.

And what are they good for apart from crunch? High in magnesium, potassium, vitamin C, vitamin K, and manganese the cucumber is good for bone health and all the things fiber is good for. Added bonus, if you, or a loved one, is always dehydrated and doesn't like drinking water, have a cucumber stick, or three! It is mostly water. (soccer snack anyone?)