

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: MARY TOMES bunch of flowers

Community Homestead

July 19, 2023

Box Note 7

Farm News

Summer days roll on and we had one good rain which we are thankful for in the middle of the drought, It is hard to complain about these serious and damaging conditions in light of the terrible floods in Vermont, the forest fires of Canada and all the people in the south being steadily cooked by the sun. However, it is STILL drought and still a challenge. As you eat your carrots, Adrian and Nadine said you need to wag it sagely at your meal mate and say, "this is what drought tastes like". The lack of water the carrots can soak up is pretty evident in their appearance and their taste. So, regrettably, not the finest carrots in town but, carrots none the less!

One of the wildest things that happened this last week was a cow that decided to give birth a week or so early. She chose the cool, privacy and the peace of an evening pasture rather than the barn and so her calf was introduced to the world via the sound of crows and the smell of the nearby woods. Fortunately, when Shannon and Nastia went to go collect the baby later, Mom was equally peaceful as he was picked up and carried off to the gator for a quick ride off to the barn to join the other babies.

This week we welcome Johanna who is a teacher on sabbatical from Hannover Here for 6 months, she is looking forward to lots of garden, bakery and other hand and body work to renew her energy for high school teaching!

Do you know Community Homestead hist's **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!

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.



Heads up:

Pig Roast is Saturday August 19. This is an afternoon of children's games, crafts, wagon rides, wandering the gardens and farm, a huge meal and some music and dancing to end with! Save the date folks!

What is in the box?

Our best guess at what fits!

- Beans
- Broccoli
- Bunching onions
- Carrots
- Cucumber
- Garlic
- Parsley
- Bell peppers
- Summer squash
- Basil
- Tomatoes -the very beginning taste!!
- Eggplant cauliflower and cabbage- medium
- Cabbage raspberries -large
- Eggplant-small
- Beets for some size?



don;t worry if your garlic might have a tinge of green. It is not mould. It is just fresh



Eggplant: a cousin of tomato, this is a Mediterranean, sun loving fruit which we think of as a vegetable. It is beautiful, delicate and will only last a couple of days so plan to eat it promptly. Best stored in about 50 degrees in a cool dark space but honestly, in this weather and for most people, that is probably the fridge. Since we are on storage, here are some more rules!

summer squash varieties

parsely and also parsely

- 1 bell pepper cut into strips
- 1 cup eggplant cut into chunks
- 1 clove of garlic minced
- ½ cup parmesan cheese grated
- ¼ cup olive oil
- 2 tablespoons of finely chopped basil
- Salt and pepper to your own taste

Worlds Easiest pre-made Vegetable Casserole for those who need to cheat and eat well



basil

- 8 cups of squash and eggplant thinly sliced
- 1 cup of bell pepper cut into little pieces
- 1 cup of onion thinly sliced
- 2 cloves of garlic minced or chopped small
- 3 cups of hard cheese like a cheddar
- 1 jar of spaghetti sauce or crushed tomatoes
- 1/2 cup of loosely filled basil



a couple of days if you like.

Don't store the tomatoes with the crispy greens and leafies. The ethylene in the tomatoes will age the greens FAST!

Preheat your oven to 375F

Bake on 350F for an hour. Serve with bread. Watch out-it's hot!

Don't store the onions or garlic with the potatoes -the potatoes will ripen and sprout.

Separate and cut all your vegetables up and put into a large bowl

Not using you herbs every week? Don't watch them wilt and then throw them away.

Best way to store herbs I think? In a jar of water like a bunch of flowers, in the fridge. Snip as needed

In a separate jar, put your oil, garlic, salt and pepper. Put a lid on and shake vigorously

Here is another option. Pin a string like a mini clothesline across your kitchen wall or in your basement. Put the banded herbs over the line. Pull it aside roughly in half so it is a herb bunch banded with two "legs" with one "leg" on one side of the line and one "leg" on the other.

Summer is busy and fun and who has time to cook? This week, we are going easy peasy ideas for your box,

Add to the vegetable bowl and stir really well.

Here is a tasty simple

Roast Vegetable Dish to prep ahead

Tip onto a large baking sheet and roast for 30 mins

Take out of the oven and shake on your parmesan chees

- 4 cups of broccoli florets
- 4 cups cauliflower florets

Bake for a further ten mins.

Cut all your squash and eggplant and set aside

Cut your onion, garlic, pepper and basil and add to your sauce in a separate bowl

In a glass casserole dish layer your veg, sauce and cheese starting with a layer of squash. Then sauce mix, then cheese. Continue layering until you run out. End with a cheese layer.

Cover in foil. You can keep this in the fridge for