

## 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](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 \$10 of your online order, we put your name in, and announce the winner in the next box note!

**This weeks winner: Kelly Deines at Powderhorn-bunch of flowers coming to you!**

# Community Homestead

## August 16, 2023

# Box Note 11

## Pig Roast: Saturday August 19

3-5 childrens activities, wagon rides, craft fair, garden and farm wanderings, meet the calves.

5-7 big ol'farm feast!

7pm cow pie raffle, live music, inclusive folk dance with caller



## Farm News

Finally, everything is super green and lush! Looking at photos from July, it is staggering to realize how much the land has bounced back and transformed: from brown to green, from dust to earth. You can tell how long people have been here by how much they complain, or not, about wearing a rain jacket and rubber boots. Most of us are beaming and grateful while a few newbies are commenting about the inconvenience of getting wet and wouldn't it be nice if the sun was shining. Life is all about context.

We are rocking up to the Pig Roast this weekend and it promises to be a hot day. We have plenty of shade and fun things to do for every age-the young and the young at heart, the active, the artistic, and the folks who just want to sit and enjoy.

Oh yes, and the community center is air conditioned so you can take a refrigeration break and admire some crafts for a while too if you need! The band will be playing, the cow pie raffle in action, and plenty of farm fresh food. Remember to get your CSA discounted tickets online before Saturday.

**Well done checking your box labels folks! No problems or mix-ups last week yippeeee!**

## What is in the box?

Broccoli

Cabbage

Corn-serendipity and mirage

Cucumber

Edamame

Eggplant

Garlic

Lettuce

Onion-walla walla

Peppers-Italia sweet

Swiss chard

Tomato

Parsley

Melon maybe-we will check if it is ripe this afternoon!

Beans-dragon tongue for Large

Eggplant



## Harvest and Packing

So most people know this but maybe it's good to know how harvest works!

We harvest for 260 boxes every week, plus our own 8 households and the food shelf.

We can pick beets, carrots and potatoes up to a few days ahead of time. Then we pick like crazy, all the other vegetables, on Monday from 6am until dark, and then Tuesday 6am until about 2pm.

Everything is harvested in the fields and then brought into the big packing shed. Everything is sorted and looked over for quality and leafy things are dunked in cold water to help clean and preserve them. From there, they are bagged when needed, counted and put into big crates into the cooler. Hopefully, by 2pm we are ready for packing. But sometimes that is 3pm...or?

The packing crew stands in two lines, with the empty boxes on rollers down the middle of the shed. Each person has one to three things (according to capacity) to pack into the empty box which slowly moves down the center. The last person adds herbs and shuts the box, handing it to Scott who hefts it into the cooler. The packing is done, give or take a melon or cake break, by 6pm, or 7pm...

On Wednesday at 4.30am Richard and Desi, and Goose meet at the packing shed and put all the labels on and sort the boxes into their two main delivery vehicles, leaving one site to Alex who gets there at a relatively leisurely 7am for her delivery! And off they go.

Not everyone is involved in everything and all those extra evening hours are Adrian and Nadine's almost exclusively but, everyone does what they can, and you'd be surprised at who can spring up at 6am for harvest with the team with a smile on their face! Attitude is not linked to other abilities and is a valuable talent all to its own!

Edamame beans



parsley



walla walla onion



Italia Pepper



swiss chard



**Swiss Chard:** occasionally mistaken for rhubarb! Eat the stem and the leaves BUT for best tastes, cut the stem out like a spine, and chop it small. Rip the leaves into little pieces and out in a separate bowl.

However you cook it, start with the stems for 2 mins before adding the leaves. This way it all cooks to the same point, nothing too soggy and nothing too crunchy.

## Eggplant and Chick-pea Casserole

1 walla walla onion chopped small

1 Italia pepper, chopped small

3-4 cups of eggplant cubed

2 cloves of minced garlic

2 cups of tomato cubed

1 cup chickpeas so 1 can, or dried and soaked overnight.

2 tablespoons of chopped basil (or dried)

1 bunch of swiss chard stems chopped and leaves ripped

Salt and pepper to your own taste

6 tablespoons of olive oil

2 tablespoons of balsamic vinegar

1/4 cup of parmesan cheese grated

Preheat oven to 350. Put your eggplant, tomato, onion, garlic, chick peas, basil, salt and pepper, and 4 tablespoons of your olive oil in a bowl and stir well.

Pour it into a glass rectangular casserole type dish. Cover with foil and bake for 20 minutes. Take it out and stir it.

Turn the oven up to 425 and take the foil off the pan. Bake it open like this for another 30 mins.

In a skillet with a lid, heat your remaining 2 tbsp of oil. Drop in the stems of swiss chard for 2 mins stirring the while. Add in the leaves and 1/4 cup of water plus 2 tablespoons of balsamic vinegar and slam the lid on

quickly! Cook for about 3-4 more minutes. Add this to your roasted vegetables when done and stir. Serve with a sprinkle of parmesan cheese!

**Cabbage:** shred it, eat it as coleslaw, stir fried, roasted, grilled, in a soup, wrapped around other vegetables in a roll. Always undercook as over boiling gets you that lingering, sulphury, unpleasant smell.

## Parsley

What is it good for? Rich in K, A, C, folate, iron (speaking to you my sisters!) This is good for the immune system, bone health, heart and kidneys and all kinds of rather important organs, especially important if you are making, or planning to make, another human, so sharing all this folate and iron.

**Store it.** Best way we have discovered is in a jar of water (like a bouquet) in the fridge.

Don't want it now? Dry it by hanging it upside down on a mini clothesline affair, preferably but not necessarily, in a cool dark spot.

OR whizz it up in a food processor with 2-4 tablespoons of olive oil and then pack into ice-cube trays. Freeze and then pop out into a freezer bag. Label the freezer bag and then use, cube by cube in the winter time!

## Walla Walla Onions

This is a sweet onion that you can slice and put into a salad or a sandwich, or on a burger, or in a wrap for a sweet tangy not overpowering zip. And yes, you can always saute it, fry it, or whatever.

It's not strong so if you want a strong onion taste, be generous with your amount.