

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

This weeks winner: Erin O Meara, our Goklden Valley site host bunch of flowers coming to you!

Community Homestead

September 13, 2023

Box Note 15

Farm News

Fall has arrived! We listened to the weather experts on MPR tell us that the drought does not affect the color in the trees as we watch our beautiful driveway of maples drop their leaves in the first week of September. They have wisdom to impart to the experts!

We have rows of blazing red peppers leaning onto the ground, tomatoes everywhere and apples weighing down the branches so we have to duck beneath them. But they are all looking tired. Its coming to the end of a long, hard run for them.

For us, the weekend was one of fair and town celebrations. And, for good measure, we fired up our somewhat completed pizza oven and had some wonderful experimental pizza: a preview of good times to come. We had a drizzle of rain. We are thankful for it but it was not enough to measure. We realized that the word for this in the USA is "misting" or "sprinkling" while the word we have in Britain is "spitting". That is a good example of familiarity breeding contempt! We are happy to romanticize the "misting" here and welcome it!

This week was also the start of school. To celebrate that one, we are sending you lunch box peppers. Child size sweet peppers have a vitamin C punch and a happy crunch to them. Perfect for snacks. Pile your children high with apples and peppers while you can folks for soon we are in the realm of frozen food or "shipped from California"!

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.

photo below: Hillary and Alex prepare pizza for the new pizza oven!

What is in the box?



Beans
Carrots
Cauliflower
Cucumber
Garlic
Kale- a mix of Dino, Russian and Curly
Leeks

Lettuce mix- baby lettuce, arugula, mezuna, baby kale, mustard, tatsoi, Tokyo Bekana
Onions
Potatoes-red and yukon
Sweet peppers- Italia, lunch box and bell
Tomatoes
Corn, eggplant, summer squash for some box sizes.

Varieties of kale: Curly, Dinosaur and Red Russian



Italia peppers



bell peppers



lunch box peppers

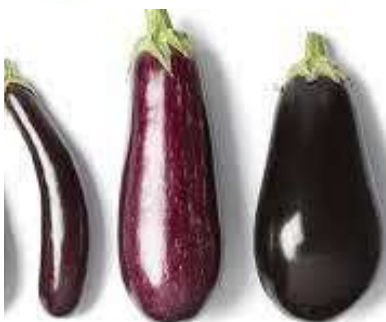


lettuce mix

leeks



eggplant



Leeks

Leeks have a lot of creases and, as they grow they capture soil in their tight fitting leaves. So they need a good clean.

Here is my annual, how to wash a leek instruction. Imagine you are a surgeon, or maybe you are a surgeon? Either way, this is satisfying.

Trim the remaining root off the bottom of your leek. Take a sharp knife and cut, at a depth of half way in, from top of the greens to the root end.

Take your leek in one hand and splay out the insides a bit. Tip the leek, top side down, under a running cold tap and rinse the insides.

Now you can pat it dry and cut it into discs or chunks or whatever you like.

Leeks can be used in anywhere you want a mild onion or as the main part of a dish. I don't recommend eating them raw as they are a bit tough but, I guess you can if you insist!

Make it for now or the freezer

Leek Casserole

- 4 tablespoons of butter
- 4 tablespoons of flour
- Salt and pepper to your own taste
- 2 tablespoons of lemon juice
- 1 clove of garlic minced
- 2 cups of milk
- 3 tablespoons of sour cream
- 1 cup of cheddar type cheese grated



4 cups of washed and chopped leek

1 tablespoon of thyme leaves chopped.

Saute the leeks in the butter on a low heat for about 10 mins until soft.

Add the garlic and saute for a further 4 mins. Add the flour and stir into a paste.

Dribble the milk in and stir with a spoon as you go to avoid lumps. Add all the milk and bring up the heat.

Add the cheese, salt and pepper, sour cream, lemon, and stir until melted. Pour into a small casserole dish and sprinkle the thyme on top.

You can let cool, cover with foil and freeze OR you can eat it now, or store in the fridge for a few days. Good by itself but also a nice complement to chicken!

Sauteed Kale

Unless you don't like balsamic vinegar (in which case, read no further) this is a great way to eat lots of kale. Rubbing your prepared kale leaves makes them tender and they cook faster. This is important as the more you cook things, the more nutrients you lose.

- About 12 cups of prepared kale leaves
- 4 cloves of garlic minced
- 2 tablespoons olive oil
- 1 cup of onion cut into tiny



- pieces
- 2 tablespoons of balsamic vinegar
- 1 tablespoon lemon juice
- Salt and pepper to your own taste
- You also need a big skillet style pot with a good lid

Cut the stems out of the kale and discard them. Tear the rest of the kale into small pieces then set aside in a bowl. Take a handful at a time and massage, rub and squeeze them so they turn darker and go limper. Return to the bowl

Cut your onion up into tiny pieces and saute in the hot oil for about 5 minutes until golden, but not browned. Add the minced garlic and cook for a further minute, stirring it about so it does not stick or burn.

Turn your heat down, Tip in your kale and salt and pepper, and mix/toss well for two minutes

Turn the heat up a little, add the balsamic vinegar and lemon and QUICKLY put the lid on to trap the steam. After a minute take the lid off and stir to prevent sticking. Put the lid back on and cook for a minute longer.

I have also had this with a sprinkle of parmesan cheese added upon serving which was great!