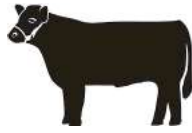


# YES it is a meat share week!

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 comes frozen so please pick up promptly



# Community Homestead

## September 20, 2023

# Box Note 16

### 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: Adam Scholl from Goklden Valley- a bunch of flowers coming to you!**

### Farm News

We are enjoying the early fall. Often we wake up to that Arthurian mist that wreathes the fields and the farm. Granted, we don't have to drive in it: commiserations to those who have to huddle through those early morning dark tunnels of roads with antennae fixed for deer every day.



Our new volunteers are settling in and becoming part of the community while our old hands are recognizing all of their experience. It is lovely to see day program folks who have been here less than a year realize that they are the one who knows where the rake is, how to open the cooler, who mixes what bread first. They are the teachers and the leaders as well as the life-long students, like all of us here. It is a good feeling!

It is kitten season apparently. This is, on the one hand, a cause of great excitement, spotting a new litter venturing out from a hidey hole in the compost pile.

### What is in the box?

- |                    |                         |
|--------------------|-------------------------|
| Beets with greens  | and acorn for           |
| Carrots            | large                   |
| Cauliflower        | tomatoes                |
| Garlic             | Rosemary                |
| Lettuce, green     | <b>And then a</b>       |
| for large and red  | <b>selection of the</b> |
| for all            | <b>following</b>        |
| Onions             | Broccoli                |
| Pac choi           | Cabbage -conical        |
| Peppers-Italia and | Corn                    |
| Bell               | Cucumber                |
| Potatoes-kenne-    | Eggplant                |
| bec                | Summer squash           |
| Radish small red   | Cherry tomatoes         |
| Squash -delicata   |                         |

Very cute, especially when they socialize with the family of skunks. On the other hand, in the world of practical reality, it is the source of frustration. Shannon spends a lot of time rounding up feral cats and fixing them only to discover a couple more have been dropped off at the farm with a slowed car and a quick acceleration. Then, predictably, more kittens. The farm cats have a job to do keeping the rodents away from the grain, or at least keeping their numbers down, but a farm cat's life is not a pampered one and it is hard to keep things in balance when cats are dropped without vaccination or being fixed. Big eye roll! Oh well, in the meantime, cute little kittens with tails like masts, sailing about the place.

### 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](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

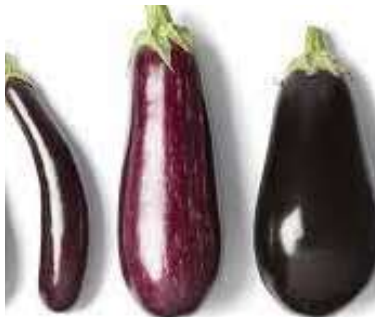
2.Gift the box it to family/friend to pick up but be sure they know how to do this. You can also change the site for the week for their convenience.



Italia peppers



bell peppers



eggplant



Delicata Squash' heads up, it is not a good squash season. We did our best to sort the best ones for you so if you get a soggy inside-we apologize. It is hard to tell.



rosemary



summer squash



beets with greens

### Beets with greens.

The first thing you need to do is twist off the greens and store them separately in a plastic bag in the fridge. If you keep them on, they keep "growing" which means, at this point, get old and wrinkly. The greens are full of goodies; calcium, iron, magnesium, and lots of vitamins. You can eat the whole of the greens, stems and all but cut the stems into tiny pieces and, like chard, throw them in the hot water or saute pan for a minute or so before you add the greens just to wilt.

You can use them anywhere you'd use spinach, steam slightly and add to an omelette, pasta, casserole, quiche.

Beet roots. In Australia, NZ, Britain, beets are always known as "beetroot". This is the obvious piece to eat perhaps. Peel it, grate it and eat it raw. Roast it under foil in the oven, tip the whole thing into a pot, cover with water and then, when soft enough to put a knife in, drain, tip into cold water, shrug the skins off and slice.

### Apple and Beet Salad

- 3 cups of cooked grated beets
- 3 cups of peeled uncooked apple
- Teaspoon of salt (or to your own taste)
- 2 tablespoons of lemon juice
- 1 tablespoon apple cider vinegar
- 2 tablespoons of apple syrup or honey
- 2 tablespoons of olive oil
- 1 garlic cloved minced (optional)

Put the estimated amount of beet (root) into a pot with a lid and cover it with cold water. Bring to the boil. Cover and

boil until a knife goes in pretty easily. Small beets will take about 20 mins and large ones can take about 40mins.

Drain and tip into cold water for 5 mins

Rub the skins off with your fingers. Pinch off the "tails" and cut a tiny slice off the greens end.

Grate the beets coarsely and put them in a bowl

Grate your apples. You can do it skins and all without coring if you just rub each side on the grater. If you use a processor, then cut and core them first.

Mix together in a bowl really well

Add your other ingredients to a jar with a lid and shake well, or whisk up in a small bowl

Add to the salad and mix really well

Cover and put in the fridge. This one is better after it sits a few hours but you can, of course, eat it immediately.

Rosemary

Traditionally, back when food was the medicine to hand, rosemary was used to improve memory, relieve muscle pain and spasm, support the circulatory and nervous system and, perhaps because of all of that, make your hair grow well! In a warm climate it grows year round and can grow into sizeable aromatic hedges. Not so much here.

You can use it anywhere you like but, traditionally with poultry, soups, casseroles, roast potatoes

### Cauliflower Rice

I love cauliflower in its mini tree version but here is a fun variation if you have never tried

it. This is a really good idea particularly if you are avoiding grains for any medical reason. Essentially just remove any remaining green outer leaves and grate your cauliflower on a larger grater hole, or in a processor. Tip onto a very clean cloth or paper towel and press any excess moisture out. Immediately saute for about 5 mins and serve.

### Vegetable Fried Cauliflower rice

- 4-6 cups of cauliflower rice
- 3 tablespoons of olive oil
- 1 cup of red italia peppers
- 1/2 cup of onion chopped
- 1/2 cup of corn chopped off the cob
- 3 cloves of garlic chopped
- 1/2 cup of broccoli split into little florets
- 1/2 cup of cherry tomatoes cut into halves
- Salt and pepper to your own taste

Tablespoon of Soy sauce optionally. This will make the dish a little "soggier" but if you like soy, this is the place to put it!

Prepare your cauli rice and all your vegetables. This is a quick dish to cook so make sure you are ready!

In a skillet with a lid, heat your oil and saute the onion and peppers for 3 mins stirring meanwhile. Add the garlic and cook for one more minute. Make sure your heat is not so high that things are browning and sticking too much. Add the broccoli and corn and cook another minute. Add the cauli rice and the cherry tomatoes (and the soy if you want it) and stir well. Add the lid and cook on low for 4-6 mins. Serve immediately.