

No it is 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: Sarah Toov at Hiawatha- a bag of cookies coming to you!

Community Homestead

September 27, 2023

Box Note 17

Farm News

What a rain! We did not quite get the whole summer's worth like Duluth, but we got a huge greening downpour. Puddles! Mud! What are these miracles?!

Suddenly the pastures look lush and the trees take on that fall oil-painting glow. And here we are finishing up our pizza oven, getting some foundations in for the new bakery, harvesting sweet potatoes and squash and preparing for a wedding here in the community.

Busy times and we appreciate all the willing hands that help-Chloe and Sam Backland, Kristen Andersen, who take time out of their other busy lives to come here, we mean you!



Photo: when you find tomatoes on a cold morning!

What is in the box?

Most of the following, depending on what we can fit in the box!

Broccoli
Carrots
Celery
cucumber
Lettuce
Onions
Pac choi
Peppers- Bell
Radish small red
Squash -butternut
Tomatoes

Salad Greens or
Swiss Chard
Parsely
Eggplant
Sweet Potatoes
summer squash
and leeks for
some

Call for RED bags!

Please come home to the farm dear red bags (and jars and rings but not flat lids!)

Please collect any you have lying about the house and send them back so we can continue to send out our online and homesteader orders. Reuse and recycling is one way we keep our prices down and accessible to all.



PLEASE keep checking your labels and make sure people picking up for you know what to do! Here is to NO mistakes this week (fingers crossed)

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 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

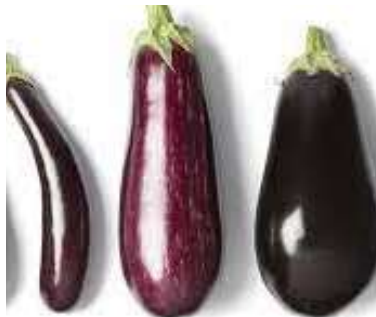
2.Gift the box it to family/friend to pick up but be sure they know how to do this. You can also change the site for the week for their convenience.



Italia peppers



bell peppers



eggplant



Butternut Squash'

parsely



Squash

As we mentioned, we are having a really poor squash year. The drought brought some slow growth and bugs, and after that weakened the whole system, an opportunistic mildew moved in. For next year, we can help prevent this by moving them to another field but this year, there is nothing we can do. We have about half our crop. There is also the strong possibility that some that we send out have some rot in the center that we cannot see. The only choice we have is either to not send any at all, or to risk this, so I hope you feel we made the best choice available!

Most of our **peppers** this week are bell. However, please check your Italias. Every once in a while there is a HOT one. This is a mistake on the seed end of things and nothing we can control either (apart from sourcing our seed differently) When serving Italia's to children or other sensitive people, please cut it open and just sample a seed gingerly. Then you will know for sure if you get a rare hot one! We are about one in a hundred we think and they look exactly the same. Bells, no problem. They are just what they seem!

Sweet potatoes are not yams folks. A yam is a tuber in the potato family and native to Africa. A sweet potato looks similar but it is the Morning Glory family and is a root. And the reason for this mix up is a bit of pretty recent history. And here is a clue, sweet potatoes are often known as yams in the southern states. As enslaved Africans arrived, they recognized the similarities of the sweet potato to the yam and were able to recreate dishes they knew and called it the name they knew it by, Nyami. The result is a "yam" is often, especially in the south,

synonymous with the sweet potato. But a yam, is still a yam. And the sweet potato? That is not anything like a potato in the family sense. Europeans did exactly what the Africans did, weighed it up in their hand, looked at it speculatively, took a nibble and suggested, "kind of a sweet potato?" Furthermore and co incidentally, 500 years ago Columbus fell over them in Central and south America where the name for them there was batatas or betatas so you can see the jump to potato even then.

You can peel or not peel your sweet potato (like a preference for potatoes) You can roast it, boil or peel and cube it to mix in with sauteed vegetables for a faster dish. Boiled and mashed with a blob of butter, it makes a great side for those that love creamy textures.

Poke a few holes in a couple of big sweet potato with a fork. Rub lightly with olive oil and lie directly on your oven rack. Sweet potatoes CAN explode in an oven if you don't prick them. It is not just folklore so please do it! Put a baking sheet on the rack beneath the potatoes. This will help catch any drips that might fill your kitchen with smoke! Bake on 450F for up to an hour-30 mins for a little one and up from there!. If they drip that means they may be close to done. Poke a sharp knife in to see if they are soft, Split the potato along the long side and pry apart just a bit. You can make a heartening cheesy cauliflower topping or top with bacon and sour cream



leeks

It is easy to forget you have herbs until you discover them wilted over your jar of water or limp in the fridge. If this sounds familiar, try the following.

Herb Butter

- 1 stick of butter
- 2 teaspoons of any or mixed herbs finely chopped
- 2 cloves of garlic minced
- Salt and pepper to your own taste
- Wax or parchment paper

Take your butter out of the fridge and soften.

Strip the leaves off the rosemary and discard the stem

Chop the leaves into tiny pieces like a pro chef!

Peel and mince your garlic

Add it all together in a bowl and mash it together with a fork, mixing until blended. You can also do this in a processor but just pulse room temperature butter. You don't want to whip it.

Rip off about 8 inches of wax paper. Lay it out and put your butter on it in a rough oblong shape

Tuck the ends of the paper in and, like a rolling pin, gently roll it into a log. Unwrap the paper and cut into 1/2 inch slices. Lay the slices out on the unwrapped paper and lay into the freezer, When frozen, pick them off and store in a freezer bag for easy access in the winter months!

You can do this with any herb. You can also add a teaspoon of lemon zest to the herbs or mix the herbs you have. Its great just dropped in soup, as a base for sauteing with olive oil, as a ready addition to casserole, roasted veg or chicken or, in the case of parsley, to mashed potatoes or steamed vegetables. And it's a great time saver!