

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

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: Carole Anderson at Stillwater- a bou coming to you!

Community Homestead

October 4, 2023

Box Note 18/20

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.



Photo: when you area an artist, and orchardist, and get to mix cement too

What is in the box?

Best guess this morning for what might fit this afternoon and evening:

Broccoli

Cabbage (red we think)

Carrots

Daikon

Garlic

Lettuce-romaine

Onions

Peppers: hot outside the bag, Italia and bell in the bag

Potatoes

Swiss chard

Cilantro -probably!

Tomatoes and Cucumber for some eggplant OR summer squash for some

Beets for medium and large

Farm News

We are sliding down the back edge of a really busy weekend, On Saturday we hosted a lovely wedding for Asher and Maddie. Asher grew up here and Maddie was a volunteer at various times so the whole community were guests who were able to tell stories of both of them that spanned several decades!

We finished (all but the polish!) our outdoor pizza oven, and served up a harvest bounty meal that might be reminiscent of your CSA box-lots of very colorful vegetables.

We are loving the sun after the rain. We had more rain in a week than we had all summer and we were delighted it stopped on Saturday (phew) Even gardening in the rain felt pleasant, just for the novelty of it all. So a couple more days of summer farming is just fine with us all.

In our garden we are mourning the mildew that is claiming our last summer squash, and many of the winter squash. This mildew takes advantage of weakened crops and this was certainly the case this year with the drought. Fortunately, we can serve you up some lovely potatoes this season!

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

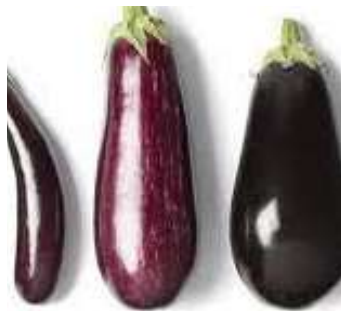
2.Gift the box it to family/friend to pick up but be sure they know how to do this. You can also change the site for the week for their convenience.



Italia peppers



bell peppers



eggplant



swiss chard

cilantro



daikon radish, red or white



Daikon

That thing you are holding, speculating, red carrot? White carrot? Nope. That is a daikon.

A staple of many East Asian dishes, this beastie is a not so spicy radish. Chances are, if you have eaten Japanese, Korean or Chinese food, you have already eaten some.

And yes, of course, it is good for you.

It is particularly high in vitamin C, B6, iron, folate, and magnesium. People hoping to be or planning to be pregnant, and people staving off inflammatory diseases take note! Love your daikon for it will love you right back! Because it is helpful to digestion, you will often find it paired with a fattier main meal. Along with simply tasting fresh and lifting the meal, it actually helps break down the fats

HOWEVER, and there is always a however in every wonderful discovery, avoid cucumber and radish or milk and radish.

Both of these pairings sort of chemically enhance dear radishes charms and you will likely have a digestive meltdown-aches and gas folks. Just leave a few hours between these foods to give your body a chance to deal with it all!

Fridge Pickled Daikon

- 3 cups warm water
- 3/4 cup vinegar. You can use any kind but it is better if its not just white vinegar
- 3 tablespoons sugar
- 2 cups of carrots cut into little sticks
- 2 cups of daikon cut into little sticks
- 1 teaspoon of fresh ginger minced (If you don't like ginger, just drop it)
- 1/2 cup of onion finely cliced
- 2 tablespoons salt

Prepare your vegetables.

Mix well and put in a glass dish or jar/s with a lid

In a small pot, mix your vinegar, water, sugar, ginger, and salt. Heat while stirring until the salt and sugar is dissolved.

Pour on top of your vegetables and let cool

Refrigerate.

Best after a couple of days and keeps for about 4 weeks

Swiss Chard

Always cut out the stems and cook for a minute or so first before adding the leaves. You can braise or add swiss chard to a casserole but I think it is so much better if it is just cooked for a minute or so. More nutrition, more taste, no bitter memories!

Here is a quick dish you can use as a side or eat with bread and a fried egg for a 10 minute meal!

Cilantro Lemon

Swiss Chard

Juice from 1/2 lemon or use the bottled kind-not such a good flavor but far quicker!

2 cloves of garlic minced
Half your bunch of cilantro, leaves chopped

Your bunch of chard, stems and leaves separated

1 cup of onion thinly sliced and obvious stems discarded
2 tablespoons of maple syrup
2 tablespoons of olive oil for sauteing

Salt and pepper to your own taste

Use a wide pot or skillet with a good lid.

Swiss Chard first: Cut the stems into 1/4 inch pieces and set aside in a small bowl. Tear your leaves into little stripes/chunks and set aside in another bowl

Saute your onion until golden (about 5 minutes) add the garlic and saute for another minute. Add the stems of the swiss chard and, stirring the while, saute for another 2-3 mins. If it feels too sticky and burning, turn the heat down!

Add the leaves of the chard, cilantro, the lemon, the salt and pepper, and the maple syrup. Stir once and put the lid on the pot to steam it together. Make sure the heat is not too high!

Cook until the leaves are wilted-about 2 minutes. And serve.