

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: Jamie Van Nostrand from Lake Harriet: a bag of cookies coming to you!

Community Homestead

October 11, 2023

Box Note 19/20

Call for **RED bags!** We are doing better but we are still pretty short on these!



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.

Last memory of summer flowers now mainly gone to frost. See you again next year lovely flowers!



Things you can do on-line:

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.

Farm News

True Fall: crisp and chilly mornings have us all wearing our wool hats and sweatshirt layers. By morning we have discarded at least one of these which means the next morning is spent running around trying to figure out where we left it. Such is the season.

Another fall sign is Elvis strolling around the community, no matter what the time of day, eating an apple. Apples are everywhere and lots of people, including Elvis, are finding the proximity of a snack hard to resist but, what better snack to be munching on and stocking up for a long winter to come?!

And of course, we got our first frost. It spells the end of the outdoor tomatoes and cucumbers but also intensifies the colors of the squash, the pumpkins and the glossy green kale.

We are eying our projects and figuring out how best to continue. Should we pause and weatherize? Should we make a huge push to finish? Should we concentrate on tidying thing away in advance of snow? The answer is yes to all of these. We will do the best we can.

What is in the box?

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

- Broccoli
- Brussels Sprouts
- Kale-Dinosaur and Russian
- Leeks
- lettuce
- Onions
- Parsnips
- Potatoes-bakers
- Radish
- Sweet potatoes
- Rosemary
- Maybe cucumbers and kohlrabi for some (last of the season)

radish



leeks



Brussels Sprouts



Parsnips

That slightly hairy, pale yellow carrot is a parsnip. It grows well in colder, wet climates so it is more popular in northern Europe than here. The Romans were responsible for trudging it across Europe and beyond where it was often used as a sweetener.

Parsnip is, no surprise, a relative of the carrot and the celery and is full of C, K, folate, fiber and sweetness, like its cousin Carrot. If you roast it, you will bring out the honey sweet flavor even more and if you steam it and mash it, the flavor is molder. So adapt according to your tastes.

Peel it or not, according to your tastes. Chop off the root end and the very tip and discard. Lightly peel it if you must peel, as there are lots of goodies right under the skin that you don't want to waste! Store, like all roots, in a cool dark place alongside carrots and potatoes. An easy way is to roll them in newspaper and put them in a cardboard box to replicate their Earthy home.

DON'T store your onions with them though. Onions outgas their ripening selves and spoil their root neighbors.

Parsnips



Roasted Medley of Vegetables.

It is hot today but by the end of the week we need to take the edge off the chilly days by treating ourselves to some hearty fair. We have a lovely selection of roasted vegetables going on.

The trick is to time them a little bit, while still keeping the roasting process simple and relaxed! I am going to assume you have a few of last weeks long storage things laying about but, if you don't no worries. You get the idea so just use what you have.. Cook your hard roots first and after an hour add your softer vegetables to avoid mush.

- 3 cups of potatoes
- 1 cup of beets
- 1 cup of carrots
- 1 cup of dparsnips
- 2 cups of cabbage
- 1 cup of onion
- 1 cup of leeks
- 2 cloves of garlic minced

- 4 tablespoons of olive oil
- 2 tablespoons rosemary
- Salt and pepper to your taste

Potatoes, carrots, beets, parsnips all cut to the same size (about 1 inch) chunks, toss in oil, salt and pepper to your own taste, maybe mince a clove or two of garlic if you like, and add some of that lovely rosemary and maybe sage if you dried it or have it still to hand.

Start roasting on 375F for 1 hour

Prepare leeks, onion and cabbage chunks. Slide out the roasting pan after an hour and tip this lot in, mix well so all is coated with oil Bake for another 45 minutes

You can eat this as is. Use the left overs as a soup base!



Rosemary: (photo above) amazing for any kind of roasted anything. Also add to soups. Use only the leaves, chop them small, and discard the stem or add the whole thing to soups and then pull out the whole twig afterwards..

To dry, just pin it upside down on a "herb clothes line" or put it in a paper bag in a dry place.

Brussels Sprouts

Apologies if you have heard this before. (But if you have, you probably are not reading this so?) The cardinal rule for Brussels Sprouts is DO NOT OVERCOOK. Think of them as a fairy size cabbage and then don't do what you would not do to a cabbage.

Cooking them brings out the sulphur which we tend to associate with body gas. Not nice. They also get grey green and mushy fast and that is also unpleasant. Instead, treat them gently cook them slightly.

Take your sprout and find the root end. Cut off any gnarly root still there.

Cut a cross in the end of the root/stem. This helps your stem cook as fast as your leaves.

Drop onto boiling water (or steam) for just 4 mins. Remove, salt as you wish and eat up. Or, even better I think, cut them in half from stem to top,

When each half has a stem to hold it together you don't end up with a mess of loose leaves, saute it in butter (so decadent so tasty) for just a few minutes.