

Community Homestead

October 18, 2023

Box Note 20/20 the Final one!



YES it is your final meat share week!

This is a biog delivery as we realised we were a little light on our weights early on. Bonanza coming this time!

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.

LAST BOX PICK UP ETIQUETTE

Please flatten boxes and leave neatly. You can also bring back your current box/red bag the next week. We will pick up on November 1

Please call or text them if you are delayed or can't pick up.



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 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.

Lucky Tea Tin Winner!

Becky Iveson from Lowry Hill!

FARM NEWS

Last Box note of summer and it's been a rock and roll twenty weeks of great food, broken nails, grimy hands, early mornings and bonded friendships, baking bread in the sauna we call the bakery, hauling in lashings of fruit and cookie breaks. Oh, let's not forget cookie break! Imagine if, at your work, two bakers turned up with huge smiles and a bucket of cookies at 10.30am. The world would be better for it.

THANK YOU, our lovely customers who sent us cheery notes and forgive our occasional oversights and your fellow site hosts haste in picking up the wrong box. And special thanks to our site hosts who tidy their porches, call up over busy, forgetful, customers, off load boxes that are not picked up and who make this whole community process possible.

All of you make it possible for us to learn and thrive here, as Hannah in her famous bursts of wisdom put it, "not a place where there are two groups, people with disabilities and people without, but just a group of people who are all good at some things and who help each other out" She added somewhat darkly, "and I know when people don't get that. I don't need to be smart to figure that out" Eat up your veggies with an extra smile folks for you make that happen!

What is in the box?

Broccoli or Romanesco -Large, you get both!
Carrots
Napa Cabbage
Garlic

Leeks
Onions
Pac choi
Parsnip
Peppers
Potatoes

Radish-
Daikon and watermelon
Rutabaga
Lettuce mix
Tomatoes
Dill

Hot peppers
Eggplant and cilantro for some
Maybe Brussels
Sprouts, thyme (if we have time ha ha, and space)

Winter Boxes: start NOVEMBER 1 and run for 6 weeks with a week off on November 22 because of Thanksgiving.

Online Farmstore Orders

Anyone can order from the farm store over those 6 weeks and have it delivered to their site.. Summer folks, this means you too. You do not have to have a winter box to order online.

We just got more meat in the freezer and will sort out and stock up the store along with our crafts. We make some lovely stuff so we hope you'll find something you like in the next few weeks!

Heads up: one of our craft "stars" is a green wreath we make from fresh fir and pine from our local Christmas Tree Farm. These will be on order by mid November. I'll give you a reminder but don't buy one from Walmart in the meantime: ours are fresher, lovelier and untreated!

CSA 2024 Registration starts in January. I send out an email to remind current customers that we are open. Sign up for all the shares you want and either pay up front or select a payment plan .

watermelon radish



diakon radish



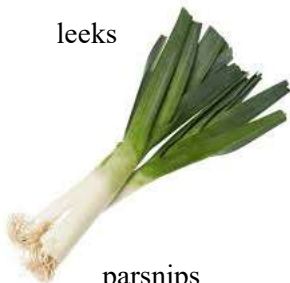
Brussels Sprouts



Romanesco



leeks



parsnips



rutabaga



dill



cilantro



Romanesco is the beauty of all vegetables. Long time customers are used to my woffling on about the incredible aesthetics of this broccoli/cauli mix which combines all the best features of each of its parents. Gene pool winner.

Cook it like any cauliflower, in other words, cook it not much. Grilled, steamed, raw in a salad. It is all good. The main thing you need to do is gaze at it if you are lucky enough to get one. It is gorgeous.

Misty days of soup coming up. Hope everyone is up for a good veggie one? You have all the basic ingredients here (and probably have a good stock of dried herbs by now?) and, apart from the chopping, it pretty much makes itself.

Veggie Soup

½ cup of dried beans (white or black) soaked overnight and cooked for an hour OR a can of beans washed and drained (yep, I know, easier to imagine sometimes!)

- 2 tablespoons olive oil
- 2 tablespoons of butter
- 1/2 cup of onion finely chopped
- 1 cup of leeks washed and cut into slices
- 2 cloves of garlic minced
- 1 cup of carrots finely chopped
- ½ cup of sweet pepper
- 2 cups of potatoes peeled and cubed
- 1 cup of eggplant cubed
- 1 cup of rutabaga peeled and cubed small

- 1 cup of broccoli in small florets
- 2 cups of tomatoes skinned.
- 2 cups of water

- 1 tablespoon balsamic vinegar
- 1 tablespoon of thyme
- 1 tablespoon oregano
- 1 teaspoon rosemary crushed
- Salt and pepper to your own taste
- 1 cup of pasta optional

Boil a pan of water and drop in two or three large tomatoes. Boil for 3 minutes

and then fish out your tomatoes and drop in a bowl of super cold water. Let sit for a few minutes and then peel /shrug off the skin. Set aside

Chop all your veg and set out in bowls

In a large pot with a lid, heat your oil and butter and saute your onion, peppers, and leeks until soft. Add the garlic and the balsamic vinegar and saute for another two minutes. Add the tomatoes and mash them into the onion mix while cooking.

Add your carrots, rutabaga, and 2 cups of water. Turn on low and simmer for ten minutes with the lid on.

Add the potatoes and eggplant along with salt and pepper and continue simmering for another ten minutes. This is where you add your pasta and another 2 cups of water if you want pasta in this hearty dish.

(Add water as you need. The idea is for the veg to cook in a small amount of water because it is a faster cooking process but make sure you have enough water in the end for a soup, not a sludge. So much depends upon the power of your own stove. Assess as you go and down burn anything!.

Add the broccoli and the herbs and boil for another 5 minutes.

If you are a big veggie broth person then substitute the veg broth for the water. Again, depends on your own taste buds.

What is a rutabaga?

It's a member of that humble peasant stock that kept our humble peasant ancestors and their animals alive for many a long winter. Depending on your ancestry, you might know this also as a Neep, or a Swedish turnip, just a turnip, albeit a different variety, or a Swede. In Sweden they know it as a kairot which is nothing to do with a carrot but means cabbage kale root. Whatever you do with a rutabaga, I do not recommend carving it into a lantern for Halloween. It is like carving concrete with a butter knife and shrivels into a sweet smelling shrunken head. I speak from childhood experience.

High in potassium, calcium, magnesium, C E and B. Also has folate and phosphorus. So all around famine fodder. Store it in a cool dark spot. It will get you through.

So what do you do with this turnip/cabbage thing?

Step one: peel it. For this, it is best to get a good grip, cut it in half on a chopping board. Then, flat side down cut each half into inch wide half moon shapes Now you are ready to cut the outer skin off. Use a paring knife because a peeler probably won't get through that thick outer skin.

Mashed Rutabaga

- 3 cups of cubed rutabaga
- 2 tablespoons of butter
- Salt and pepper to your own taste

You can also play with this to add ½ cup of carrot or ½ cup of onion, herbs, and/or minced garlic to this recipe.

Cut your peeled rutabaga into little cubes. Add a little water to cover and boil. When soft (10 mins?) drain and add 2 tablespoons of butter to the hot veg before mashing. Serve immediately or put into an oven proof glass dish, cover with foil and keep warm for later.