

Pick up the box with **YOUR NAME ON THE LABEL.**

**Sign out your box** on the list on the clipboard at your site.

**HOMESTEADER FOLKS** look also for a red bag with your name on the label.

**STORE ORDERS:** if you ordered something it will also come in a red bag or a box with your name on the label

**MEAT:** meat shares this week and will come every other week. **ORDERS** will be in the cooler with your name on the package.

**LATE PICK UP?** Call your host. All boxes etc will be donated after 24 hours to avoid waste so **PLEASE** pick up, or call the host to see if you can work something out. This especially applies to meat. Its yours as soon as it leaves the farm and its so sad if it wastes.

### **VACATION? Let me know.**

Your options are

1. have a friend pick up.
2. ask us to donate the box

Homesteaders, we will hold your extras until you return.

**QUESTIONS? PROBLEMS? CONFUSION?** email [garden@community-homestead.org](mailto:garden@community-homestead.org) or call me, Christine, 715 220 5925

Remember to be nice to your site hosts. These guys are great and make this whole system possible. They appreciate you folding your returned box neatly and shutting the porch door! Picking up on time is also much appreciated!



**Return and recycle:** all jars, and rings (but not the flat lids)

**Red Bags**-please returns on time so we have something to pack into the next week!

**Boxes:** this is one of our highest non food costs. You can help us keep our prices down by bringing back boxes, carefully unfolded so the flaps don't break!

# Community Homestead

June 25 2025

## CSA Box 3 (of 18)

**MEAT SHARE: Yes it is a meat week. Partial chicken mix up people will be getting a little extra chicken package.**

This is particularly for those who are wishing they could meal plan earlier. I hear you! However, not knowing exactly what is in the box is a trade off for the freshest vegetables we can get into your fridge.

This is how harvesting and packing works. On Saturday we pick the longer lasting vegetables like carrots or beets. On Monday, the gardeners meet up at 6am and start the harvest in earnest. There are 270 boxes to fill, yards and yards of lettuce to walk, a huge hoop house jungle of cucumbers to survey, and bunching onions in rows running to the tree-line. Whether you are a crate carrier, or knife carrier, a carrot puller or a rubber band counter, you are part of a team.. The birdsong is your reward, and the sunrise is yours alone.

At 8.30am it is breakfast time for your team as a wagon rolls up with coffee and bread and eggs and muesli fit for hobbits. Someone runs off to pick fresh fruit to add to the meal. And at 9am the rest of the gardening crew arrives (the "not morning people") Harvest continues.

Everything is brought back to the packing shed to be rinsed in huge troughs of fresh cold water. The packing team, in their rubber aprons and boots, are busy dipping, dripping, laying out, counting and storing crates in the cooler. Repeat for Tuesday morning and through until lunchtime. Hopefully, by then its packing time. But maybe not. Maybe there are not enough turnips. Maybe that lettuce really needs to go out this week, not next. By mid afternoon the packing starts.

Imagine a large shed, with rollers down the middle aisle, people lined up both sides, each with a particular vegetable to pack. As the vegetable is packed, like an intricate puzzle, the box is pushed down to the next

*cover crop below.- plowed under to increase soil fertility.*



person until it reaches the end, the herb person places the last piece in and fold down the lid. And into the cooler it goes.

All of this is fully inclusive of all abilities and personalities. Everyone has a valued part to play and everyone knows it. If the packing goes on until 6.30pm, the whole teams stays and share in the goal, and yes, the snacks that come along! At the end, they all eat together in a big festive meal prepared by another team earlier in the day. I don't think I can adequately express the sense of camaraderie and belonging that all this activity creates.

In the morning, the delivery folks meet up at 4.30am and start bringing the homesteader shares, the meat, the online orders together with the vegetable boxes and sorting them into sites. Each box is labeled and counted into the vans. By 5.30am we are on the way to your sites. And that, is why I can't always tell you exactly what is in the box by noon on Tuesday when I write the box note.

Napa Cabbage



### Wash your Veg-

### etables!

All our produce is certified organic. This means FREE from chemicals. However, that doesn't mean clean from soil, bugs, and other nonsense Mother Earth dishes up that you don't want to put in your mouth. WASH all vegetables right before use!

### Storing green leafy things.

Immediately separate leaves from roots and store in two separate bags in the fridge. Wash only right before using,



**Snow pea-flatter.** Eat raw, steam slightly, Always eat whole.

**Sugar Snap:** eat the whole thing raw. Lightly saute or steam. You can also shuck the peas out if you prefer. /



kohlrabi

### Times you can pick up

Weekly, on wednesdays  
Farm-anytime after 8am  
Stillwater 8am-9pm

St Paul 6.30am-9pm  
Hiawatha 7am-9pm  
Cooper 7.15am-9pm  
Powderhorn 7.45am-9pm  
Lowry Hill 8am-9pm  
Lake Harriet 8.30am-9pm  
Burns and McDonnell 9am-4pm  
GV Kaltern 10-9pm  
Blaine 11.30am-9pm

Shoreview 6.30am-9pm  
Arden Hills 7am-9pm  
MWS 7.30am-4.30pm  
Vadnais 8am-9pm  
North St Paul 8.30am -9pm

### Best Guess for What is in the Box.

Until we actually pack this evening, we don't know exactly what fits!

#### All Boxes

- Bunching Onions
- Carrots
- Cucumber
- Garlic Scapes
- Peas-both sugar snaps and snow peas
- Lettuce-Romaine and/or Red Butterhead
- Nappa Cabbage
- Swiss Chard

**For some but we don't know who it fits yet...** Kohlrabi and Zucchini

**Small only:** Strawberries  
**Small and Medium only:** Beets

While still in leafy light green weather, we are starting to pull into view of the variety a full blown summer can bring.

garlic scapes



### Swiss Chard

Looks like beet greens or spinach, this leaf is milder, and sweeter even, but is also high in vitamin K, A, C and E and is packed with magnesium, potassium, calcium, and fiber. You can eat the entire thing, stems and all. But, when cooking, remove the stem and chop it into little bits. Separate the leaves and stems and, whether you steam saute or grill, Cook stems first, wait a minute and now add the leaves. This way it all cooks well.

### Napa Cabbage

Its ancestry is Chinese and its relatives include turnips, bok choy and cabbage. You can put it in a salad, use it in a kimchi, saute it with your vegetables, and even grill it. If you are a creative cook looking for inspiration, look to your east. Asian cuisine has been at this for centuries and have explored the beauty of this vegetable thoroughly.

### Garlic Scapes

There are folks leaping for joy at seeing these arrive. There are also those holding it, wondering why we included this wiry beast, and what they are supposed to do with it. So this is for the latter group. A scape is the edible follow stalk part of the garlic. And we often only see the bulb, dried a little and in the grocery store in its natural papery wrapping but this other part, the green end, is milder, aromatic and delicious.

Use all of it except the papery little flower bud. (That's like someone left the wrapper on the candy). Chop it into vegetables and stir fry. Pair it with onions and grill it with your steak. Add it to your bbq recipe. If you are looking for a stronger taste, chop it and eat it raw in salads (pow!) Mince it, add it to olive oil and create a **bruschetta!**

- 1/4 cup extra-virgin olive oil
- 3 garlic scapes, minced
- 4 cups of swiss chard, stems removed and leaves sliced very thinly
- 1/4 cup of crumbled feta cheese
- 1 tablespoon lemon juice
- Salt to your own taste
- Choose your bread vehicle-Bagette? Challah? Sour dough? . Slice your bread and lightly brush it with a little bit of your olive oil. Set to one side.
- Mince your garlic scapes. Cut the stem out of the chard and discard. Slice your leaves very thinly. Saute the minced garlic for 2 minutes in the remaining oil. Add the greens and stir well. Keep sauteing and stirring until the greens are all wilted-so 2-3 minutes more. Turn off the heat and set aside
- Set your oven to broil. "Toast" the pieces of bread for just a minute or two. This will help it stay a bit crispy.
- Put the bruschetta mix on the top of each toasted piece of bread. Sprinkle your feta on top in a thin layer.