

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

July 2, 2025

## CSA Box 4 (of 18)

Happy 4th of July  
Holiday

**MEAT SHARE:**  
**Not a meat week.**



Heading into a holiday weekend and the weather is glorious (for now) Busy includes a lot of gardening, fixing, construction-like everyone else we are dealing with potholes and puddles! And also gardening, which is luscious green right now.

### **So What is in the Box?**

Broccoli  
Bunching Onions  
Cilantro  
Cucumber  
Garlic Scapes  
Kale or Collard Greens  
Lettuce Romaine and/or butterhead  
Napa cabbage  
Peas-shell separate, snow and sugar snap  
Summer squash  
Eggplant for some boxes  
Fennel- medium and large  
Napa cabbage- large



Our mediterranean/North African ancestors cultivated this one and discovered most of its benefits so hooray to them and develop a taste

**Fennel** is a bit of a love it or hate it fellow but, as it is so good for you, its one you might want to grow a taste for or, at least manage to disguise it and eat it. For those who love it, that is odd news. Fennel lovers buy it up in armfuls at the farmers markets, crunch it up or roast it and put it in everything while the season lasts.

Packed with potassium, phosphorus, calcium, and magnesium. Fennel is also high in fiber. Traditionally used to treat digestive issues as a food, a tea and infusions. Fennel is an effective anti-inflammatory and helps to manage Cholesterol, blood sugar, menopausal symptoms, good for anxiety (and who doesn't need that in 2025?)

for anise/licorice!

You can eat all of the fennel you get. Its leaves are leafy fronds that we often trim right down in order to get more in the box. If you get them, add to salad or sandwiches. To prepare the bulb, slice from frond to root, making sure a little of the root end is intact so the whole thing stays together. Cut again into quarters, or eighths so you have some mini wedges. Either slice from there and saute or roast with other veg, or brush with oil and salt and grill, or roast in a dish with a foil covering. The more you cook it, the subtler the taste.

Big changes in the box components this week! At the time of writing, we are not sure what fits where but, if you don't get some of these vegetables this week, you surely will in subsequent weeks so lets see what to do with vegetables you might find unfamiliar.



## Cilantro

Here is another vegetable which sparks a bit of a debate. Most people love it. But some, notably more East Asians and North Europeans, can not eat it without experiencing it as a chemical soap. This is due to a genetic variation -hence the clustering of nations. This is hardly seen in central America or India interestingly so thank, or not, your ever traveling ancestors and their romantic choices for your menu selections.

Related to parsley, fennel, carrots, caraway and cumin etc, cilantro is the leafy greens of the coriander plant. If you see coriander in a recipe in north America, it refers to the seeds of this very same plant. If you see coriander in a recipe from Europe or beyond, it may refer to any part of this plant. And British recipes use coriander seeds a lot -a result of Indian influence and seeds being the main way this plant survived a 6 month India to UK sea trek 150 years ago. Potentially confusing semantics.

No matter. Its good for you in all the expected ways this time of the year; anti inflammatory and full of antioxidants, vitamins A, C, and K, as well as folate, calcium, and iron.

## Easy Cilantro Lime Pesto

Your bunch of cilantro, stems removed

2 scapes chopped into chunks

1/4 cup walnuts (optional-it adds protein and body)

1/4 cup parmesan cheese grated

2 tablespoons lime juice

Salt and pepper to your own taste

1/4 cup olive oil

Unless you have a mortar, pestle and a stout heart, you need a food processor for this one. Process garlic and nuts,

Add cilantro, salt and pepper  
Add lime and drizzle in olive oil pulsing meanwhile

Add cheese at the end and pulse twice.

Cover in a bowl in your fridge and keep for a week to add to pasta, eggs, veg etc or spoon into an icecube tray, then pop frozen cubes into a labeled ziplock for easy and fast cooking access through the year.

garlic scapes



**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.

**Shell Peas**-in a separate bag do not eat the shell, just the peas, raw or steamed.



## Collards.

In my mind, this is the least versatile green on first meeting. Clearly not an add to a salad deal unless you are a very dedicated chewer of salad and chop it into tiny little shreds. So here is what to do. Remove the stem, like a surgeon and discard the whole stem. Cut the leaves into long thin shreds. Sautee it with plenty of tasty, zippy flavors. OR

## Collard Rolls

4 collard leaves

1/2 cup of rice

1 1/2 cups of cooked mixed vegetables, strained

1/2 cup of cooked lentils

1 minced garlic scape

1 tablespoon mustard

1 tablespoon lemon juice

Salt and pepper to your taste

3 tablespoons of cilantro chopped small

3 tablespoons of tomato paste

**For the sauce** (you can just use a cup of tomato sauce or do a bit more here)

1 tablespoon olive oil

1/2 cup of onion thinly sliced (you can use a bit more of your bunching onions)

4 tablespoons tomato paste

1 tablespoon balsamic or cider vinegar

1 tablespoon maple syrup

3/4 cup of water

Salt and pepper to your taste

Cook the rice and lentils ahead of time, drain and cool and put in a mixing bowl.

Cook the vegetables lightly in a pan with a lid in a little layer of water, drain, cool and add to the bowl.

Mince the garlic, chop the cilantro and add to the bowl  
Add the mustard, lemon, salt and pepper and mix well. Set aside

Steam your prepared collard leaves for about 4 mins until wilted. Run under cold water gently so you can handle them.

Grease a glass oven dish.

Place one leaf at a time on the counter, spoon in a generous 1/2 cup of mix into the middle and make a roll. To do this, take the bottom end of your leaf, pull it over the top of your mix, tuck it underneath the mix, fold in both sides and then finish by rolling it up. Place it seam side down on your dish. Move on to the next one until you have 4 generous size logs sitting in your dish.

For the tomato broth, sautee the onions, add the water and all the other ingredients, stir and bring to a boil. Pour the tomato broth (or that ready made sauce) over the top, cover with a lid or foil and now bake for 30 mins on 350F

## Wash your Vegetables!



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!