

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 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 9, 2025

CSA Box 5 (of 18)

YES, it is a MEAT SHARE week



market, farming and gardening. We arrange our fun and recreation around the land's needs but, because we are a community, we can cover each other so people can still take part in family cabin trips and gatherings. It's a big perk of community life!

Elvis, with an early morning harvest of carrots

Waking up to another beautiful, sparkling day, we are so appreciative of all our weather luck so far. With regular storms, we have a wary eye out for hail and damaging winds but, nothing so far. So much water makes for mud and it means we are prone to fungus and disease but again, not yet! It also makes for a truly verdant landscape with still-life lettuces and voluptuous cucumber plants.

This week we move into potato harvest. New potatoes! There is nothing quite as delicious as that first potato. Watching the crew lumber out of the potato row, slathered in mud and dragging bags on to the wagon, is a good reminder of all the physical effort that goes into this life. We have our own daily gym. So long as you volunteer for every job, you'll get a complete work out through then day.

Over the Fourth of July we made sure we got a little picnic and river time in but, for us, it was a day filled with farmers

Coming soon... Pig Roast and Family Fun Day!

Saturday August 16. Tickets are now on sale. www.communityhomestead.org

This is an afternoon of garden strolling, children's activities, animal petting, craft fair, and buffet style meal with potatoes, salads, fresh pork and vegetarian alternatives followed by music and dancing. Everyone is welcome so bring your friends and neighbors!



garlic scapes



Dill



Basil



kohlrabi



New Potatoes



Summer squash and zucchini



fennel



Swiss Chard

High in vitamin A, C, and K, Swiss chard is also rich in magnesium, potassium, and iron. This means benefits for digestion, bone health, and your immune system. And of course, that magic phrase, “high in antioxidants” which is associated with both anti cancer and heart health is also a Swiss chard descriptor.

To store.

Eat this on the front end of your week. It does not keep well.

If you have the energy and time, swiss chard really benefits from being babied. Put it in a plastic bag with holes in and in the salad drawer of your fridge OR wrap it in a damp paper towel.

If you know you won’t get to it before the weekend, take a minute and chop the stems from the leaves and store in separate bags.

To prepare:

technically, you can eat this raw, however, it has a slightly bitter flavor uncooked so most people don’t.

Whatever you do, separate leaves from stem. You can just rip these off, or you can surgically remove them. Up to you.

Always cook the stems first, in little chunks for a couple of minutes before adding your sliced or shredded leaves. Leaves should be cooked just until wilted.

Fennel

If you are an expert griller then move on! I am sure you have the best way to do this already. However, here is a quick and easy way of grilling your fennel until it is meltly and delicious.

Lemon Fennel with Dill

3 fennel
1 lemon
3 tablespoons olive oil
2 tablespoons chopped dill leaves
Salt and pepper to your own taste

Make a foil packet. Essentially lay out a large flat piece of foil so you can place your fennel in one layer in the middle and have enough to scrunch up around it to seal.

Cut your fennel into quarters from top to root so each piece contains a bit of root to hold the layers together.

Chop your dill roughly, discarding the larger stems.

Grate your lemon on a fine hole to get the outer layer, the zest, from the lemon. Squeeze the remaining lemon.

Lay the fennel pieces on the foil and rub the oil on each fennel piece. Drizzle the lemon and the zest on top. Sprinkle the dill on and shake on some salt and pepper, then close the foil wrapper securely.

Lay on the grill and cook for about 25 minutes on a medium heat This goes well with fish and also with potatoes or 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

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!

What is in the box? Best guess at this point!

Carrots
Swiss chard
Cucumber
Fennel
Kohlrabi
Lettuce-butterhead and romaine
Bunching onions
New potatoes (reds)
Summer squash
Dill
Basil

Eggplant and scapes for some
Cauliflower and sugar snap peas for large
Conical Cabbage for large and medium