

No, it is not a MEAT SHARE week.

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

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

H O M E - S T E A D E R F O L K S 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!

Community Homestead

July 16, 2025

CSA Box 6 (of 19)



Farm News

We are one third of the way through the summer box season!

The heat and the water are enticing our jungle to grow. All the plants we love to eat are doing well, and so too are the weeds which are growing at a phenomenal rate, creating a wooly landscape of vines, leaves and laden tree branches. And in there somewhere, is a human, wearing a grubby T shirt and a dusty hat and a smear of earth across the brow. Expectations change and being clean is a relative value when you know it does not last long. This leads to the interesting dichotomy of having sterilized and super clean hands one minute and being up to the wrist in earth the next. Did you wonder how we came up with our recipes for salve?! "Needs must!" folks.

Heads up: often we do not know how many berries we will have available for you until the Sunday before delivery. In this case, I end up emailing. I wish I could do this in a more efficient way but I can't. So keep your eyes open, I guess, is my only advice. Similarly other bounty that some people want and others don't, like basil by the box. I will email as soon as I know.

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!

PLEASE

Return and recycle:

all jars, and rings (but not the flat lids)

Red Bags-please return 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!



New Potatoes



cilantro



Summer squash and zucchini



Storing Summer Squash

-in a plastic bag with holes in and in the crisper drawer of your fridge. It needs some airflow or it will get soggy and rot. Use in the first 3-4 days ideally.

Cucumber Smoothie

1 cup of Greek Yoghurt
1/ ½ cups of chopped English Cucumber (these are the straight ones)

1 tablespoon maple syrup
2 tablespoons lime juice
Half a banana (ideally frozen)
handful of salad greens
sprig of mint leaved chopped (optional)
3 ice cubes

If you have a chunky field cucumber, your smoothie will not be as sweet but you can use it. Peel it and de seed it well.

If you have a long straight English cucumber do not peel. If you can see seeds chop them out and discard.

Ideally, but not absolutely necessary, cut your prepared cucumber into chunks and freeze on a tray. This will help keep your smoothie cold.

Put your banana in the freezer for similar reasons. Pull the mint leaves off your mint and discard the stem.

Blend, beginning with the leaves and cucumber and then adding all the other ingredients, adding the yogurt last. And, you are done!

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

Napa Cabbage
Carrots
Cucumber
Lettuce, a selection of butterhead. Summer crisp and iceberg
Bunching onions
New red potatoes
Summer squash-zucchinni and yellow hook
Cilantro

Medium and Large: beets, broccoli, eggplant
Small and Large: bag of salad mix, conical Cabbage

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!

eggplant



conical cabbage



BTW Conical Cabbage: is a sweeter (less bitter?) cabbage perfect for coleslaw

Napa Cabbage



Photo Above

Ever mixed up your zucchini with a cucumber and only noticed later? Definitely done it myself.

Easiest way to tell the difference is to look at the stem.

Fat stem=zucchini

Thin stem=cucumber.

Store them separately!

Cucumber.

Hopefully, no one is tired of cucumbers yet. Sliced in salads, added to sandwiches, cut into sticks as a vehicle for dip, here is your crunch for the day.

You can also make a really refreshing drink on those hot days when you can only bear to drink your nutrition.