

Yes it is 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.

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@communityhomestead.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

September 3, 2025

CSA Box 13 (of 18)

Save the Dates-

Friday, September 19th

Celebration of Life for Steve Fons

6.30pm-8.30pm here. Anyone is welcome to drop by, or stay a while.

Saturday, September 20th 4-7.30pm September Fest.

Grape and apple pressing, pizza oven pizza, and a general celebration of Fall and the 30th birthday of the community. Right here at Community Homestead. All welcome.

Farm News

Some unpredictable weather has us practicing flexibility and preparedness this week. Time to take your umbrella and your t-shirt, and maybe wear your rubber boots, even though the sun is shining.

This stretches all of us but particularly those who live in the moment and are often caught offguard. Pride can be a barrier in this one too. There is nothing like a quick drenching to put things in perspective however, and to re evaluate our ego decisions. Listening to it bucket down last week as we woke in the morning, while listening to the cheery voice of MPR announce what a wonderfully sunny day it would be at the State Fair was truly perplexing. Turns out, twin cities folks, you did not get blessed with that particular 3 hour hosing over our little corner of NW Wisconsin.

And so it went today. "Showers possible this afternoon" turned into storms

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!



and lots of rain this morning. Lucky for us, there is basil to harvest in the greenhouse, edamame to pull off under the shed accompanied by folk music, strawberries to pick in the hoop house.

Hope everyone had a happy three day weekend. It is still a harvest day here but we also celebrated Labor Day with what is fast becoming a tradition of "The Watermelon Games" and a barbecue to follow. Brendan organized the event and pretty much made up the rules as he went along, which seems to be the best way for us all. Our weekend also included time at the river and various picnics joined by friends and family. We can blend a lot here in the community.





Sweet Onions



cauliflower



Edamame Beans

Leeks

Collards



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

- Edamame Beans
- Carrots
- Kale or Collard Greens
- Lettuce, red or green summer crisp
- Onions
- Leeks
- Potatoes
- Salad turnips
- tomatoes
- basil
- Watermelon

Large and medium: celery
Cauliflower for someone?

Basil



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!

Note about the cauliflower.

Some of the cauliflower may have a rot in the heart of it. This affects just the stem and not the floret but it does mean that the cauliflower does not store so well. This season, eat your cauliflower promptly and don't try to keep it for a week.

Zesty Creamed Leeks

- 1/2 cup of milk
- 2 tablespoons of butter.
- 1 tablespoon flour
- 2 fat leeks, trimmed, washed well and cut into discs about 1/2 inch wide. Discard about an inch or so of the dark green tops.
- 1/2 teaspoon lemon zest
- 1 tablespoon finely chopped basil
- Salt and pepper to your own taste

Melt the butter on a low, steady heat in a medium pot.

Drop in your prepared leek discs. Cook until the leeks are soft.

Drop in your flour and stir about.

Add the milk little by little, stirring the while. Cook until it thickens a little.

Add the zest, the basil and your salt and pepper.

Cook for another minute or so while stirring.

Edamame: While this is very familiar to many people we know that this furry little pod maybe be prompting some quizzical expressions.

This is a kind of soy bean and makes for a delicious snack in addition to a popping it into stir fries, bean salads and so forth. Packed with protein, vitamin K, C, folate, K, C, and folate, iron and calcium, these little, pale green, beans have a rich buttery taste and you'll often see them in Asian dishes. If you develop a taste for them, you can also grab a frozen package in the winter but, your know, nothing beats fresh. If you are sensitive or allergic to soy however, not for you! Save them for a friend!

And don't eat them raw. Its hard for me to imagine someone accessing them out of their pod unless you steam them but, even if tempted, don't. They are indigestible raw and the acid in raw soy beans stops you absorbing all those good minerals, so you will end up suffering a bit.

this pod.
Discard the pod/shell itself. Boil about 3 inches of salty water in a small pot. Dump your beans into the pot when the water in boiling. Boil for 5 mins.
Drain and then cool in some cold water so you can handle them.
Pinch each pod in turn and pop out the beans into a bowl.
Like any bean process, this is a bit tedious but is fun with children or a good podcast ("pod"-cast ha ha) Settle in.

Now the disciplined among us (not me) will end up with a little bowl of beans that can be added to salad, soups, mixed veg. While the undisciplined will end up eating half of them immediately, because they are delicious! No time? Make your eaters do the work. Boil as instructed, drain and then lightly salt the pod and present in a bowl at a good snack opportunity. Sometimes you have to work for treasure.

