

## 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.

**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](mailto: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 10, 2025

### CSA Box 14 (of 18)

### **Farm News**

Where did the summer go? Lots of autumn/fall fans out here who are cheerily channeling the “amazing life energies of this wonderful crisp air” I am uncharacteristically quiet on this one as my particular life energy feels like its dwindling with the wilting leaves. Apparently, It is hard to remember I am not a tomato. The harvest morning rendezvous is now as late as 6.30am as gardeners are unwilling to trust to flashlights, and we notice that we are packing all the vans for delivery in the dark. No tickle of dawn to greet us as we set off now!

So, if this is you, fellow summer lovers, I encourage you to come to September Fest on Saturday 20th. Crush some apples to drink the rich fresh juice, eat some apple desserts, warm up by the cozy pizza oven and sample some craft brew. Taking a moment to breath in the beauty of fall is what your soul may be needing!

Meanwhile, in farm world, life trundles onward. Fencing for next year’s pastures is a big project and so local people can look forward to those rich-red angus grazing up on the corner of the road next year.

The apartments are ticking another step as the electricity is hooked up. And still the strawberries and raspberries are ripening! And while our gardeners prioritize all the popular vegetables year after year, there is always some exciting new thing being grown or some project being built. Blue corn is this year’s star. This is part of an exploration into milling grain into flour that Nadine has going. Fun, exciting, maybe productive, and maybe not? But even when your “work day” starts at 6am and ends at

### **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. Tix in the online store



dark, there is still a moment to cram in a new spark of creativity!

Our orchard leads went off on a bike adventure this week which is why there were no berries online (we are so spread that we can’t cover this but we are able to pick as a team for jam so look forward to that in winter!) and we look forward to hearing all about bike adventures later. Living vicariously is a community perk! Berries back online for next week!

### **PLEASE**

### **Return and recycle:**

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

### **Red Bags-and Boxes**

## Pepper Alert

All the peppers we are sending are sweet peppers. If we send hot peppers, we send them in a separate packaging.

HOWEVER, last week someone got a raging hot sweet pepper. This happens if the seed breeder accidentally crosses or a plant crosses here. This last is very unlikely due to the geography of the garden. Either way, there is no way to tell which plant this came from and a rogue pepper might be out there.

**PLEASE cut each pepper and take a cautionary nibble** before you give it to your children or anyone who is sensitive to heat. Safety first guys!

### Introducing **corn worms**.

The reality of organic farming is not always cheery. There is the endless weeding, the occasional despair of disease, and then this happy chap, the cornworm. The cornworm is one of the reasons chemicals are used on commercial corn. You will rarely find a cornworm living happily in a sprayed cob. But, as Snow White discovered, the perfect corn cob might hide a less desirable quality. If a corn cob provides a happy home for a worm to digest before it turns into rather beautifully muted brown moth, it is probably a happy home for your own digestive system. Every year, there are corn worms and we are late in the season for their arrival.

We cut the tops of the corn to meliorate the yuck factor but, if you find a worm in your corn, please, hold your breath and cut that piece out. Your corn is still tasty. Don't let a worm put you off



sage and thyme

**Sage and Thyme** bunches. If you don't have an immediate idea what to do with this, get a thumb tack and pin it, upside down, to your wall in a cool dry place. Let it dry and then unveil it at Thanksgiving. It is the tasty ingredient in your stuffing, on potatoes, on poultry.



...If you can override the initial gag, they are really quite beautiful. Oddly.



**Pak Choi.** This is a signal that we are returning to cool weather. Hopefully, you remember these from Spring but, here is a reminder.

Pac choi tends to hold dirt in its close fitting leaves. When you want to use it, pull the leaves off and rinse thoroughly. Gather it together and slice the stems into little half moons and shred the greens.

Eat it raw in salads, or add it late to stir fry. You can also grill it!

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

Corn  
Cucumbers  
Lettuce, Romaine or summer crisp  
Onions  
Pac choi  
Peppers  
Squash, either delicata or acorn  
Tomatoes  
Thyme and sage bunches  
Broccoli  
Cabbage  
For some size boxes but we don't know which ones yet, sorry  
Salad Greens  
Eggplant  
radishes

## Grilled Lemon Pac Choi

I head of pac choi  
4 tablespoons of butter  
2 tablespoons of lemon  
1 cloves of garlic minced  
Sprinkle of paprika  
Salt and pepper to your own taste

Pre heat your grill to a medium high heat.

Cut your pac choi in half from top to bottom with a little stem holding the half together.

Rinse really well under a cold running tap, moving the leaves around so you can really get it clean. Pat dry with a clean cloth.

Melt your butter on a low heat and add to a bowl. Add all your other ingredients except the paprika. Brush liberally onto each half of your pac choi, then sprinkle with paprika, and place flat side down on the grill.

Turn after 2 mins and cook another 2 mins. Wait until the stems are a little bit soft and the leaves are a tiny bit crispy!

### **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!