

**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](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 17, 2025

### CSA Box 15 (of 18)

#### Farm News

A little vacation back into summer gives us an added opportunity to bring in this beautiful harvest. It is so green that yesterday someone here forgot what season it was. Are we in June? Is the summer about to explode? But then, the flame edge of a tree, the seed pods on the flowers, they know even when we forget.

We are getting ready for two events this weekend, one, on **Friday Set 19**, is a **goodbye to our friend Steve**, when we will plant a tree and remember all the life he shared with us in the last 15 years. (stop by or stay a while 6-8.30pm at the Community Center)

The other is on **Saturday 4-7.30pm** when we will host **Septemberfest**, a chance to juice the fruit, enjoy the pizza oven, play some games, and wagon ride out way into the beauty of the season.

A quick reminder about the challenges of the box note. Nadine is our lead gardener and is blessed with a radiant positivity and ambition. When applied to harvest this means that we always have more than actually fits. Often, my response to her initial list of what she thinks the boxes will hold is a long eyebrow raise. A box is a box, not Hermione's handbag.

Nadine also holds high standards so some of what gets harvested might be deemed, on further scrutiny at packing time, to be "seconds" and only suitable for our own use. And this means the best will now go in some size boxes but not ALL boxes. Some boxes have some veg and some have other veg but its all the best veg.

In order to get you the freshest, tastiest and most nutritious vegetables, we keep to a tight timeline. This means I am collecting information for the box note on a Tuesday morning, the exact time the gardeners are harvesting. Nadine can see what we have picked



at 7am but she has to guess how much and what we will pick by noon. And why don't I write the box note after the gardeners pack the boxes? I could write a more accurate box note in the late afternoon for sure. Nadine would like that. But in the afternoon I am busy leading my lovely team to assemble and pack the homesteader and online farmstore orders.

We all finish in the early evening where each crew eats together and flops in an exhausted, happy and satisfied pile before going to bed. So, if you are wondering where the broccoli that was listed, never appeared, it was either rejected, was not enough or simply did not fit. We did not forget it I promise!

## Pepper Alert-just in case you have a couple left from last week

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!

bok choy



radish



## 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!

Edamame  
Toyo Bekana or Bok Choi  
Carrots  
Salad Greens  
Potatoes  
Lettuce (new one called buttercrunch)  
Leeks  
Onions  
Radish  
Spinach  
Squash- delicata  
Tomatoes  
Basil  
And then in some boxes:  
Beets, broccoli.



salad mix



delicata



## Tokyo Bekana

Looks and tastes like a lettuce but is really a cabbage. I know, a bit of a nice surprise! High in fibre, A, C, and K and also checks the magnesium, calcium, iron, and folate boxes.

It does not have a long shelf life so eat it in the next couple of days. Until then, it can go in a bag in your crisper but will be happier without the bag, wrapped in a damp cloth in the fridge instead.

You can eat it like a lettuce, in salads, in sandwiches and wraps and so on BUT, consider grilling it or stir frying it, and enjoying a slightly spicy or nutty kind of flavor it magically takes on when done this way.

If you stir fry, prepare like Swiss Chard, cut the stems away from the leaves and always cook the sliced stems for 2 mins before adding the leaves. This avoids overchewy stems or soggy overcooked leaves!

**Delicata.** Cut into half lengthwise, remove the seeds and discard. Cut each half into crescent moons, toss in olive oil and salt and roast.  
Eat the skin! It is honey- tasty!



## Grilled Ginger Tokyo Bekana or bok choy

1 tokyo bekana or bok choy  
1/4 cup finely chopped onion  
1 tablespoon of peeled and finely chopped fresh ginger  
4 tablespoons of tamari  
1 tablespoon of sesame oil  
2 tablespoons rice vinegar or apple cider vinegar  
1 tablespoon of fresh lemon juice or 1 1/2 tablespoons bottled juice.  
1 tablespoon maple syrup  
1 teaspoon finely minced garlic

Prepare all the ingredients and then blend in a blender. No blender? Put it all in a jar with a lid and shake really well.

Cut your leafy beastie from top to root.

Heat your grill to medium/high.

Prepare all the other ingredients except your leafy beast, then blend them all together in a blender. No blender? Put it all in a jar with a lid and shake really well.

With a pastry brush, brush all sides of the Tokyo Bekana halves with the ginger sauce until its all gone .

Place on the grill for 3 mins. Turn and grill the other side for 3 more mins.