

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 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 24, 2025

CSA Box 16 (of 18)

Farm News

Not sure if the Twin Cities got the same rain on Sunday night/Monday morning, Here, we had a rather rude storm, with a lot of charged stomping about and unnecessary noise. Two and a half inches of rain in one gulp is a lot for the earth to swallow at once and, even up here on the sandy bluffs, we had some lake-like puddles in the morning. Fortunately, our new gravel driveways did themselves proud and reminded us why we invested in that project. No one got stuck in a knee-deep pothole or ran the wheelbarrow to a sudden stop on route to the community center cooler.

So today's early morning harvest looks like a summer photo shoot in Scotland. Low grey sky, lush olive-green landscape and a lot of moisty, misty, views across the garden. Fortunately, I was able to find the cluster of gardeners because Kelly was standing tall and watchful on the edge of the crew. Just her head, shoulders and the lip of blue crates on a wagon were visible over the kale. Kelly is not eager for mud, especially not on her jeans or her shoes, so the grassy edge of observation was her domain this morning as six people crept along the sticky earth sawing off the tops of salad greens. But, without her, I would still be wandering around looking for Nadine to tell me what she planned for the box today. Sometimes its just being there that is required!

Thank you to everyone who came out to join us for the last weekend's two events, Steve's Memorial and Septemberfest, not actually so different from each other. Both brought us firmly into the present and held us there, to appreciate life. We all drank a lot of apple juice, planted a tree, watched kids play, made pizza, met new people, and said

our goodbyes to a friend before sailing on into the turn of a season.

Heads up anyone who likes craft fairs and outdoor performers and eating interesting food-truck kinds of food in a river front setting.

We will be selling our crafts at

The Spirit of St Croix,

Sept 27-28, 2025, at Lakefront Park in Hudson, WI, Come along and give us a wave!

Always up for being in two places at



once, we will also be at our friend Jeanies in Princeton. for

As Above, So Below: A Fall Equinox Festival, Sept 27

11-4pm at Larson Hemsgård 6173 County Road 6 NW, Princeton, MN 55371

Oh, and, of course, we will be a three places Saturday morning including our regular Osceola and Stillwater farmers market. (26 and 27 respectively) All this helps us look forward to the deep winter months when we might get snowed/iced in!

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

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 guy

Italia right. Bell below right.



salad mix



spinach

Wash your Vegetables extra well this week!

All our produce is certified organic. This means FREE from chemicals.

Because of the storm splashing up sand and mud the vegetables will be hiding extra grit and soil in their inner leaves. Wash well right before using.

This is particularly true of **Spinach** and its crinkly little soil catching leaves.



Spinach can often leave that gritty dry sensation in your mouth. This is caused by the oxalic acid which combines with the calcium in your mouth. The level of oxalic acid increases in the stems and in the larger leaves.

Oxalic acid is also in tea, and chocolate, and kidney stones. Uh oh. If you are prone to kidney stones maybe serve the spinach, with its abundant Vitamin K A Folate, iron, magnesium, potassium to someone else and get your goodies from the other leafy greens. For everyone else, the benefits of this beautiful leaf far outweighs the eyebrow raise of warning.

This week the spinach got thoroughly dumped on by the storm. Its still great but it's a bit more fragile than it would be otherwise. **Eat it early** in the week for it wont store well.

left top pac choy, below lkeft kohlrabi and below, buttercrunch lettuce

Lemon can calm the gritty taste of spinach. Try sauteing

Spinach with Lemon and Garlic

Half your bag of spinach, remove the thickest stems and discard.

2 garlic cloves minced

Half a lemon squeezed and with zest.

3 tablespoons of olive oil

Salt and pepper to your own taste

You'll need a pan with a lid, preferably a wide, shallow one.

Heat a little olive oil in the pan

Crush your garlic and cook in the oil on a medium heat, stirring all the time for about 2 mins

Add the spinach and tip in the lemon juice, salt, and pepper to your taste and put the lid on quickly to trap the steam. Cook for about 1-2 minutes until the spinach is wilted.

Turn off the heat, stir about and serve.

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

- Beans
- Carrots
- Salad greens
- Lettuce-summer crisp or buttercrunch
- Onions
- Peppers
- Potatoes
- Spinach
- Eggplant
- Sweet potatoes
- Squash
- For large: cauliflower
- For large and medium: celery, watermelon radish

Someone gets pac choy, broccoli, cabbage or kohlrabi but Nadine is not sure what will fit where .



Watermelon Radish

High in vitamin C, these guys add a crunchy, delicate peppery spice to your salad. You can also cut them in half and roast them (less spicy) But you can also just cut them in half and gaze at them for their sheer aesthetic design!

