

Last 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

October 1, 2025

CSA Box 17 (of 18)

PLEASE

Reaching the end of the summer season, we'd like to encourage everyone to unearth that stray red bag from the back of the cupboard and the box from the garage!

We'd love them back and promise, even if we see five with your name returned at once, that we will feel nothing but delight at being reunited!

Return and recycle:

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



Wash your Vegetables

All our produce is certified organic. This means FREE from chemicals. However, there's plenty in nature that you don't want to put straight in your mouth. Wash right before using!

To wash leeks, cut lengthwise, from top to root about half way in. Pry the incision apart and wash the leaves under cold running water. Its amazing how much earth gets trapped there. Cut into discs once cleaned.



Farm News

Thank you to everyone who came out and joined us on yet another busy summer weekend. Spirit of St Croix in Hudson served us up some perfect to order weather and we took turns in craft-vending and friend-making with our sunglasses on and our sunshine in place!

Across the river, Alex and Elena were in similar mode at the Stillwater Farmer's Market and, back home, it was another sparkly day in the garden. We are completely confused by the season. However, vegetables are not so taken in.

Tomatoes in the field are exhausted and melted into mush in preparation for their seed spreading. (ah, but we have tomatoes in our hoop houses!) Strawberries in their tunnels are getting fragile and so we have turned to picking for processing. Raspberries are beginning to turn their energy inward, their leaves fading and their fruit diminishing. And

instead, we have wagons full of drying onions, bright splashes of squash on their runaway vines, and apples... everywhere.

Cauliflower this year is amazing and has really been helped along by the rain we have had, prior to this week of course.

The rain causing this rapid growth has also caused some hollow heart which is that holey stem thing you can see. These hollows rot easily but can only be seen when you cut them open. They are not harmful and they can be cut out and discarded BUT they shorten the "shelf life" of these whopping big cauliflowers. Please eat them at the beginning of your CSA week.



spinach



Turnips. Peel and prepare.



Red radish



Sweet Potatoes. Eat the skin or not, your choice!



Leeks-wash well

Beans: dragon tongue, yellow and green. Dragon tongue only keeps its color raw so this is a good one sliced in salads



Spinach Dip and Veggie Sticks

Your whole bag of spinach
16 ounces of sour cream
½ cup of mayo
½ cup of yoghurt
¼ cup of onion finely chopped
Dill (optional folks but if you love dill, now is your moment to tip in as much finely chopped dill as you love)
Salt and pepper to taste

Use any of these veggies as vehicles for this delight... cauliflower florets, quarters of radish, carrot sticks of course, and raw beans.

Empty all dip ingredients into a bowl and mix well. You can serve in a bowl or hollow out a round loaf and pop that in the middle for a heartier dip spread.

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

- Carrots
- Lettuce-summer crisp
- Leeks
- Onions
- Potatoes

Turnips

Compared to potatoes, turnips are the overlooked root of the earthy brethren.

I think we have generationally inherited memories of the Middle Ages in Europe when only stored turnips kept people alive. And if your ancestors have happier memories of tropical times, count yourselves lucky in this case!

Turnips are the feature of folklore, the big ones forming housing for large families and the large ones being carted about in wheelbarrows. So lets rethink turnips!

Boil them and mash them, peel them and roast them, combine them with carrots to honey them up! Less carbs and higher vitamin C than potatoes.

- Radish
- Spinach
- Squash-delicata
- Sweet Potato
- Tomatoes
- Turnips

Delicata Squash -varieties come in different shapes but all skins can be eaten and all are easy to cut-hooray!

Mashed Turnips with Carrot.

4 cups of turnips peeled and cubed
1 cup of carrots diced
1 cup of potato peeled

and cubed
¼ cup of milk
2 tablespoons of butter
Salt and pepper to your own taste.

Peel the turnips and chop into cubes. Peel and cube your potato. Dice your carrots into smaller pieces.

Put all vegetables into a pot, cover with salted water, put on a lid, and bring to the boil.

When veg is soft, drain into a colander and transfer quickly back into the empty pot.

Add milk, butter and salt/pepper to your own taste and mash really well. Serve immediately or transfer into a small glass casserole dish, cover with foil and reheat when needed.

And for some boxes depending on what fits:
beans-all kinds, green yellow and dragon tongue.
Beets
Cauliflower