

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@community-homestead.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!

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

Red Bags-please returns 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!



Community Homestead

July 1, 2026

CSA Box 4 (of 18)

MEAT SHARE:
This is NOT a meat week.

Happy Fourth of July!

Here is a cheer for the aspiration of liberty and justice for all!

Enjoy your weekend folks!!

Online Farm Store: Everything made, grown and raised right here by our integrated crews. Bread, cookies, pies, pickles jam, meat and more.

Store opens Thursday morning and closes Sunday night. Order and we will deliver with your box the next Wednesday.



Meet Your Farmer, Will:

I like that there is a task for everyone in the garden and each one is as important as another.

I also like growing and accessing food for everyone. To be able to deliver to Zion Community Commons and to food shelves as well as all the families in the CSA is important to me, and to us all, and I like to deliver the boxes, even though waking up at 4am is hard!

News: I know it is very midwestern to talk about weather but how can you not, when you are ricocheted from gentle spring to tropical heat in the space of a week? We are finding all sorts of creative methods and shady nooks to stay safe while we complete the tasks that the land needs from us right now. We are a stalwart bunch, even the more fragile having a sturdy attitude, so we try to keep complaints to a minimum and take pride in reaching the limits of what we are individually able to do!

The vegetables feel the same way, with strawberries and eggplants recognizing their moment has arrived while lettuces wonder what they let themselves in for. We roll with nature.

I do wonder what the fawns, dropped suddenly into this world, think about it. Equally bewildered whatever the weather, they are dropped off by Deer Mom's in the garden day care where gardeners add them to the list of little creatures (nesting killdeer, baby rabbits) to creep around. And if this sounds bucolic, it is because it is. If it sounds sweaty and uncomfortable, it is because it is. We take it all in a package.

This summer is a summer of visitors and short-term volunteers! This week we say hello again to Ada from Viroqua who returns for a month, to Oliver also here for a month from the US, and to Dana from Germany who comes for six weeks. Come join us in our sunny bounty!

BEST way to reach us:
garden@communityhomestead.org

Delivery Contacts
Farm Site and General information or problems:

Christine 715 220 5925

Drivers Chris and Will (Either 612 202 7841 or 781 361 5994)

St Paul, Hiawatha, Cooper, Powderhorn, Lowry Hill, Lake Harriet, Burns and McDonnell, Golden Valley

Marcy Holmes Blaine

Drivers Christine and Richard (either 715 220 5925 or 715 338 2853)

Shoreview, Arden Hills, Vadnais Heights, Minnesota Waldorf School (MWS), Maplewood City Hall Employees

Driver Alex (209 679 3291)

Stillwater, North St Paul

If ever there was a time for smoothies, this is it!

Swiss Chard and Mint Smoothie

¾ cup of yogurt (you can also use a non dairy milk)

1 frozen banana

1 cup of swiss chard minus the stems

2 tablespoons of minced mint (or more according to taste?)

1 tablespoon of lemon juice

Optional: ½ cup of chopped strawberries, tablespoon of maple syrup you sweetie lovers!)

Cut the stem out of the swiss chard and discard. Shred the leaves. Add it all to a blender and whip until smooth.

If you like anise or licorice you will love **fennel**. If you don't, you might despise fennel and wonder what we grow it for. Here is why: high in fiber, and vitamin C and potassium. It is great for digestion and bone support but wait, we are not done yet. It also has something called phytoestrogens, that act like estrogen so it helps manage menopause symptoms. Anyone with a hot flash in this heat might want to give fennel as second, more longing, look.

The strongest fennel is a fresh, uncooked one. Fennel lovers, slice small and add to salad, sandwiches etc. Fennel wincers (like me) do better grilling it into sweet, smoky, submission, cutting it into little pieces and cooking well in soup (I know, hardly the season but soup for freezing maybe?) or in a pasta sauce. Tip: lemon does well with fennel!

What is in the box?
Our best guess remember! Until it actually gets packed later today, we dont know for sure.

Broccoli

Napa cabbage

Carrots

Cucumbers

Lettuce

Bunching onions

Peas (shell, sugar and snap but the shell are in a separate bag)

Peppers

Summer squash

Parsley

mint

Swiss chard for medium and large

Celery for small

Eggplant for medium

Salad Turnips and fennel for some!

Grilled Fennel with Lemon

2 fennel

4 tablespoons of olive oil

Zest of one lemon

2 tablespoons of lemon juice

Salt to your taste (advise generosity!)

Pepper to your taste.

Mix all ingredients aside from fennel in a small bowl. Set to the side.

Prep your fennel. Trim off any little fronds that are left and discard OR put aside to add to a salad. Wash the fennel bulb. Cut the fennel from the stem to the root, right down the middle so each piece has a bit of root to keep it together. Cut it into quarters or sixths this way.

Toss thoroughly in the oil, lemon mix. Place on a medium high grill for 4-5 minutes.



Peas and Swiss Chard



Bunching Onions



Fennel

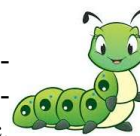


Both parsley below



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!

All beasties pictured here are summer squash and can be treated in the same way.

