

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 15, 2026

CSA Box 6 (of 18)

MEAT SHARE:
This is NOT a meat week.

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!



News: So we are thinking of offering a very upmarket spa service here. Its one that many of us enjoy everyday and its very healthy for the skin, even though it is frequently challenging for the mind. Let me introduce, the Farm Fresh Sauna.

We offer two kinds; the fresh air blue sky variety, or the more extreme strawberry tunnel or tomato infused variety. Either one is readily available in an area of your choosing, in the garden, by the farm, or in the orchard, and is accompanied by the meditative hum of bees and the dance of wild flowers.

Alternatively, there are tree tunnels of shade. And you can also have both, in one easy adventure! We live a life where we can have this every day right now, And we avail ourselves.

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.

Humor aside, we are definitely keeping an eye out for our heat tolerance while keeping our commitments to provide amazing food for everyone. There are a few people here who are in a heavy competition for summer hero of the week. It's an impossible choice.

To keep cool, gardeners, farmer, bakers alike are supplied with freezi pops, ice cream and general support from the community. Water breaks are plenty! And then there is the river. The thought of finishing the day with a plunge and a cool shower with friends is a real bonus to the day. Yesterday, we were joined by a doe and her twin babies cooling off. And we also remember, it will be cold soon enough. Back to the icebox. May as well enjoy this day as it is presented and gift wrapped to us!



BEST way to reach us:
garden@communityhomestead.org



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



parsley both flat and curly



Two different varieties of eggplant. One is not more “ripe” than the other! Neither store well, eat promptly while fresh.



Meet Your Farmer: Alex:

Alex: has been here for over ten years and, most recently has extended her leadership into the herbs and orchard developing teas, herb mixes and salves, although people here enjoy exploring many talents and are responsible for a life- variety of things.



So it is that you can also find Alex in the garden, on harvest days particularly. The garden in the summer is for her, “the social heartbeat of the community” She enjoys, “The sense of team-work, and” she adds, “the food we grow, is sooo good!”

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

Beets
Cabbage
Carrots
Cucumber
Fennel
Kale
Lettuce-summer crisp
Bunching onions
New potatoes-red
Summer squash
Parsley
For medium and large: broccoli, eggplant,
For medium: tomatoes
For large: cauliflower
For small:peppers

Fresh cool salad

2 cups of peeled, chopped cucumbers,
2 cups of chopped tomato
½ cup of thin sliced pepper
2 cup of broccoli florets
1 cup of small cauliflower florets
1/4 cup on thinly sliced fennel
2 tablespoons of roughly chopped parsley
2 tablespoons of vinegar
1 tablespoon of lemon
2 tablespoons olive oil
Salt and pepper to your taste
Prepare all ingredients except the last 4. Toss in a bowl together. Put the last 4 ingredients in a bowl and mix well. Pour onto the salad and mix well.

Best way to stash herbs. You can trim the stems and put them in water like a bouquet. You can hang them upside down in a cool place to dry for later. But here is what seems to keep things freshest. Put a cloth in cold water and wring out. Wrap the herb bunch gently in the cloth and keep in the fridge.

Benefits of **parsley**: Huge in vitamin K, C and A. High in iron and folate, calcium and magnesium. So what does that mean? Good for bones, helps prevent water retention, great for the kidneys.

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