

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 22, 2026

CSA Box 7 (of 18)

MEAT SHARE:
This is a meat week.



Save the Date

Pig Roast, Folk Dance and all around Fun Farm Day!

August 15, 3-9pm

Bring your extended family and friends for some fresh air fun. Childrens activities and yard games, wagon rides, tours, animal visiting, craft fair, and general wandering all afternoon. Fresh pork (fellow vegetarians, this is easily avoided and we have lots of food besides!) farm salads, fire pit potatoes, desserts at 5pm The Cow Pie Raffle (gotta come to that!) and music and dancing as the cows wander past and the sun thinks about setting. CSA tickets 50% discount on the farmstore.



Meet Your Farmer

I am Hillary, by the way. I like doing things for fun; gardening, pie making, weaving. I am a Planting Queen! I plant with Nadine, do seed trays, all of those things. I am a good gardener.



Hillary has been a versatile member of the Community Homestead team for decades now! She is at home in any space she can make her own, whether she is picking herbs and fruit, tending to animals, or packing vegetables in the shed. Hillary also likes to bake pies and make jam and pickles.

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.

BEST way to reach us:
garden@communityhomestead.org



Beans



Conical cabbage (aka here as gnome cabbage!)

cilantro



Swiss Chard



Basil

Cipolinni Onions



Beans: everyone knows beans. Take off the tippy tip of the stem. Most important, eat them NOW. Fresh beans are amazing and week old beans are....beans. Eat them raw. Dip them in sour cream. Steam or saute them lightly. But priority eat them!

Conical Cabbage

A mild variety that is not so "cabbagy" (?) in flavor. Versatile of course but best for coleslaw or other fresh use.

Cilantro

Antioxidant, anti inflammatory, full of vitamin A, C K and potassium. If your nose identifies this as a "cleaner" then, you are not all wrong. It removes nasties from your body like heavy metals and is good for the digestion and the liver! Learn to love it unless you are already programmed to amazing Mexican meals and handfuls of it in mediterranean dishes.

Swiss Chard

reminder
Cut the stems out and chop them small. Set aside. Shred or cut the leaves finely. Whatever you do next, steam, saute etc, put the stems in first and cook for 2-3 mins before adding the leaves. Leaves should be cooked for a minute or to. Think of them as just wilted rather than "cooked".

Cipolinni (Chip oh lee nee!) are a to die for onion. Much higher in sugars than other onions they caramelize into taste explosions. Sure, you can chop and use like any other onion in salads, sandwiches, etc but, youll be missing the treasure. Try this instead:

Preheat oven on 400
1 tablespoon of butter

What is in the box? Our best guess, remember!

Until it actually gets packed later today, we dont know for sure.

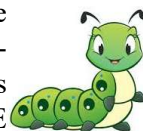
Beans
Cucumber
Eggplant
Cabbage
Cipolinni Onions
Fingerling potatoes
Swiss chard
Cilantro
Basil
Either broccoli or cauliflower
For medium and large: Summer crisp lettuce heads
For small: lettuce mix
For some: tomatoes, eggplant, fennel

We are at a point where some high summer vegetables, tomatoes and eggplant for example, are coming into their heights and others, like fennel are ending. This means we end up with a lot of vegetables but not yet enough for everyone at once. If your size box does not get something, this means that you will get it another time. And again, Nadine (great garden leader) is very picky about what goes into your box and what seconds go to our houses so it also depends on what is beautiful and unscathed by the time we are ready to pack. You get the best!

1 tablespoon of olive oil
2 tablespoons basil finely chopped
1 tablespoon of balsamic vinegar
Salt and pepper to your own taste
About 6 cipolinni onions peeled and left whole

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!

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

In a bowl, toss olive oil, melted butter, salt and pepper, chopped basil and balsamic vinegar with your onions. Put them, one layer, in a glass dish and roast for 35 minutes. At the half way mark, open the oven and give them a shake and flip them over to brown evenly.